

Curriculum and Credit Framework for Undergraduate Programme

(Single Major) as per NEP-2020

B.Sc. Physical Health and Sports Education

(Four-Year Undergraduate Programme)

3rd & 4th Semesters

For Batch W.e.f. Session: 2022-23



University School for Graduate Studies,

Chaudhary Devi Lal University

Sirsa-125055, Haryana

Exit options and Credit requirements

SINGLE-MAJOR

Exit with	Credit requirement
Certificate in Physical Education: After successful completion of First year (Two semesters) of the Four-Year Undergraduate Degree Programme.	48 (Including Internship of 4 Credits)
Diploma in Physical Education: After successful completion of Two years (Four semesters) of the Four-Year Undergraduate Degree Programme.	94 (Including Internship of 4 Credits)
Bachelor of Physical Education: After successful completion of Three years (Six semesters) of the Four-Year Undergraduate Degree Programme.	136
Bachelor of Physical Education (Honours/Honours with Research) After successful completion of Four Years (Eight semesters) of the Undergraduate Degree Programme.	184

Semester- III					
			L+T	P	Total Credits
1.	BSc/Physical/SM/3/DSC/201	Sports Injuries & Rehabilitation	4	-	4
2.	BSc/Physical/SM/3/DSC/202	Sports Psychology	4	-	4
3.	BSc/Physical/SM/3/DSC/203	Physical Fitness & Wellness	4	-	4
4.	BSc/Physical/SM/3/MIC/201	Game –Volley Ball & Cricket., Apparatus Exercise- Dumbbell & Laziuam	-	4	4
5.	BSc/Physical/SM/3/MDC/201	Sports Nutrition	3	-	3
6.	ENG/AEC/101	Communicative English-I	2	-	2
7.	HINDI/AEC/101	HINDI-I	2	-	2
8.	EVS/2/AECC3	Environmental Studies	4	-	4
Total					27
Semester IV					
1.	BSc/Physical/SM/4/DSC/204	Sports Training	4	-	4
2.	BSc/Physical/SM/4/DSC/205	Olympic Movement	4	-	4
3.	BSc/Physical/SM/4/MIC/202	Game – Wrestling & Judo, Animation Movement- Action Song & Motion Story	-	4	4
4.	BSc/Physical/SM/4/MIC/203	Game –Table Tennis, Gymnastic- Opening Ceremony & Closing Ceremony	-	4	4
5.	ENG/AEC/102	Communicative English-II	2	-	2
6.	HINDI/AEC/102	Hindi-II	2	-	2
7.	BSc/Physical/SM/4/SEC/201	Athletics Teaching- Track Events	-	3	3
8.	CDLU/VAC/101	Communication Skills	2	-	2
9.	CDLU/VAC/104	Universal Human Values	2	-	2
Total					27

Note: -It is necessary to go on National level study Tour & State level study tour for every year.

THIRD SEMESTER

BSc Physical Education Sports & Health education Semester-3rd

BSc/Physical/SM/3/DSC/201

Sports Injuries and Rehabilitation

DURATION: 3 HOURS

MAXIMUM MARKS: 100

CREDIT: 04

(EXTERNAL: 70, INTERNAL: 30)

Note for the Paper Setter: The question paper will consist of **nine** questions in all. The first question will be compulsory and will consist of **seven** short questions of **2** marks each covering the whole syllabus. In addition, **eight** more questions of **14 marks each** will be set unit-wise comprising of **two** questions from each of the **four** units. The candidates are required to attempt **one compulsory question and four more questions** selecting at least one question from each unit.

UNIT-I

Sports medicine: history, Scope, application, preventive-curative aspect and importance of sports medicine in games, general principles of injury management –Management of soft-tissue injuries, body injuries, nerve injuries.

UNIT-II

Sports injuries : Types, causes and treatment. Pre-participation examination of the athletes, Regional Athletic injuries and management –head injuries – shoulder injuries – arm and elbow joint injuries – wrist and hand injuries – thigh and knee injuries – lower leg, ankle and foot injuries.

Evaluation and management of specific disorders- traumatic lesions of the spinal cord aftercare of fracture- treatment of back disorders and deformities.

Massage: principles, techniques, advantages athletic massage, general massage

UNIT-III

Rehabilitation: Scope, need and objective, goal of rehabilitation, rehabilitation programme

Types of exercises – isometric –isotonic – isokinetic – manual resistance – proprioceptive, Neuromuscular facilitation programme for neck, shoulder, shoulder joint, arm and elbow joint- wrist and hand, lower – back, hip joint – thigh, knee, lower leg, ankle and foot.

UNIT-IV

Physiotherapy and Therapeutics Exercises: importance, rules, classification and their effects on human body. First Aids: Bleeding, burn, shock, heat stroke, epilepsy, asthma and drowning.

TEXT BOOK:

1. Govindarajulu, N(2006) Sports Medicine, Friends Publications ,New Delhi,

OTHER READINGS:

1. Pande, P.K.(2005), Sports Medicine, Sahitya Kendra New Delhi.
2. Sinha, Akhoury Gourang: Principles and Practices of Therapeutic Massage, Jaypee Brothers Medical Publisher New Delhi

BSc Physical Education Sports & Health education Semester-3rd

BSc/Physical/SM/3/DSC//202

Sports Psychology

DURATION: 3 HOURS

MAXIMUM MARKS: 100

CREDIT: 04

(EXTERNAL: 70, INTERNAL: 30)

Note for the Paper Setter: The question paper will consist of **nine** questions in all. The first question will be compulsory and will consist of **seven** short questions of **2** marks each covering the whole syllabus. In addition, **eight** more questions of **14 marks each** will be set unit-wise comprising of **two** questions from each of the **four** units. The candidates are required to attempt **one compulsory question and four more questions** selecting at least one question from each unit.

Unit-I

- (i) Meaning and importance of psychology in physical education
- (ii) Need of psychology in Physical Education and sports.
- (iii) Body and mind relationship and its importance

Unit-II

- (i) Meaning, its types and explain the role of motivation in physical education and sports
- (ii) Factors influencing motivation in physical education and Sports
- (iii) Meaning and types of individual difference
- (iv) Causes of individual difference in physical education and sports

Unit-III

- (i) Meaning and definition of Learning.
- (ii) Laws of learning & learning curve
- (iii) Theories of learning
- (iv) Meaning of Emotions and explain the characteristics of emotions.

Unit-IV

- (i) Meaning, definition and types of personality
- (ii) Dimensions of personality
- (i) Factors influence a personality.
- (ii) Meaning of adjustment, its types and causes of mal adjustment
- (iii) Role of physical education in preventing mal adjustment and promoting adjustment

References:

- (i) Crow & Crow- Educational psychology-cattle field Adams & co. 1979
- (ii) M.L. Kamlesh- sports psychology of physical education
- (iii) Forst R.S.- psychological concepts applied to physical education
- (iv) Mrs. K. Sandhu & Mrs. Amrit Kaur- educational psychology Punjabi university Patiala

BSc Physical Education Sports & Health education Semester-3rd
BSc/Physical/SM/3/DSC/203
PHYSICAL FITNESS AND WELLNESS

DURATION: 3 HOURS
CREDIT: 04

MAXIMUM MARKS: 100
(EXTERNAL: 70, INTERNAL: 30)

Note for the Paper Setter: The question paper will consist of **nine** questions in all. The first question will be compulsory and will consist of **seven** short questions of **2** marks each covering the whole syllabus. In addition, **eight** more questions of **14 marks each** will be set unit-wise comprising of **two** questions from each of the **four** units. The candidates are required to attempt **one compulsory question and four more questions** selecting at least one question from each unit.

Unit I – Introduction

Meaning and Definition" of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement. Components of Physical Fitness.

Leisure time physical activity and identify opportunities in the community to participate in this activity. Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness.

Unit II – Aerobic Exercise

Cardio respiratory Endurance Training; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool down, and stretching, monitoring heart rates during activity. Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels. Cardio respiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running, aerobics and circuits.

Unit III – Anaerobic Exercise

Resistance Training for Muscular Strength and Endurance; principles of resistance training, Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness. and proper breathing techniques). Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing, medicine balls, fit balls) Advanced techniques of weight training

Unit IV – Flexibility Exercise

Flexibility Training, Relaxation Techniques and Core Training. Safety techniques (stretching protocol; breathing and relaxation techniques) types of flexibility exercises (i.e. dynamic, static), Develop basic competency in relaxation and breathing techniques. Pilates, Yoga.

Reference:

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998.
Warner W.K. Oeger & Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999.

BSC PHYSICAL EDUCATION SPORTS & HEALTH EDUCATION

Practical Course

Game –Volley Ball & Cricket.

Apparatus Exercise- Dumbbell & Laziuam

Course Code- BSc/Physical/SM/3/MIC/201

CREDIT: 4

DURATION: 3 HOURS

MAXIMUM MARKS: 100

The Course learning (Single Major) as per NEP-2020 out comes B.Sc. Physical Health and Sports Education, the students will be learning and able to do/perform the following.....

1. Defining the various skills of Volleyball & **Cricket**.
2. Demonstrating the various skills of Volleyball & **Cricket**.
3. Explaining the fundamental skills of Volleyball & **Cricket**.

Volleyball: Fundamental Skills

1.1 Players Stance-Receiving the ball and passing to the team mates

1.2 The Volley (Overhead pass), The Dig (Under hand pass), Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service. Rules and their interpretations and duties of officials.

(Gymnastics)

PT exercise with Dumbbell & Laziuam for Co- ordination.

Evaluation Scheme For internal

Assignment	Viva	Attendance	Skill	Total
5	5	5	15	30

For External

Assignment/ File work	Viva	Skill	Total
10	10	50	70

SPORTS NUTRITION

DURATION: 3 HOURS

MAXIMUM MARKS: 75

CREDIT: 04

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(EXTERNAL: 50, INTERNAL: 25)

Note for the Paper Setter: The question paper will consist of **nine** questions in all. The first question will be compulsory and will consist of **seven** short questions of **2** marks each covering the whole syllabus. In addition, **eight** more questions of **14 marks each** will be set unit-wise comprising of **two** questions from each of the **four** units. The candidates are required to attempt **one compulsory question and four more questions** selecting at least one question from each unit.

Unit – I Introduction to Sports Nutrition

- Meaning and Definition of Sports Nutrition
 - Basic Nutrition guidelines
 - Role of nutrition in sports
 - Factor to consider for developing nutrition plan
 - * Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle
- Design diet plan and exercise schedule for weight gain and loss

Unit – II Nutrients: Ingestion to energy metabolism

- Carbohydrates, Protein, Fat–Meaning, classification and its function
- Role of carbohydrates, Fat and protein during exercise
- Vitamins, Minerals, Water–Meaning, classification and its function
- Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.

Unit – III Nutrition and Weight Management

- Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management
- Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss
- Obesity–Definition, meaning and types of obesity,
- Steps of planning of Weight Management

Bessesen, D. H. (2008). Update on obesity. J ClinEndocrinolMetab.93(6), 2027-2034.

DeMaria, E. J. (2007).Bariatric surgery for morbid obesity.N Engl J Med,356(21), 2176-2183.

Dixon, J.B., O'Brien, P.E., Playfair, J. Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. JAMA. 299(3), 316-323.

ENGLISH-I
COMMUNICATIVE ENGLISH-I
ENG/AEC/101

Credits 02

Time allowed: 2 Hours

Total Marks: 50

Theory: 35

Internal Assessment: 15

Course Objective: The course aims to introduce students to the theory, fundamentals and tools of communication and to develop effective communication skills for personal, social and professional interactions. Besides, the students shall learn the basics of English grammar and language.

Course Learning Outcomes:

- i) They will learn the importance and basics of communication
- ii) They will learn to receive, comment and respond to correspondences in English language.
- iii) They will learn to use English in their life practically.

Note for the Paper Setter: The question paper will consist of **five** questions in all. The **first** question will be compulsory and will consist of **seven** short questions of **1** mark each covering the whole syllabus. In addition, **four** more questions of **14** marks each will be set unit-wise comprising of **two** questions from each of the **two** units. The candidates are required to attempt **one** compulsory question and **two** more questions selecting at least **one** question from each unit.

Unit - I: Listening, Reading and Speaking Skills

Definition, The Listening Process; Importance of Listening; Basic Types of Listening; Barriers to Effective Listening, Reading Comprehension, Intonation, Group Discussion, Interview

Unit II: Writing Skills:

- Report Writing
- Paragraph Writing
- Letter Writing
- E-Mail
- Resume
- Blogs and Comments on Social Media

Suggested Reading:

- I) Kumar, Sanjay and Pushp Lata. 2015. *Communication Skills*. Second Edition, New Delhi: Oxford University Press (OUP).
- II) Sethi, J. and P.V. Dhamija. 2006. *A Course in Phonetics and Spoken English*. Second Edition. New Delhi: Prentice-Hall of India.
- III) Balasubramanian. T. *A Text Book of English Phonetics for Indian Students*. Chennai: Macmillan Publishers India Ltd., 1981.
- IV) *On Track: English Skills For Success* by Orient Blackswan (Board of Editors, Solapur University).

Hindi -I
हिंदी भाषा परिचय सामान्य :
HINDI/AEC/101

Credit – 2

Duration: 2 Hours per week
परीक्षा समय: 2 घंटे

कुल अंक: 50

लिखित परीक्षा :35 अंक
आंतरिक मूल्यांकन: 15 अंक

Note for the Paper Setter: The question paper will consist of five questions in all. The first question will be compulsory and will consist of seven short questions of 1 marks each covering the whole syllabus. In addition, four more questions of 14 marks each will be set unit-wise comprising of two questions from each of the two units. The candidates are required to attempt one compulsory question and two more questions selecting one question from each unit.

पाठ्यक्रम के उद्देश्य:

हिंदी भाषा की विकास करवाना परिचय से यात्रा-

पाठ्यक्रम के अपेक्षित परिणाम

1. हिंदी भाषा के विकास व उसकी बोलियों का ज्ञान होगा
2. हिंदी भाषा के विविध रूप व प्रयोजनमूलकता से परिचित होंगे

खंड एक—

हिंदी भाषाविकास एवं उद्भव :

हिंदी की उपभाषाएं एवं बोलियों का वर्गीकरण

ब्रजप्रवृत्तियाँ एवं परिचय सामान्य का बोली खड़ी और अवधि ,

खंड दो-

कंप्यूटर-परिभाषा, स्वरूप एवं महत्व

पारिभाषिक शब्दावली – बैंकिंग, वाणिज्य, मंत्रालय, उपक्रम, निगम, औद्योगिक क्षेत्र व मीडिया क्षेत्र

अनुवाद लेखन- अर्थ परिभाषा, स्वरूप, महत्व, प्रकिया प्रकार

टिप्पणी लेखन ,परिभाषा अर्थ -नियम, लेखन विधि, उदाहरण

संदर्भ सूची:

1. हिंदी भाषा का उद्भव एवं विकास तिवारी उदयनारायण ,
2. भाषा विज्ञान तिवारी भोलानाथ .डॉ ,
3. हिंदी भाषा का इतिहास वर्मा धीरेन्द्र लेखक ,
4. समसामयिक भाषा विज्ञाननारंग वैष्णा लेखक ,
5. हिंदी1965 इलाहबाद ,महल किताब ,बाहरी हरदेव ,विकास और उद्भव :

ENVIRONMENTAL STUDIES

EVS/2/AECC3

Credit: 04

Maximum Duration : 3Hours

Maximum Marks= 100

(Theory 70+ Internal 30 Marks)

Objective: The objective of this paper is to create the awareness among the students towards Environmental concepts and issues for smooth life of species and human at earth.

UNIT I

Introduction to Environment: The multidisciplinary nature of environmental studies: Definition, Scope and importance, need for public awareness. Environmental Ethics: anthropocentric and eco-centric perspective.

Natural resources: Renewable and non-renewable resources: Natural resources and associated problems. Forest resources: use and over-exploitation, Deforestation, Timber extraction, mining, dams and their effects on forests and tribal people. Water resources: Use and over-utilization of surface and ground water, floods, drought, dams- conflicts over water and problems. Minerals resources: Use and exploitation, environmental effects of extracting and using minerals resources. Food resources: World food problems, changes caused by agriculture and overgrazing, effects of modern agriculture, fertilizer pesticide problems, water logging, salinity, Energy resources; Growing energy needs, renewable and non-renewable energy resources. Land resources: Land as resource: land degradation man induced landslides, soil erosion and desertification. Role of an individual in conservation of natural resources. Equitable use of resources for sustainable life style. Sustainable development: concept, initiatives for sustainable development: regional, state and global

UNIT II

Ecosystem: Concept of an Ecosystem, Structure and function of an Ecosystem. Producers, consumers and decomposers, Energy flow in the ecosystem, Ecological succession, Food chains, food webs and Ecological pyramids, Introduction, types, characteristics features, structure and function of the following ecosystem: Forest ecosystem, Grassland ecosystem, desert ecosystem, Aquatic ecosystem(Ponds, streams, lakes, rivers, oceans, estuaries)

Biodiversity and its conservation: Introduction-Definition: Genetic, species and Ecosystem diversity, Bio-geographical classification of India. Value of Biodiversity: consumptive use, productive use, social, ethical; aesthetic and optional. Biodiversity at local, National and Local levels. India as Mega-diverse a Nation. Hot spots of Biodiversity. Threats to biodiversity, Habitat loss, poaching of wildlife, man-wildlife conflicts. Endangered and Endemic species, conservation of biodiversity: In situ and Ex-situ, conservation of biodiversity.

UNIT III

Water pollution: Natural and anthropogenic sources of water pollution and their effects. Marine pollution, Thermal pollution, Eutrophication, Ground water pollution. **Air pollution:** Sources, Classification and properties of air pollutants (Particulate matter, Inorganic gaseous pollutants, Organic gaseous pollutants), Effects of air pollution on Human health. **Soil pollution:** Soil pollution from the use of agrochemicals (viz. Fertilizers and Pesticides), Heavy metals, Industrial effluents

and Detrimental effects of soil pollutant, Remedial measures for soil pollution. Types and sources Solid waste, Electronic waste **Radioactive and Noise pollution:** Definition Sources of radioactive pollution, Radioactivity, effects of radioactive pollution, Sound pressure level, Frequency, noise monitoring and sound level meter, Sources and effects of noise pollution, Effects of noise pollution on human health. Role of individual in prevention of pollution. **Disaster Management:** floods, earthquake, cyclone and landslides, **Natural Disaster Management:** Causes, effects and control measures of natural disasters.

Social issue and the Environment: From Unsustainable to sustainable development. Urban problem related to energy. Water conservation, rain water harvesting, watershed management. Resettlement and Rehabilitation of people; its problems and concerns. Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust. Wasteland reclamation, Consumerism and waste products. **Environmental legislation:** Air (Prevention and control of pollution) Act, water (Prevention and control of pollution) Act, Wildlife Protection Act, Forest conservation Act. Issues involved in the enforcement of environmental legislation Public awareness.

UNIT IV

Demography: Human population and the Environment: Population Growth, variation among nations. Population explosion- family Welfare Programme. Human rights, Value Education. HIV/AIDS. Women and Child welfare. Role of information technology in environment and Human health.

Suggested Readings

1. Agarwal K.C (2001) Environmental Biology. Nidhi Pub.Ltd Bikaner
2. C.P Kaushik & Anubha Kaushik . Perspective in Environmental Studies. New Age International limited Publishers. New Delhi
3. Text book of Environmental Studies for Undergraduates courses.(2021) Erach Bharucha.Orient Blackswan Pvt.Ltd.
4. R.J Ranjit Daniels, Jagdish Krishnaswamy(2013).Publisher Wiley
5. Text book of Environmental Studies (2022).

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SEMESTER-IV

BSc Physical Education Sports & Health education Semester-4th
BSc/Physical/SM/4/DSC/204
Sports Training

DURATION: 3 HOURS
CREDIT: 04

MAXIMUM MARKS: 100
(EXTERNAL: 70, INTERNAL: 30)

Note for the Paper Setter: The question paper will consist of **nine** questions in all. The first question will be compulsory and will consist of **seven** short questions of **2** marks each covering the whole syllabus. In addition, **eight** more questions of **14 marks each** will be set unit-wise comprising of **two** questions from each of the **four** units. The candidates are required to attempt **one compulsory question** and **four more questions** selecting at least one question from each unit.

UNIT-I

- (i) Teaching, Training and Coaching : Meaning, aims & Characteristics.
- (ii) Principles of Training
- (iii) Training Load: Meaning & characteristics of training load
- (iv) Principles of Load
- (v) Over Load, Causes & its Symptoms

UNIT-II

- (i) Strength : Meaning, Importance & types of Strength
- (ii) Endurance : Meaning, Importance & types of Endurance
- (iii) Speed : Meaning, Importance & types of Speed
- (iv) Flexibility: Meaning, Importance & types of flexibility
- (v) Co-ordinative Ability: Meaning, Importance & types of Co-ordinative ability

UNIT-III

- (i) Training Methods
 - a. Circuit training
 - b. Continuous training
 - c. Interval training
 - d. Fartlak training
- (ii) Technical Training : Meaning, Importance of Technical Training
- (iii) Tactical Training : Meaning, Importance of Tactical Training

UNIT-IV

- (i) Planning of training : Meaning of Planning & Types of Planning
- (ii) Periodization : Meaning, its types and Importance of Periodization
- (iii) Factor influencing the Performance in Sports

Reference Books:

- i. Dick, F.W.:Sports Training Principles, Lepus, London, 1980
- ii. Jenson, C.R. and Fischer : Scientific basis of Athletic conditioning, Lea and Feliger,A.G. Philadelphia, 1979
- iii. Brook, J.D. and Whiting : Human Movement a Field of Study, H.T.A.
- iv. Cooper, K.H. : The Aerobic Way, Bantom Books, Inc., 1978
- v. Breer Marison, R. : Efficiency of Human Movement, London W.B. Saunders
- vi. Bunn, J.W. : Scientific Principles of Coaching, Englewood Cliffs, Prentice Hall.

BSc Physical Education Sports & Health education Semester-4th
BSc/Physical/SM/4/DSC/205
Olympic Movement

DURATION: 3 HOURS

MAXIMUM MARKS: 100

CREDIT: 04

(EXTERNAL: 70, INTERNAL: 30)

Note for the Paper Setter: The question paper will consist of **nine** questions in all. The first question will be compulsory and will consist of **seven** short questions of **2** marks each covering the whole syllabus. In addition, **eight** more questions of **14 marks each** will be set unit-wise comprising of **two** questions from each of the **four** units. The candidates are required to attempt **one compulsory question and four more questions** selecting at least one question from each unit.

Unit – I * Origin of Olympic Movement.

- Philosophy of Olympic movement
- The early history of the Olympic movement
- The significant stages in the development of the modern Olympic movement
- Educational and cultural values of Olympic movement

Unit – II Modern Olympic Games

- Significance of Olympic Ideals, Olympic Rings, Olympic Flag
- Olympic Protocol for member countries
- Olympic code of Ethics
- Olympism in action
- Sports for All

Unit – III Different Olympic Games

- Para Olympic Games
- Summer Olympics
- Winter Olympics
- Youth Olympic Games

Unit – IV Committees of Olympic Games

- International Olympic Committee - Structure and Functions
- National Olympic committees and their role in Olympic movement
- Olympic commission and their functions
- Olympic medal winners of India

Reference:

Osborne, M. P. (2004). Magictree house fact tracker: ancient Greece and the Olympics: a nonfiction companion to magic tree house: hour of the Olympics. New York: Random House Books for Young Readers.

Burbank, J. M., Heying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner

BSc Physical Education Sports & Health education

Practical Course

Game – Wrestling & Judo, Animation Movement- Action Song & Motion Story

BSc/Physical/SM/4/MIC/202

Credit: 4

Max. Marks: 100

Min Duration of Exam : 3 Hrs.

The Course learning (Single Major) as per NEP-2020 out comes B.Sc. Physical Health and Sports Education, the students will be learning and able to do/perform the following.....

1. Understand various skills, movement patterns.
2. Demonstrating the various skills.
3. Remembering general, specific warming-up and conditioning.

Fundamental Skills (Judo) 1.1 Rej (salutation), Ritsurei (salutation in standing position). Zarai (salutation in the sitting, Kumi Kata (Methods of holding judo costume), Shisei (Posture in Judo), Kuzushi (Act of disturbing the opponent posture), Tsukuri and kake (Preparatory action for attack,), Ukemi (Break fall), Urhiro Ukemi-(Rear break fall) Yoko Ukemi (Side break fall), Mae Ukemi. Mae mawari Ukemi (Front rolling break fall).

Fundamental Skills (Wrestling) 1.1 Take downs: leg tackles, arm drag. 1.2 Counters for take downs: Cross face, whizzer series. 1.3 Escapes from under: Sit out-turns in tripped. 1.4 Counters for escapes from under: Basic control, back drop, counters for stand up. 1.5 Pinning combination: Nelson series, (Half Nelson, Half Nelson and bar arm) leg lift series, leg cradle series, Reverse double bar arm, chicken wing and half nelson. 1.6 Escapes from pinning: Wing lock series, Double arm lock roll, bridge.

Gymnastics-

Animation Movement- Action Song & Motion Story (co-ordination development the students)

Evaluation Scheme For internal

Assignment	Viva	Attendance	Skill	Total
5	5	5	15	30

For External

Assignment/ File work	Viva	Skill	Total
10	10	50	70

BSc Physical Education Sports & Health education
Practical Course
Game –Table Tennis, Gymnastic- Opening Ceremony & Closing Ceremony
BSc/Physical/SM/4/MIC/203

Credit: 4

Max. Marks: 100

Min Duration of Exam : 3 Hrs.

The Course learning (Single Major) as per NEP-2020 out comes B.Sc. Physical Health and Sports Education, the students will be learning and able to do/perform the following.....

1. Understand various skills, movement patterns.
2. Demonstrating the various skills.
3. Remembering general, specific warming-up and conditioning.

Fundamental Skills

- Forehand drive technique.
- Backhand topspin close to the table.
- Forehand push and backhand push.
- Forehand flick.
- Backhand flick.
- Backhand loop the underspin ball.
- Forehand attack the semi-long ball.
- Forehand fast serve

Gymnastics-

Opening Ceremony-

It typically involves cutting a ribbon with giant scissors, speeches and presentations by local officials and business owners, and tours of the new facilities. Members of the local community often attend the event, the local chapter of the chamber of commerce, the media, and other guests.

Closing Ceremony- A closing ceremony is the official closing of a building or event.

Evaluation Scheme For internal

Assignment	Viva	Attendance	Skill	Total
5	5	5	15	30

For External

Assignment/ File work	Viva	Skill	Total
10	10	50	70

ENGLISH-II

Communicative English-II

ENG/AEC/102

Credits: 2

Duration of Examination: 2 Hrs

Internal Assessment: 15

Semester End Examination: 35

Total Marks: 50

Course Objective: The course aims to introduce students to the theory, fundamentals and tools of communication and to develop effective communication skills for personal, social and professional interactions. Besides, the students shall learn the basics of English grammar and language.

Course Learning Outcomes:

- i) They will learn the importance and basics of communication
- ii) They will learn the basics of English Grammar
- iii) They will learn to receive, comment and respond to correspondences in English language.
- iv) They will learn to use verbal and non-verbal modes of communication.

Note for the Paper Setter: The question paper will consist of **five** questions in all. The **first** question will be compulsory and will consist of **seven** short questions of **1** mark each covering the whole syllabus. In addition, **four** more questions of **14** marks each will be set unit-wise comprising of **two** questions from each of the **two** units. The candidates are required to attempt **one** compulsory question and **two** more questions selecting at least **one** question from each unit.

Unit - I: Basics of Communication:

Communication Skills: Introduction, Definition, The Importance of Communication, Forms of Communication, Types of Communication- Verbal and Non-Verbal Communication; The Communication Process- Source, Message, Encoding, Channel, Decoding, Receiver, Feedback, Context.

Barriers to Communication: Physiological Barriers, Physical Barriers, Cultural Barriers, Language Barriers, Gender Barriers, Interpersonal Barriers

Unit II: Basics of English Grammar :

Use of Tenses, Common Legal Terms, Vocabulary-Synonym and Antonyms, Affixes- Prefixes and Suffixes, Articles

Suggested Reading:

- I) Raymond Murphy. *English Grammar in Use*. Cambridge Uni. Press.
- II) Kumar, Sanjay and Pushp Lata. 2015. *Communication Skills*. Second Edition, New Delhi: Oxford University Press (OUP).
- III) B.K. Das, A. David: *A Remedial Course in English For Colleges Book 1 and 2*. OUP.

Hindi -II
कार्यालयी हिन्दी
HINDI/AEC/102

Credit – 2

Duration: 2 Hours per week

परीक्षा समय: 2 घंटे

कुल अंक: 50

लिखित परीक्षा :35 अंक

आंतरिक मूल्यांकन: 15 अंक

Note for the Paper Setter: The question paper will consist of five questions in all. The first question will be compulsory and will consist of seven short questions of 1 marks each covering the whole syllabus. In addition, four more questions of 14 marks each will be set unit-wise comprising of two questions from each of the two units. The candidates are required to attempt one compulsory question and two more questions selecting one question from each unit.

पाठ्यक्रम के उद्देश्य:

कार्यालयों में हिंदी के प्रयोग को बढ़ाना

पाठ्यक्रम के उपेक्षित परिणाम:

1. कार्यालयों में हिंदी की उपयोगिता बढ़ेगी
2. मातृभाषा को बढ़ावा मिलेगा
3. हिंदी का व्यावहारिक प्रयोग बढ़ेगा

खंड एक-

कार्यालयी हिंदी का उद्देश्य

कार्यालयी हिंदीसंभावनाएं एवं स्थिति :

खंड दो-

कार्यालयी पत्राचार के प्रकार परिपत्र), ज्ञापन और सूचना आदेश(

कार्यालयी पत्राचारपत्र सरकारी-अर्द्ध एवं सरकारी :

पत्र-लेखन-सरकारी पत्र ,पावती ,पत्रोत्तर उत्तर ,पत्र मूल ,पत्र आवेदन ,पत्र शिकायत ,आदेश कार्यालय ,परिपत्र , संक्षेपण ,विज्ञप्ति प्रेस ,पृष्ठकन ,अधिसूचना ,आदेश शासकीय ,लेखन-ईमेल ,पत्र सरकारी ,अनुस्मारकलेखन अर्थ-विधि लेखन ,नियम ,प्रक्रिया परिभाषा

संदर्भ सूची:

1. प्रयोजनमूलक हिंदी—विनोद गोदरे, वाणी प्रकाशन, दिल्ली
2. प्रयोजनमूलक हिंदी सिद्धांत और प्रयुक्ति—जितेन्द्र कुमार सिंह,
3. राजभाषा सहायिका—अवधेश मोहन गुप्त,
4. पत्रकारिता हेतु लेखन—डॉ निशान सिंह, रचना पब्लिकेशन, दिल्ली
5. प्रालेखन प्रारूप—शिव नारायण चतुर्वेदी, वाणी प्रकाशन, दिल्ली

BSc Physical Education Sports & Health education
Practical Course
Athletics Teaching- Track Events
BSc/Physical/SM/4/SEC/201

Credit: 3

Max. Marks: 75

Min Duration of Exam : 3 Hrs.

The Course learning (Single Major) as per NEP-2020 out comes B.Sc. Physical Health and Sports Education, the students will be learning and able to do/perform the following.....

PART-A (Athletics) Unit – 1 Running Event

1.1 Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.

1.2 Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug

1.3 Races: Short, Medium & Long distance

1.4 Hurdles

1.4.1 Fundamental Skills- Starting, Clearance and Landing Techniques.

Unit – 2 Relays: Fundamental Skills

2.1 Various patterns of Baton Exchange

2.2 Understanding of Relay Zones

Evaluation Scheme For internal

Assignment	Viva	Attendance	Skill	Total
5	5	5	10	25

For External

Assignment/ File work	Viva	Skill	Total
5	5	40	50

Communication Skills

CDLU/VAC/101

Credits: 2 (Theory)

Lectures: 30

Duration of Exam: 2 Hrs.

Max. Marks: 50

Final Term Exam: 35

Internal Assessment: 15

COURSE OBJECTIVES

- Identify common communication problems that may be holding learners back
- Perceive what the non-verbal messages are communicating to others
- Understand the role of communication in the teaching-learning process

LEARNING OUTCOMES

- Get a clear understanding of good communication skills.
- Know what they can do to improve their communication skills.

Unit-1

Listening: Techniques of Effective Listening, Listening and Comprehension, Probing Questions Barriers to Listening.

Speaking: Pronunciation, Enunciation, Vocabulary, Fluency, Common Errors.

Reading: Techniques of Effective Reading, Gathering Ideas and Information from a Given Text, evaluating these Ideas and Information, Interpreting the Text.

Writing and Different Modes of Writing: The Writing Process, Effective Writing Strategies, Different Modes of Writing.

Digital Literacy and Social Media: Basic Computer Skills, Introduction to Microsoft (MS) Office Suite, Open Educational Resources, Basic Virtual Platforms, Trending Technologies, Machine Learning, Artificial Intelligence (AI), Internet of Things (IoT), Social Media, Introduction to Social Media Websites, Advantages of Social Media, Ethics and Etiquettes of Social Media, How to Use Google Search Better?, Effective Ways of Using Social Media, Digital Marketing, Introduction to Digital Marketing, Traditional Marketing versus Digital Marketing, Digital Marketing Tools, Social Media for Digital Marketing, Digital Marketing Analytics.

Unit-2

Digital Ethics and Cyber Security: Digital Ethics, Digital Literacy Skills, Digital Etiquette, Digital Life Skills, Cyber Security, Understanding and introducing the environment of security, Types of attacks and attackers, the art of protecting secrets.

Nonverbal Communication: Meaning of nonverbal communication, Advantages of using nonverbal communication, Introduction to modes of nonverbal communication, Open and Closed body language, Eye contact and Facial expression, Hand gestures, Do's and Don'ts in NVC, Learning from experts, Activities-based learning.

Suggested Readings: Follow Curriculum and Guidelines for Life Skills (Jeevan Kaushal) 2.0 at UGC website:

[https://www.cdlu.ac.in/assets/admin/miscellaneous/Implementation%20of%20Curriculum%20and%20Guidelines%20on%20Life%20Skills%20\(Jeevan%20Kaushal\)%202.0.pdf](https://www.cdlu.ac.in/assets/admin/miscellaneous/Implementation%20of%20Curriculum%20and%20Guidelines%20on%20Life%20Skills%20(Jeevan%20Kaushal)%202.0.pdf)

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Universal Human Values

CDLU/VAC/104

Credits: 2 (Theory)

Lectures: 30

Duration of Exam: 2 Hrs.

Max. Marks: 50

Final Term Exam: 35

Internal Assessment: 15

COURSE OBJECTIVES

- Describe the meaning, purpose, and relevance of universal human values.
- Understand the importance of values in individual, social, career, and national life.

LEARNING OUTCOMES

- Develop integral life skills with values.
- Inculcate and practice them consciously to be good human beings.
- Realize their potential as human beings.

Unit-1

Love and Compassion (Prem and Karuna): Introduction, love and its forms: love for self, parents, family, friend, spouse, community, nation, humanity and other beings—living and non-living. Love and compassion and inter-relatedness; The faculty member needs to explain the relationship between love and compassion and other related feelings and emotions like empathy, sympathy, and non-violence. Individuals who are remembered in history or collective memory for practising compassion and love; (such as the Buddha, and Jesus Christ) Narratives and anecdotes from history, literature, including local folklore.

Truth (Satya): What is truth? A Universal truth, truth as value (artha), truth as fact (satya) (veracity, sincerity, honesty among others), Individuals who are remembered in history for practising this value; (Raja Harishchandra, Dharmaraja Yudhishtira, Gautama Buddha, Socrates, and Mahatma Gandhi, among others), Narratives and anecdotes about truth from history, collective memory, and literature including local folklore.

Non-Violence (Ahimsa): What is non-violence and its need? Love, compassion, empathy, and sympathy are prerequisites for non-violence. Ahimsa is non-violence and non-killing. Individuals and organizations that are known for their commitment to non-violence. Narratives and anecdotes about non-violence from history and literature including local folklore.

Righteousness (Dharma): What is righteousness? Righteousness and dharma, righteousness and propriety. Individuals who are remembered in history for practising righteousness. Narratives and anecdotes from history and literature, including local folklore.

Unit-2

Peace (Shanti): What is peace and its need? Peace, harmony and balance. Individuals and organizations that are known for their commitment to peace (Mahatma Gandhi, United Nations). Narratives and anecdotes about peace from history and literature including local folklore.

Service (Seva): What is service? Forms of service: for self, parents, spouse, family, friends, community, persons in distress, nation, humanity and other living and non-living things. Individuals who are remembered in history for practising this value. Narratives and anecdotes dealing with instances of service from history and literature including local folklore.

Renunciation Sacrifice (Tyaga): What is renunciation? Renunciation and sacrifice. Greed is the main obstruction in the path of renunciation. Self-restraint and other ways of overcoming greed. Renunciation with action as true renunciation. Individuals who are remembered in history for practising this value* footnote (The faculty member may suggest names of local characters or leaders that could be relevant.) like: Sri Rama, Bhishma, Gautama Buddha, Mahavira, Jesus Christ, Guru Govind Singh, Bhagat Singh, and Mahatma Gandhi.) Narratives and anecdotes from history and literature, including local folklore about individuals who are remembered for their sacrifice and renunciation.

Constitutional Values, Justice and Human Rights: contains fundamental values enshrined in our Constitution, which were practised even during the time of the Buddha in democratic city states in ancient India. comprises associated fundamental rights which are guaranteed not only in our Constitution but also in the Universal Declaration of Human Rights (1948), Enumerates the Fundamental Duties of Indian Citizens, Patriotism, pride and gratitude for the nation.

Suggested Readings: Follow Curriculum and Guidelines for Life Skills (Jeevan Kaushal) 2.0 at UGC website:

[https://www.cdlu.ac.in/assets/admin/miscellaneous/Implementation%20of%20Curriculum%20and%20Guidelines%20on%20Life%20Skills%20\(Jeevan%20Kaushal\)%202.0.pdf](https://www.cdlu.ac.in/assets/admin/miscellaneous/Implementation%20of%20Curriculum%20and%20Guidelines%20on%20Life%20Skills%20(Jeevan%20Kaushal)%202.0.pdf)

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