

**Learning Outcomes based Curriculum Framework
(LOCF)**

For

**B.Sc. Physical, Health and Sports Education
(Four Year Degree Programme)
w.e.f. Session 2022-23**



**University School for Graduate Studies
Chaudhary Devi Lal University
Sirsa-125055, Haryana
2021**

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1. About University School for Graduate Studies (USGS)

National Education Policy (NEP) -2020 has provided an impetus to the changing horizons of Higher Education. Chaudhary Devi Lal University Sirsa has recently established University School for Graduate Studies (USGS) in Teaching Block-IV (Dr. APJ Abdul KalamBhawan) of the university in order to start new programmes and courses for tuning ourselves to the latest state-of-the-art in Higher Education. The University School for Graduate Studies (USGS) will focus on strengthening graduate studies especially in the wake of NEP-2020 and will focus on designing, developing and execution of market/industry demand-oriented Four Year Degree Programmes (FYDP). To benefit students, society and faculty, the USGS is destined to start graduate programmes based on Learning Outcomes Curriculum Framework and as per NEP-2020 such as: (i) B.Com. Banking & Insurance, (ii) B.Com. Fintech & Financial Markets, (iii) B.Com. Derivatives & Risk Management, (iv) B.Sc. Data Science, (v) B.Sc. Mathematics, (vi) B.Sc. Physics, (vii) B.A. Economics & Finance. In addition, there is a 1-year programme namely (viii) Bachelor of Library & Information Science

The holistic development of the students to compete the changing scenario of the world in the 21st century is of prime importance. The University School for Graduate Studies is committed to impart quality education comprising academic knowledge and technical skills to the students.

2. Learning Outcomes based Curriculum Framework

The Choice Based Credit Scheme (CBCS) evolved into learning outcome-based curriculum framework and provides an opportunity for the students to choose courses from the prescribed courses comprising core, elective/minor or skill-based courses. The courses can be evaluated following the grading system, which is considered to be better than the conventional marks system. Grading system provides uniformity in the evaluation and computation of the Cumulative Grade Point Average (CGPA) based on student's performance in examinations which enables the student to move across institutions of higher learning. The uniformity in evaluation system also enables the potential employers in assessing the performance of the candidates.

2.1 Objectives of the Programme

B.Sc. Physical, Sports and Health education– Four year undergraduate programme in Physical Education is structured:

1. to motivate/inspire the students to inculcate deep knowledge and understanding of physical concepts, principles and theories of Physics.
2. to learn, design and perform experiments in the labs to demonstrate the concepts, principles and theories of Physics.
3. to develop the ability to apply the knowledge and critical thinking to specific problems in theoretical and experimental Physics.
4. to make strong foundation in basic and applied aspects of Physics, in order to develop skills to solve problems of Physics having applications in other disciplines and/or in the real world; and hence undergo research in interdisciplinary areas, jobs in scientific and industrial sectors and/or teaching career in Physics.

2.2 Programme Outcomes (POs)

After completing the programme, the students have:

PO1	Knowledge	Capability of demonstrating comprehensive knowledge acquired during the course of study.
PO2	Communication	Ability to communicate effectively on different aspects of Physics through examples with the scientific community as well as society at large.
PO3	Problem Solving	Capability of applying knowledge to solve scientific and other problems using theoretical and experimental techniques/tools; and ability to use and learn scientific techniques, skill and tools for practices in Physics and the real world.
PO4	Investigation of Problems	Ability of critical thinking, analytical reasoning and research based knowledge including design/performance of experiments, analysis and interpretation of data to provide conclusions.
PO5	Science and Society	Ability to apply reasoning to assess the different issues related to society and the consequent responsibilities relevant to the professional scientific practices.
PO6	Life-Long Learning	Aptitude to apply knowledge and skills that are necessary for participating in learning activities throughout life.
PO7	Ethics	Apply ethical principles and professional responsibilities in scientific practices.
PO8	Project Management	ability to demonstrate knowledge and understanding of the scientific principles and apply them to manage projects



2.3 Programme Specific Outcomes (PSOs)

After completing the programme, the students:

PSO1	Acquire basic knowledge and understanding in different core areas of Physics such as mechanics, electricity and magnetism, thermal physics, waves and optics, statistical mechanics, modern physics quantum mechanics, electronics, electromagnetic theory, semiconductor physics, communication systems, mathematical physics, computational physics, digital and analogy systems, nuclear and particle physics, solid state physics, nanomaterial's and applications, and some other elective areas.
PSO2	Learn how to design and perform experiments demonstrating their understanding of scientific concepts/phenomena/methods/techniques; and develop skills and aptitude to pursue higher studies and research in Physics.
PSO3	Develop written and oral communications skills to communicate physics-related topics effectively through verbal, written, computational and graphical presentations.
PSO4	Apply knowledge, understanding, critical thinking and skills of Physics to analyze interdisciplinary problems and solve them using theoretical and experimental techniques/tools and skills.

3. Programme Structure

B.Sc. Physical, Sports and Health education- Four year (Eight semesters) undergraduate programme is of 200 credits weightage consisting of Core Courses (CC), Discipline Specific Elective Courses (DSC), Skill Enhancement Courses (SEC), Generic Elective Courses (GEC) and Ability Enhancement Compulsory Courses (AECC).



Table 1: Courses and Credit Scheme

Semester	Core Courses (CC)		Discipline Specific Elective Courses (DSC)		Skill Enhancement Courses (SEC)		Ability Enhancement Compulsory Courses (AECC)		Generic Elective Courses (GEC)		Grand Total Credits (2+4+6+8+10)
	1	2	3	4	5	6	7	8	9	10	
	No. of Courses	Total Credits	No. of Courses	Total Credits	No. of Courses	Total Credits	No. of Courses	Total Credits	No. of Courses	Total Credits	
I	3	12	1	3	1	3	-	-	1	4	22
II	3	12	1	3	1	3	-	-	1	4	22

Table 2: Detailed break-up of Credit Courses

Semester	Core Courses (CC)	Discipline Specific Elective Courses (DSC)	Skill Enhancement Courses (SEC)	Ability Enhancement Compulsory Courses (AECC)	Generic Elective Courses (GEC)	Total Courses (CC+DSC+SEC+AECC+GEC)
I	CC1 CC2 CC3	DSC1	SEC1	-	GEC1	06
II	CC5 CC6 CC7	DSC2	SEC2		GEC2	06

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Table 3: Course code and Title along with credits details

Sr. No.	Course Code	Course Title	Credits		
			Lecture	Practical	Total
Semester I					
1.	BSc/Physical/1/CC1	Foundation of Physical Education	4	-	4
2.	BSc /Physical/1/CC2	Elementary Anatomy & Physiology	4	-	4
3.	BSc / Physical/1/CC3	Management and Supervision in Physical Education	4	-	4
4.	BSc/Physical/1/ SEC1	Athletics Teaching- Sprints & long Jump	-	3	3
5.	BSc/Physical/1/DSC1	Game – Kabaddi & Kho-Kho	-	3	3
6.	-----/1/GEC1	To be opted by students from pool of Generic elective courses	4	-	4
Total					22
Semester II					
1	BSc/ Physical/2/CC4	Officiating & Coaching in Physical Education	4	-	4
2.	BSc/ Physical/2/CC5	Organization and Administration in Physical Education	4	-	4
3.	BSc/ Physical/2/CC6	Health Education, Yoga and Recreation	4	-	4
4.	BSc/Physical/2/SEC2	Athletics Teaching- Shot Put & Javelin Throw	-	3	3
5.	BSc/Physical/2/DSC2	Game – Football & Handball	-	3	3
6.	----- /2/GEC2	To be opted by students from pool of Generic elective courses	4	-	4
Total					22

Table 4: Generic Elective Course (GEC) offered by the Department of Physical Education for the students of other departments

S. No.	Course Code	Course Title	Credits		
			T	P	Total
1	BSc/Physical/1/GEC1	Drills- Mass P.T & March Past	-	3	3
2	BSc/Physical/2/GEC2	Gymnastic Techniques- Front Roll, Dive	-	3	3

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Table 3: Course code and Title along with credits details

Sr. No.	Course Code	Course Title	Credits		
			Lecture	Practical	Total
Semester I					
1.	BSc/Physical/1/CC1	Foundation of Physical Education	4	-	4
2.	BSc /Physical/1/CC2	Elementary Anatomy & Physiology	4	-	4
3.	BSc / Physical/1/CC3	Management and Supervision in Physical Education	4	-	4
4.	BSc/Physical/1/ SEC1	Athletics Teaching- Sprints & long Jump	-	3	3
5.	BSc/Physical/1/DSC1	Game – Kabaddi & Kho-Kho	-	3	3
6.	-----/1/GEC1	To be opted by students from pool of Generic elective courses	4	-	4
Total					22
Semester II					
1	BSc/ Physical/2/CC4	Officiating & Coaching in Physical Education	4	-	4
2.	BSc/ Physical/2/CC5	Organization and Administration in Physical Education	4	-	4
3.	BSc/ Physical/2/CC6	Health Education, Yoga and Recreation	4	-	4
4.	BSc/Physical/2/SEC2	Athletics Teaching- Shot Put & Javelin Throw	-	3	3
5.	BSc/Physical/2/DSC2	Game – Football & Handball	-	3	3
6.	----- /2/GEC2	To be opted by students from pool of Generic elective courses	4	-	4
Total					22

Table 4: Generic Elective Course (GEC) offered by the Department of Physical Education for the students of other departments

S. No.	Course Code	Course Title	Credits		
			T	P	Total
1	BSc/Physical/1/GEC1	Drills- Mass P.T & March Past	-	3	3
2	BSc/Physical/2/GEC2	Gymnastic Techniques- Front Roll, Dive	-	3	3

Table 3: Course code and Title along with credits details

Sr. No.	Course Code	Course Title	Credits		
			Lecture	Practical	Total
Semester I					
1.	BSc/Physical/1/CC1	Foundation of Physical Education	4	-	4
2.	BSc /Physical/1/CC2	Elementary Anatomy & Physiology	4	-	4
3.	BSc / Physical/1/CC3	Management and Supervision in Physical Education	4	-	4
4.	BSc/Physical/1/ SEC1	Athletics Teaching- Sprints & long Jump	-	3	3
5.	BSc/Physical/1/DSC1	Game – Kabaddi & Kho-Kho	-	3	3
6.	-----/1/GEC1	To be opted by students from pool of Generic elective courses	4	-	4
Total					22
Semester II					
1	BSc/ Physical/2/CC4	Officiating & Coaching in Physical Education	4	-	4
2.	BSc/ Physical/2/CC5	Organization and Administration in Physical Education	4	-	4
3.	BSc/ Physical/2/CC6	Health Education, Yoga and Recreation	4	-	4
4.	BSc/Physical/2/SEC2	Athletics Teaching- Shot Put & Javelin Throw	-	3	3
5.	BSc/Physical/2/DSC2	Game – Football & Handball	-	3	3
6.	-----/2/GEC2	To be opted by students from pool of Generic elective courses	4	-	4
Total					22

Table 4: Generic Elective Course (GEC) offered by the Department of Physical Education for the students of other departments

S. No.	Course Code	Course Title	Credits		
			T	P	Total
1	BSc/Physical/1/GEC1	Drills- Mass P.T & March Past	-	3	3
2	BSc/Physical/2/GEC2	Gymnastic Techniques- Front Roll, Dive	-	3	3

SEMESTER-1

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B.Sc. Physical, Sports and Health education 1st
BSc/Physical/1/CC1-Foundation of Physical Education

Max. Marks: 100
Sessional Marks: 30
End semester exam marks: 70

Time: 3 hours

Note: The candidates are required to attempt five questions in all. Nine questions will be set. Question no. 1 (Five short questions of two marks each) will be compulsory and will be set from the entire syllabus. Eight questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt four questions by selecting one question from each unit. Except question no. 1 all questions carry equal marks.

UNIT-I

- (i) Definition, Meaning and Scope of Physical Education
- (ii) Aim & objectives, need of Physical Education
- (iii) Meaning of the terms: Physical Culture, Physical Training, , Gymnastics, Athletics, Aquatics

UNIT-II

- (i) Foundation of Physical Education
 - a) Biological activity, its need, Principles of use and disuse
 - b) Growth and Development
 - c) Age and Sex differences
 - d) Classification of Physique
- (ii)
 - a) Principles of motor learning skills
 - b) Development of Social qualities through Physical Education

UNIT-III

- (i) History of Physical Education in India, Greece, Germany, Sweedon.
- (ii) The Historical development of Ancient Olympic games
- (iii) The origin and development of Modern Olympic games
- (iv) Modern Trends of Physical Education in India: I.O.A, National Associations/Federations
Awards: Arjun-award, Daronacharya-award, Rajiv Gandhi Khel Ratan award.

UNIT-IV

- (i) The development of Asian Games, National Games
- (ii) Common-wealth games
- (iii) Awards: Arjuna-award, Daronacharya-award, Rajiv Gandhi Khel Ratanaward, and Policies for developing Physical Education and Sports
- (iv) S.A.I., and its schemes

REFERENCES

- (i) Bhatia K.K. and Narang Principles of Education (Methods and Techniques) Ludhiana Parkash Brothers Educational Publishers.
- (ii) Gupta Rakesh, Akhlesh, Santosh Sharma, Professional preparation and curriculum Design in Physical Education.
- (iii) M.L. Kamlesh & M.S. Sangral: Principles & History of Physical Education
- (iv) Harold M. Barrow: Man and His Movements Principles of Physical Education.

JSingh H. Maitra

BSc Physical Education Sports & Health education Semester-1st
BSc/Physical/1/CC2-Elementary Anatomy and Physiology

Max. Marks: 70

Time: 3 hours

Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (Five short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

Unit -I

- i) Meaning of Anatomy and Physiology, Definition and Importance in the field of Physical Education.
- ii) Roll of Anatomy and Physiology in Physical Education
- iii) Cell structure & properties of living matter
- iv) Tissue, Organs & system

Unit -II

- i) General description of skeleton.
- ii) Anatomy and Physiology of Bone, types of Bone
- iii) Types of Joints
- iv) Description of Diarthroses Joint (synarial joint)

Unit - III- Circulatory system

- i) Anatomy and Physiology of Heart conduction of heart
- ii) Systematic Pulmonary and coronary circulation
- iii) Heart Rate, stroke volume, cardiac output
- iv) Anatomy and Physiology of Digestive system, digestion as food

Unit - IV

- i) Excretory system.
- ii) Structure and function of kidney Function of Kidney
- iii) Skin & lungs As a Excretory organ

Respiratory System

- i) Structure and function of Respiratory organ.
- ii) Mechanism of Respiration
- iii) Tissue & Pulmonary Respiration

Reference Books:

1. Pearee Evelyn, C. : Anatomy and Physiology and Physiology for Nurses, London, Faber, Ltd., 1962.
2. Pavat, J. : Anatomy and Physiology for Students and Teachers of Physical Education. London. Edward Arnold and Co. 1859.
3. Willion, J.F. : Anatomy and Physiology, London, W.B. Saunders.
4. Season Wright: Applied Physiology.
5. Best and Taylor : The Living Body, New Delhi, Asia Club House, 1960.
6. Smount, C.F.V. and : Physiotherapy, Occupational Therapy and
McDonald, R.J.S. : Gymnastics Edward Arnold Pvt. Ltd. 1969.
7. Kiober Grey : Anatomy and Physiology
8. Stackpoles : Anatomy and Physiology (6th ed.)

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BSc Physical Education Sports & Health education Semester-Ist
BSc/Physical/1/CC3- Management and Supervision in Physical Education

Max. Marks: 70

Time: 3 hours

Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (Five short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

UNIT-I

- (i) Introduction, definition of terms, importance, objectives and guiding principles
- (ii) Scheme of organization, N.S.S, school sports
- (iii) Meaning of supervision, needs, importance, principles of supervision and qualities of supervisor
- (iv) Supervision: Meaning & its importance.
- v) Scope of supervision
- vi) Guiding principle of supervision
- vii) Factors influencing the supervision

UNIT-II

- (i) Facilities, construction and care of gymnasium, swimming pools, play fields.
- (ii) Equipment's: needs, purchase, maintenance, issue and disposals
- (iii) Camping- meaning, importance, selection of site, programme, safety and food. types of camps
- (iv) Qualities & Qualification of a good supervision.
- (v) Functions of supervisor to administration & supervision.
- (vi) Meaning & factors influencing the physical education curriculum.
- vii) Principle of curriculum development.

UNIT-III

- (i) Professional preparation, qualities of a teacher, training, problems facing the teacher, student's leadership
- (ii) Programme planning: principles and factors affecting the time table, scheduling school sports, problem of school sports, intramural and inter institutional.
- (iii) Visitation : Meaning. & its Importance/purpose
- (iv) Types of Visitation
- (v) Demonstration : Meaning & Purpose/ importance of demonstration
- (vi) Advantages & disadvantages, and types of demonstration.

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UNIT-IV

- (i) Records and registers- attendance, tests, health and character, extra-curricular activities
- (ii) Budget and finance-preparation of budget, administration, rules of expenditure sources
- (iii) The need for planning the supervisory programme.
- (iv) Objectives of planning the supervisory programme.
- (v) Meaning and functions of leadership.
- (vi) Guidelines for effective leadership.

Reference Books :

- (i) Recreation- Dr. Chandrasudbey, Mrs. Alkanayak A.P. Publishers, Jalandhar
- (ii) Camping for boys- Norman F. Ford. The Y.M.C.A. Publishing House, Calcutta
- (iii) Bhatnagar and Kamlesh : Educational Supervision, Loyal Book Dept. Meerut.

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B.Sc. Physical, Health and Sports Education
Practical Athletics
BSc/Physical/1/SEC1

Credit :03

Max. Marks:100

Sessional Marks:30

End semester exam Marks:70

1. History and Development of the Track & field at International and National level.
2. Basics of Athletic Track (200 & 400 Mt. Track).
3. Preparation of Track area.
4. Marking of Track, various zones, starting points etc.
5. Running events, their process, timing and scorings.
6. Fundamental skills related to running in track.
7. Running tests (for speed and endurance) and their administration.
8. Rules and their interpretations in relation to running events.
8. Team selection and coaching in running events.
9. Officiating & Referee/ Umpire/ scorer/ curatorship for self-employment.



B.Sc. Physical, Health and Sports Education
Practical Game
BSc/Physical/1/ DSC1

Credit :03

Max. Marks:100

Sessional Marks:30

End semester exam Marks:70

1. History and Development of the game at International and National level.
2. Dimensions and Marking of the playing area.
3. Basic requirement of playing area.
4. Fundamental skills of the Game.
5. Skill tests, scoring and arrangement of the skill tests.
6. Rules of the game with their interpretations.
7. Team selection and coaching in that game.
8. Officiating & Referee/ Umpire/ scorer/ curatorship for self-employment.



SEMESTER-II

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BSc Physical Education Sports & Health education Semester-2nd
BSc/Physical/2/CC5-Officiating & Coaching in Physical Education

Max. Marks 70

Time: 3 Hours

Note:- The candidates are required to attempt five questions in all. Nine questions will be set. **Question no. 1** (Five short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question no. 1 all questions carry equal marks.

- Unit - I
- i) Meaning, importance and principle of officiating
 - ii) Qualities of a good official
 - iii) Duties of official pre-game, during game and post-game
 - iv) Relationship of official with management, Player, Coaches and Spectators.
- Unit –II
- i) Meaning and Principle of Coaching.
 - ii) Qualities and Qualification of a coach
 - iii) Responsibility of a good coach.
 - iv) concept of Coaching.
- Unit – III
- i) Methods of conditioning – Circuit, Fartlak, Interval, Repetition and weight training.
 - ii) Warming up, cool down and their effect on body
 - iii) Dopping and its effect on performance
 - iv) Factor affect sports performance
- Unit – IV
- i) Dimensions/Lay out of the following games & Athletics Events.
 - ii) Games:- Badminton, Basketball, Cricket, Football, Handball, Kabaddi, Kho-Kho, Hockey, Volley Ball, Table Tennis, Lawn Tennis.
Track:- Sprint, Middle and Long Races and Relay Races,
Throw:- Javelin, Shot put. Discus
Jump:- Long jump, High Jump, Triple Jump
 - iii) Competition Rule & its interpretation of above games & Athletic
 - iv) Eligibility rule for Inter College/School Tournaments.

REFERENCES

- i) Dick, F.W., Sports Training Principles
- ii) Singh Hardyal- Sports Training. NSNIS. Patiala
- iii) Bunn J.W- Scientific Principles of coaching, Englewood cliffs prentice Hall
- iv) Singh Shamsher. An Introduction to Training and Coaching, Friends Publication, New Delhi, 2006.
- v) Rule Books of respective Federations
- vi)



BSc Physical Education Sports & Health education Semester-2nd
BSc/Physical/2/CC6-Organization and Administration in Physical Education

Max.Marks:70

Time: 3 Hours

Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (Five short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

UNIT-I

- i. Meaning, Definition, Scope and Importance of methods in Physical Education.
- ii. Types of methods – By part, whole part, command, imitations, Discussion, Demonstration methods
- iii. Factors influence methods of teaching in Physical Education.

UNIT-II

- i. Classification of pupils, Physical activities, methods of classification, lesson planning.
- ii. Leadership and supervision.
- iii. Organization and conduct of competition – Athletic meet, Basket ball and Volley Ball games.
- iv. Tournament and their types.

UNIT-III

- i. Methods of Teaching, physical activity, calisthenics, games and sports, indigenous activities
- ii. Presentation of technique, personal preparation, technical preparation, steps of preparation, command & their techniques and types of class formation

UNIT-IV

- i. Principles of class management- lesson plan and its types of lesson
- ii. Objectives of different lesson plan
- iii. Skill activities & group work
- iv. Class activities recreational part, reassembly, revision, summarizations, dismissal
- v. Construction and laying out of the track and field and play grounds

Reference books:

- i. Sujan Singh : Methods in physical education
- ii. Thiru Narayan & Hariharn : Methods in physical education
- iii. J.P.Tomas : Principles and organisation of education
- iv. R.L.Anand : Manual of play grounds

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BSc Physical Education Sports & Health education Semester-2nd

BSc/Physical/2/CC8-Health Education, Yoga and Recreation

Max. Marks: 70

Time – 3 hours

Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (Five short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question no. 1 all questions carry equal marks.

UNIT- I

- i. Meaning and objectives of yoga, concept and brief historical back ground.
- ii. Meaning and objective of Astang yoga
- iii. Yama
- iv. Niyama
- v. Asana
- vi. Pranayam
- vii. Cleansing process and its role and purpose of shat karma
- viii Jal Neti, Sutra Neti, DugdhNeti, DhiritNeti
- ix Vastra Dhوتي, and Dand Dhوتي
- x NayoliKirya, Tratk. Shank Prshlan. Gajkarni.
- xi Effect of asanas on health.

UNIT -II

- i. Meaning, objective and types of Pranayam
- ii. Suryanamaskar and their values in daily life
- iii. Type and importance of yoga in the field of physical education and sports
- iv. Effect and uses of bandhas uadyan bandhas and jalandher
- v. Meaning types and principles of asanas, Effect technique and benefit following asanas:-
Meditative :- Padmasana, Sidhasana, Vajrasana
Relaxative :- shevasana. makerasana
Cultural and corrective :- Bhujangasana. Dhanurasana, Halasana, Chakrasana.
Bakasana, Garudasana. Tadasana, Trikounasana, Sarvangasana, Mayurasana,
UttanPadhasthasana, Shalabhasana

UNIT -III

- i) Meaning of Health Education. need and importance.
- ii) Dimension of physical education. school health education programme.
- ii) Role of physical education teacher in promoting health and fitness of the student.
- iv) Explain about W.H.O. and Red Cross Society.
Health instruction: meaning, need of health instruction and methods of health guidance.
School Hygine & Health education:
a) water, sources of water. purification of water, water supply, urinal & latrine, canteen
b) School building, school playground, seating arrangement, air & ventilation. lightening.
Supervision of facilities such as: class room, toilet, canteen, gymnasium, playground. Medical examination.

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UNIT-IV

- i. Meaning of Recreation
- ii. Objectives of Recreation.
- iii. Need and importance of Recreation.
- iv. Types of activities in recreation.
Camp and objectives of camp.
Types of camp.
selection and planning of camp site.
Organization and Administration of the Camp.
Qualities of a camp leader.

Reference Books:

- Asanas and Pranayama by Swami Kuvalyanand.
Yoga for Health, Happiness and Peace by Yoga Acharya Prakash Dev.
Yoga Method of Reintegration by Alain Danial.
Yoga Personal Hygiene by Shri Yogendra.
Yoga for Every Man by DesmondsDubee.
Massage and Medical Gymnastics by Mary V. Lacc.
Water Cure by Kellage.
- Turner and Mouison : Personnel and Community Health
Dehl : Healthful Living. McGraw Hill.
Dalrymple : Foundation of Health.
Obertauffer : School Health Education.
Jobs Suttan : Health for Effective Living, N.Y., McGraw Hill Books Co..
Inc., 1958.
Kilander, O.F. : School Health Education, N.Y., MacMillan Co.. 1962.

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B.Sc. Physical, Health and Sports Education
Practical Athletics
BSc/Physical/2/SEC2

Credit :03

Max. Marks:100

Sessional Marks:30

End semester exam Marks:70

1. History and Development of the Track & field at International and National level.
2. Basics of Athletic Track (200 & 400 Mt. Track).
3. Preparation of Track area.
4. Marking of Track, various zones, starting points etc.
5. Running events. their process. timing and scorings.
6. Fundamental skills related to running in track.
7. Running tests (for speed and endurance) and their administration.
8. Rules and their interpretations in relation to running events.
8. Team selection and coaching in running events.
9. Officiating & Referee/ Umpire/ scorer/ curatorship for self-employment.



B.Sc. Physical, Health and Sports Education
Practical Game
BSc/Physical/2/ DSC2

Credit :03

Max. Marks:100

Sessional Marks:30

End semester exam Marks:70

1. History and Development of the game at International and National level.
2. Dimensions and Marking of the playing area.
3. Basic requirement of playing area.
4. Fundamental skills of the Game.
5. Skill tests, scoring and arrangement of the skill tests.
6. Rules of the game with their interpretations.
7. Team selection and coaching in that game.
8. Officiating & Referee/ Umpire/ scorer/ curatorship for self-employment.



**Generic Elective Courses
(GEC)**

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B.Sc. Physical, Health and Sports Education
Practical Gymnastics/ March Past
BSc/Physical/1/ GEC1

Credit :03

Max. Marks:100

Sessional Marks:30

End semester exam Marks:70

1. History and Development of the Gymnastics at International and National level.
2. Various forms/ types of Gymnastics activities.
3. Basic requirement/ equipment for the Gymnastics.
4. Fundamental skills/ movements in the Gymnastics.
5. Rules, scoring and their interpretations in Gymnastic competitions.
6. Team selection and coaching in Gymnastics.
7. Officiating & Referee/ Umpire/ scorer/ curatorship for self-employment.



B.Sc. Physical, Health and Sports Education
Practical Gymnastics/ March Past
BSc/Physical/2/ GEC2

Credit :03

Max. Marks:100

Sessional Marks:30

End semester exam Marks:70

1. History and Development of the Gymnastics at International and National level.
2. Various forms/ types of Gymnastics activities.
3. Basic requirement/ equipment for the Gymnastics.
4. Fundamental skills/ movements in the Gymnastics.
5. Rules, scoring and their interpretations in Gymnastic competitions.
6. Team selection and coaching in Gymnastics.
7. Officiating & Referee/ Umpire/ scorer/ curatorship for self-employment.

