

**COURSE STRUCTURE AND SYLLABUS FOR
FOUR-YEAR UNDERGRADUATE PROGRAMME (FYUP),
2025 BASED ON NEP-2020 IN
PHYSICAL EDUCATION AND SPORTS**

[Under the guidelines of the Ordinance for Manipur University
Ordinance for Four-Year Undergraduate Programme (FYUP), 2025
based on NEP-2020]

**NAME OF THE COURSE
BACHELOR OF PHYSICAL EDUCATION AND SPORTS
(BPES)**

FOUR YEARS
SEMESTER – I TO VIII



**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCE
MANIPUR UNIVERSITY, CANCHIPUR
JULY, 2025**

COURSE STRUCTURE OF THE

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES) FOR FOUR-YEAR UNDERGRADUATE PROGRAMME (FYUP), 2025

Year	Semester	Major (Credit)	Minor (Credit)	MDC (Credit)	AEC (Credit)	SEC*/ Dissertation (Credit)	Experime ntal Learning (Credit)	VAC (Credit)	Total Credits	Additional Summer Internship
I	I	Major-1 (4) (Level 100) MJC45PES101(T)25: History and Foundation of Physical Education	Minor-1 (4) (Level 100) MNC45PES101(T)25: History and Foundation of Physical Education	MDC-1 (3)- MDC45PES101(T)25: Fitness & Conditioning	AEC-1 (Language and Communication Skills)(4)	SEC-1 (3): SEC45PES101(P)25 (a) Swimming (b) Tennis (c) Wushu		VAC-1 (2) To be opted from the University approved pool	20	Additional for Bachelor's Certificate (4)
	II	Major-2 (4) (Level 100) MJC45PES102(T)25: Anatomy and Physiology	Minor-2 (4) (Level 100) MNC45PES102(T)25: Anatomy and Physiology	MDC-2 (3)- MDC45PES102(T)25: Yoga Education	AEC-2 (Academic Writing)(4)	SEC-2 (3)- SEC45PES102(P)25: (a)Gymnastics (b) Kho-Kho (c)Kabaddi		VAC-2 (2) To be opted from the University approved pool	20	
							1 Year Credit		40	
Students exiting at 1 Year will be awarded Bachelor's Certificate after earning minimum credit in the concerned discipline provided the student earned additional 4 credits in work based vocational courses offered during the summer internship or apprenticeship.										

II	III	Major-3 (4) (Level 200) MJC50PES203(T)25: Sports Psychology & Sociology Major-4 (4) (Level 200) MJC50PES204(T)25: Kinesiology & Biomechanics	Minor-3 (4) (Level 200 & above) MNC50PES203(T)25: Kinesiology & Biomechanics	MDC-3 (3)- MDC50PES203(T)25: Sports Nutrition		SEC-3 (3)- SEC50PES203(P)25 (a) Basketball (b) Handball (c) Table Tennis		VAC-3 (2) To be opted from the University approved pool	20	Additional for Bachelor's Diploma, if not done in 1 st Year (4)
	IV	Major-5 (4) (Level 200) MJC50PES205(T)25: Basic of Sports Training Major-6 (4) (Level 200) MJC50PES206(T) : Education Major-7 (4) (Level 200) MJC50PES207(T)25 & MJC50PES207(P)25 Track & Field Major-8 (4) (Level 200) MJC50PES208(T)25 & MJC50PES208(P)25 : Football	Minor-4 (4) (Level 200 & above) MNC50PES204(T)25 & MNC50PES204(P)25 Track & Field						20	

							II Year Credit	80	
Students exiting at 2 Year will be awarded Bachelor's Diploma after earning minimum credit in the concerned discipline provided the student earned additional 4 credits in work-based vocational courses offered during first year or second year summer internship or apprenticeship.									
III	V	Major-9 (4) (Level 300) MJC55PES309(T)25: Methods & Technology in Physical Education Major-10 (4) (Level 300) MJC55PES310(T)25: Sports Management Major-11 (4) (Level 300) MJC55PES311(T)25 & MJC55PES311(P)25: Badminton	Minor-5 (4) (Level 200 & above) MNC55PES205(T)25: Methods & Technology in Physical Education				Internship/ Community engagement and service/ Field Project (4) INT	20	
	VI	Major-12 (4) (Level 300) MJC55PES312(P)25: Health Education Major-13 (4) (Level 300)- MJC55PES313(T)25: Adapted Physical Education Major-14 (4) (Level 300) MJC55PES314(T)25 &	Minor-6 (4) (Level 200 & above) MNC55PES206(T)25: Indigenous Games of Manipur					20	

		MJC55PES314(P)25 Indigenous Games of Manipur Major-15 (4) (Level 300) MJC55PES315(T)25 & MJC55PES315(P)25 Hockey								
	Total	60 Credits	24 Credits	9 Credits	8 Credits	9 Credits	4 Credits	6 Credits	120	
Students who want to exit at 3-year will be awarded Bachelor’s Degree in the relevant Discipline/Subject upon-earning the required credit to 120 from 1 st , 2 nd , and 3 rd year.										
IV	VII	Major-16 (4) (Level 400) MJC60PES416(T)25 5: Measurement & Evaluation Major-17 (4) (Level 400) MJC60PES417(T)25 5: Sports Statistics Major-18 (4) (Level 400) MJC60PES418(T)25 5: Research Methodology	Minor-7 (4) (Level 300 & above) MNC60PES307(T)25 5: Measurement & Evaluation			For Honours with Research Dissertation Part 1 (4 Credits) DIS60PES401(D)25 For Honours Students DSE-1** (4) (Level 400) in lieu of Dissertation DSE- DSE60PES401a(T)25& DSE60PES401a(P)25 i. Basketball DSE60PES401b(T)25& DSE60PES401b(P)25 ii. Cricket DSE60PES401c(T)25& DSE60PES401c(P)25 iii. Football DSE60PES401d(T)25& DSE60PES401d(P)25 iv. Hockey DSE60PES401e(T)25&		20		

						DSE60PES401e(P)25 v. Track & Field DSE60PES401f(T)25& DSE60PES401f(P)25 vi. Volleyball DSE60PES401g(T)25& DSE60PES401g(P)25 vii. Yoga <i>(Only one to be opted)</i>				
	VIII	Major-19 (4) (Level 400) MJC60PES419a(T) 25: a. Sports Training MJC60PES419b(T) 25 b. Sports Psychology <i>(Either <u>a</u> or <u>b</u> to be opted)</i> Major-20 (4) (Level 400) MJC60PES420a(T) 25: a. Exercise Physiology MJC60PES420b(T) 25: b. Biomechanics <i>(Either <u>a</u> or <u>b</u> to be opted)</i>	Minor-8 (4) (Level 300 & above) MNC60PES308(T)25 Any One from Major 19 & 20			For Honours with Research Dissertation Part 2 (8 Credits) DIS60PES402(D)25 For Honours Students DSE-2** (4) (Level 400) DSE60PES402(T)25: Sports Pedagogy DSE-3** (4) (Level 400) DSE60PES403(T)25: Recreation & Adventure Sports In lieu of Dissertation.			20	
	Total	80 Credits	32 Credits	9 Credits	8 Credits			6 Credits	160	

Students will be awarded **Bachelor's Degree (Honours/Honours with Research)** in the relevant discipline after earning **160 credits**

* SEC should be major oriented.

** DSE should be major oriented. These courses are offered in lieu of Dissertation/Project.

Majour-18 is Research Methodology is mandatory for both Honours and Honours with Research.

A minimum of 12 credits may be allocated to vocational education and training as part of the minor course component.

**COURSE SYLLABUS OF THE
BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES) FOR
FOUR-YEAR UNDERGRADUATE PROGRAMME (FYUP), 2025**

First Year: SEMESTER I & II

SEMESTER- I

Nature of Course	Major/ Minor - 1
Course Code	MJC-1: MJC45PES101(T)25 MNC-1: MNC45PES101(T)25
Course Title	History and Foundation of Physical Education
Course Level	Level 100
Credits	4

Course Learning Outcomes:

1. The pass out students would be able to compare the relationship between general education and physical education.
2. Students will be able to understand and relate with the History of Physical Education.
3. Students will be able to comprehend the relationship among the different foundational aspects of Physical Education.
4. Students could understand the philosophical development of physical education.
5. Students will know recent development and academic foundation of Physical Education.

Course Contents

Unit-I: Introduction to Physical Education

- 1.1. Meaning, Definition and Scope of Physical Education
- 1.2. Aims and Objective of Physical Education
- 1.3. Importance of Physical Education in present era.
- 1.4. Misconceptions about Physical Education.
- 1.5. Relationship of Physical Education with General Education.
- 1.6. Physical Education as an Art and Science.

Unit-II: Historical Development of Physical Education in India

- 2.1 Physical education in Vedic Period, Early Hindu Period and Later Hindu Period
- 2.2 Physical education in Pre and Post Independence period
- 2.3 Physical Education in India (After 1947)
- 2.4 The early history and significant stages in the revival and development of the modern Olympic movement.
- 2.5 Educational and cultural values of Olympic movement.

Unit-III: Philosophical Foundation of Physical Education

- 3.1 Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism.
- 3.2 Philosophy and Culture.
- 3.3 Fitness and wellness movement in the contemporary perspectives
- 3.4 Sports for all and its role in the maintenance and promotion of fitness.

Unit-IV: Foundational Aspects of Physical Education

- 4.1 Biological Foundation: growth and development, age, gender characteristics and body types.

- 4.2 Psychological Foundation: attitude, interest, cognition, emotions, sentiments, learning, motivation, personality.
- 4.3 Sociological Foundation: society, culture, social acceptance, recognition, leadership in physical education.

Unit-V: Olympic Movement

- 5.1 Olympic movement and Olympism
- 5.2 Ancient history of Olympic
- 5.3 Declination, revival, development of Olympic
- 5.4 Role of YMCA, LNIPE, HVPM and SAI in Physical Education.

Suggested Readings:

1. Bucher, C. A. (n.d.) - Foundation of physical education. St. Louis: The C.V. Mosby Co.
2. Deshpande, S. H. (2014) - Physical Education in Ancient India. Amravati: Degree college of Physical education.
3. Dash, B.N. (2003.) –Principles of Education, Neelkamal publication, Hyderabad,
4. Kamlesh, M.L. (2002) –Sociological Foundation of Physical Education, Metropolitan Book co. Pvt. Ltd., Delhi,
5. Pandey, R.S. (1991) Philosophical & Sociological Foundation of Education, Vinod PustakMandir, Agra.
6. Bhatia, K.K. &Narang, C.L. (1984.)– Philosophical & Sociological Bases of Education, Prakash Bros., Ludhiana,
7. Adams, William.C (1991.) – Foundation of Physical Education Exercises and Sports Sciences, Lea and Febigor, Philadelphia,
8. Dr. Kamlesh M.L. (2004) - Principles and History of Physical Education and Sports, Friends Publication (India) New Delhi.
9. Dr. B.C.Kapri, Fundamentals of Physical Education, Friends Publication, Dariya Ganj, Delhi (India).

Nature of Course	Multi-Disciplinary Course (MDC) - 1
Course Code	MDC-1: MDC45PES101(T)25
Course Title	Fitness and Conditioning
Course Level	Level 100
Credits	3

Course Learning Outcomes:

1. Students will understand the basic concepts of fitness, conditioning and warming-up.
2. Students will enhance knowledge of fitness and conditioning training programs.
3. Students will gain more basic knowledge of warming-up exercises.
4. Students will understand and prepare weight management plans with proper diet.

Course Contents

Unit-I: Introduction to Fitness

- 1.1 Meaning and definition of fitness
- 1.2 Basic components of fitness
- 1.3 Types of Fitness, maintenance of fitness
- 1.4 Importance of fitness and well being

Unit-II: Introduction to Conditioning

- 2.1 Meaning and Definition of Conditioning
- 2.2 Types of Conditioning

- 2.3 Importance of Conditioning in fitness development
- 2.4 Planning for Conditioning.

Unit-III: Warming-up Exercises

- 3.1 Meaning and concept of warming-up
- 3.2 Types of warming-up
- 3.3 Importance of warming-up in sports conditioning training
- 3.4 General principles of warming-up exercise
- 3.5 Factors affecting warming-up exercise.

Unit-IV: Physical Fitness Components

- 4.1 Types of physical fitness
- 4.2 Strength and types
- 4.3 Speed and types
- 4.4 Endurance and types
- 4.5 Flexibility, Coordination and Agility

Unit-V: Weight Management and Balance Diet

- 5.1 Concept of weight management and its importance
- 5.2 Factor affecting weight management
- 5.3 Determination of desirable body height and weight
- 5.4 Balance diet and its components
- 4.5 Role of diet in weight management

Suggested Readings:

1. Bessesen, D. H. (2008). Update on Obesity. *J Clin Endocrinol Metab.* 93(6), 2027-2034.
2. Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity (Silver Spring)*. 15(12), 3091-3096.
3. Bates M. (2008). *Health Fitness Management* (2nd Ed.) USA: Human Kinetics.
4. Fink, H.H., Burgoon, L.A., & Mikesky, A.E. (2006). *Practical Applications in Sports Nutrition*. Canada: Jones and Bartlett Publishers.
5. Lancaster S. & Teodoro, R. (2008). *Athletic Fitness for Kids*. USA: Human Kinetics.
6. Michael J. Gibney (2002) – *Human Nutrition*, Atlantic publication, New Delhi.
7. Martin Estwood (2005) – *Principle of human nutrition*, Atlantic publication, New Delhi.
8. Sharma, P.D. (1998). *Officiating and Coaching*. AP Publishers, Jalandhar.
9. *Rules of Games and Sports*. YMCA Publishing House, Jai Singh Rad (1986), New Delhi.

Nature of Course	Ability Enhancement Course (AEC) -1
Course Code	AEC-1:
Course Title	Language and Communication Skills
Course Level	Level 100
Credits	4

Nature of Course	Skill Enhancement Course (SEC) - 1
Course Code & Course Title	SEC-1: SEC45PES101(P)25 (a) Swimming (b) Tennis (c) Wushu
Course Level	Level 100
Credits	3

Course Contents

(a) Swimming

1. History and development of Swimming
2. Planning and measurement of swimming pool
3. Fundamental Skills Drills:
 - Entry into the pool
 - Developing water balance and confidence
 - Water fear removing drills
 - Floating-mushroom and Jelly-fish etc
 - Gliding-with and without kickboard
4. Teaching of competitive swimming strokes (minimum two strokes)- Body position, leg, kick, arm pull, breathing and co-ordination.
5. Starts and turns of the concerned strokes.
6. Water treading and simple jumping.
7. Learning of competition strokes – Freestyle, Breaststroke, Butterfly, Backstroke and Sidestroke.
8. Rules of competition and their interpretation, and duties of officials.

Suggested Readings:

1. Helen, Elkington. Swimming- A handbook of Teacher. London: Cambridge University Press.
2. Counsilmen, James E. Science of Swimming. London: Pelham Books Ltd.
3. Torney, John A. Swimming. London: McGraw Hill Books Company Inc.
4. Spitz, Mark and Lemond, Alan. The Mark Spitz Complete Book of Swimming. London: Pelham Books Ltd. Gallagher, Harry. Harry Gallagher on Swimming. London: Pelham Books Ltd.

(b) Tennis

1. History and development of Tennis
2. Court development and marking
3. Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip.
4. Stance and Footwork.
5. Basic Ground strokes-Forehand drive, Backhand drive.
6. Basic service
7. Basic Volley
8. Over-head Volley
9. Chop
10. Tactics – Defensive, attacking in game.
11. Court marking.
12. Rules and their interpretations and duties of officials.

Suggested Readings:

1. Rick Chavez and Lois Smith N., Teaching Tennis, Surjeet Publication, New Delhi, 1996.
2. Simon Lee, How to Play Tennis, S.K. Sachdeva for Competiition Review Pvt. Ltd. New Delhi, 1991.
3. Jim Brown, Tennis- Steps to Success, Human Kinetics, 2004.

(c) Wushu

1. Origin, historical and development of Wushu.
2. Traditional and modern Wushu
3. Classification of Wushu disciplines (Taolu and Sanda)

4. Basic Stances- horse stance, bow stance, empty stance etc.
5. Fundamental Techniques: Punching, kicking, blocking, footwork etc.
6. Different forms of Taolu and Sanda
7. Tactics – Defensive and attacking in game.
8. Court marking.
9. Rules and duties of officials.
10. Training: Endurance, flexibility, strength, agility, running, jumping, skipping, and various stretching exercises.

Suggested Readings

1. Essentials of Chinese Wushu by Wu Bin *et al.* Foreign Languages Press; New edition (1August 1995).
2. Kung Fu Elements: Wushu Training and Martial Arts Application Manual by Wen-Ching Wu & Shou-Yu Liang. Create Space Independent Publishing Platform.
3. The Complete Guide to Kung Fu Fighting Styles by Jane Hallander.
4. Kung Fu: History, Philosophy, and Technique by David Chow.

Nature of Course	Value Added Course (VAC) - 1
Course Code	VAC-1:
Course Title	<i>To be opted from the prescribed Pool</i>
Course Level	Level 100
Credits	2

Nature of Course	Additional Summer Internship
Course Code	
Course Title	<i>Additional for Bachelor's Certificate (4)</i>
Course Level	Level 100
Credits	4

SEMESTER- II

Nature of Course	Major/ Minor - 2
Course Code	MJC-2: MJC45PES102(T)25 MNC-2: MNC45PES102(T)25
Course Title	Anatomy and Physiology
Course Level	Level 100
Credits	4

Course Learning Outcomes:

1. The student will learn the basic structures and functions of human body by identifying, comparing and relating different systems, organs and their functional and structural units.
2. He would be able to relate and interpret the role of exercise on body systems and its relation to well-being, through literature reviews and physical conditioning exercises.
3. Adapt the art to apply the knowledge of anatomy and physiology in physical activity classes at school level.
4. Construct anatomy and physiology related pedagogical materials exploring their creative imaginations while working in group and using technology.

Course Contents

Unit-I: Introduction and Level of Organization

- 1.1 Meaning and Concept of Anatomy and Physiology
- 1.2 Need and Importance of Anatomy in the field of physical Education.
- 1.3 Levels of Organization of Human Body- Cell, Tissue, Organ, System and classifications.
- 1.4 Microscopic Structure, Composition and function of Cell, Tissue, Organ and System
- 1.5 Essential Properties of living Organism.

Unit-II: Musculo-Skeletal System

- 2.1 Skeleton
 - 2.1.1 Different Parts of Human Skeleton
 - 2.1.2 Types of Bones
 - 2.1.3 Gross and Microscopic Structure and function of bones.
- 2.2 Joints-Classification, structure and functions of Joints
- 2.3 Muscles- classification, structure and functions of muscles
- 2.4 Skeleton Muscles- functions of major muscles of different part of body.

Unit-III: Body Systems and Functions

- 3.1 Cardio-Respiratory System:
 - 3.1.1 Anatomical position and gross structure of the Heart
 - 3.1.2 Systemic and Pulmonary Circulation
 - 3.1.3 Blood Vessels – Artery, Vein and Capillaries
- 3.2 Respiratory System:
 - 3.2.1 External and Internal Respiration
 - 3.2.2 Organs of Respiration
 - 3.2.3 Structure of Lungs
 - 3.2.4 Introduction of Mechanism of Respiration

Unit-IV: Digestive and Excretory System

- 4.1 Parts of Digestive Tract, Structure and Function
- 4.2 Steps of digestion, digestive glands – structure and function system
- 4.3 Routes of excretion from human body
- 4.4 Structure and functions of urinary system
- 3.5 Structure and functions of skin

Unit-V: Nervous and Humoral System

5.1 Nervous System

5.1.1 Structural Division- central nervous system and peripheral nervous system

5.1.2 Functional Division- autonomic nervous system and sensory motor nervous system.

5.1.3 Brain and Spinal Cord- Structure and functions

5.2 Endocrine- types, location and functions of glands

5.3 Liver- structural division and functions of liver

5.4 Sense organs, classification and functions.

Suggested Readings

1. Bourne, Geoffrey H. (1973). The Structure and Function of Muscles: London: Academic Press.
2. Chaurasia B.D. (1979). Human Anatomy Regional and Applied. CBS Publisher and Distributors.
3. Gupta, A. P. (2010). Anatomy and Physiology, Agra: Sumit Prakashan.
4. Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
5. Guyton, Arthur C. (1976). Text book of Medical Physiology. (Philadelphia: W.B. Saunder Company.
6. Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.
7. James C. Clouch (1971). Fundamental Human Anatomy (Lea & Febiger, Philadelphia).
8. Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
9. Mathew, D.K. and Fox E.L. (1976). Physiological Basis of Physical Education and Athletics (Philadelphia: W.B. Saunders Company.
10. Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam.
11. Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
12. Morehouse, E. Miller, A.T. (1976). Physiology of Exercise. St. Louis: The C.V. Mosby Company, 7th Edition.
13. Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd. Publications, Saunders Company.
14. Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
15. Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications.

Nature of Course	Multi-Disciplinary Course (MDC) - 2
Course Code	MDC-2: MDC45PES102(T)25
Course Title	Yoga Education
Course Level	Level 100
Credits	3

Course Learning Outcomes:

1. The students will gain the fundamental knowledge of Yoga.
2. The study will give the importance of different scopes of yoga in life.
3. The theoretical and practical approaches will be learned.

Course Contents

Unit – I: Introduction

- 1.1 Meaning and Definition of Yoga

- 1.2 Aims and Objectives of Yoga
- 1.3 Yoga in Early Upanisads
- 1.4 The Yoga Sutra: General Consideration
- 1.5 Need and Importance of Yoga in Physical Education and Sports.

Unit - II: Foundation of Yoga

- 2.1 The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.
- 2.2 Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga
- 2.3 Preparation for yoga practice.

Unit – III: Asanas

- 3.1 Meaning and definitions of asanas
- 3.2 Classification of asanas and their applications
- 3.3 Effect and importance of asanas on various body system
- 3.4 Planning for practicing yoga asanas.

Unit – IV: Pranayama and Kriya

- 4.1 Meaning and definition of pranayama
- 4.2 Types and importance of pranayama
- 4.3 Meaning and definition of kriya
- 4.4 Types and importance of kriyas.
- 4.5 Meditation

Unit –V: Education and Yoga

- 5.1 Definitions of yoga education
- 5.2 Importance of yoga education
- 5.3 Difference between yogic practices and physical exercises
- 5.4 Yoga education centers in India and abroad
- 5.5 Competitions of Yoga asanas.

Suggested Readings

- 1 Brown, F. Y. (2000). How to use yoga. Delhi: Sports Publication.
- 2 Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaixydhmoe.
- 3 Rajjan, S. M. (1985). Yoga strengthening of relaxation for sports man. New Delhi: Allied Publishers.
- 4 Shankar, G.(1998). Holistic approach of yoga. New Delhi: Aditya Publishers. Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.

Nature of Course	Ability Enhancement Course (AEC) -2
Course Code	AEC-2:
Course Title	Academic Writing
Course Level	Level 100
Credits	4

Nature of Course	Skill Enhancement Course (SEC) - 2
Course Code & Course Title	SEC-2: SEC45PES102(P)25 (a) Gymnastics (b) Kabaddi (c) Kho-Kho
Course Level	Level 100
Credits	3

Course Learning Outcomes:

(a) Gymnastics

1. History and foundation of Gymnastics.
2. Different events of men and women.
3. Measurement and arrangement of equipment of different events.
4. Floor Exercise (boys and girls) - Forward Roll, Backward Roll, Sideward Roll, Cart Wheel, Handstand and forward roll, Backward roll to hand stand, Diving forward roll, Side split, Head stand, Different kinds of scale, Diving roll from beat board, round off, Jumps-leap, scissors leap.
5. Balancing Beam (girls) - Walking and running on the beam, turning movement on the beam, Cat jump, Dancing steps and movements, Mount (1/4 turn to cross sitting), Dismount (jump from the end of the beam with legs straddle in the air), Straddle mount, Forward roll on the bench and beam.
6. Parallel Bar (boys) - Mount from one bar, Straddle walking on parallel bar, Single and double step walk, Perfect swing, Shoulder stand on one bar and roll forward, Roll side, Shoulder stand., Front on back vault to the side (dismount).
7. Vaulting Horse (boys and girls) - Approach run and jump from the board, Cat vault, Squat vault, Straddle vault, Side vault.
8. Rhythmic activities (girls) - Basic skills or five elements of three selected apparatus, Choreography with music, Basic turns, jumps, leap with music.
9. Rules and regulations, and duties of officials.

Suggested Readings

1. Sturmt, Nik. Competitive Gymnastics, London: Stonlly Paul and Company Ltd. 1970.
2. De Carle, Tom. Hand Book of Progressive Gymnastics. Englewood Cliffs: N.J. Prentice Hall.
3. Lokon, Newton, C. and Williougby, Rodert, J. Complete Book of Gymnastics. Englewood Cliffs, N.J. Prentice Hall.
4. Cochranu, Tunvi, S. International Gymnastics for Girls and Women. London: Addition Wolly Publishing Co.
5. Cartur, Exhestine R. Gymnastics for Girls and Women. N.J. Prentice Hall. Federation Rules in Gymnastics.

(b) Kabaddi

1. History and development of Kabaddi
2. Court development and marking
3. Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing.
4. Skills of Holding the Raider-Various formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.
5. Additional skills in raiding-Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.
6. Ground Marking, Rules and Officiating.

Suggested Readings

1. Teach Yourself Kabaddi. Sharad Chandra Mishra. Sports Publications, 2007.

2. Learn to Play Kabaddi and Kho-Kho. Dr. Kavita & Sunil Dutt Sharma. Friends Publications (India).
3. Kabaddi Skills and Techniques. Dr. Savitri S. Patil. AkiNik Publications, 2018.
4. The Book of Kabaddi (The Complete Guide), Dr. I. Karikalan (with contributions from P. Ganesan, Dr. N. Jeyaraj, Dr. G. Kumaresan). Sports Publication, First Edition (2021).
5. Kabaddi – Skills, Drills, Tactics and Strategies. Authors: Dr. G. Sudhakara & Dr. Ravindra Gouda S. M. Sports Publication, 2019.
6. A Textbook on Kabaddi. S. Muniraju. LAP Lambert Academic Publishing, 2015

(c) Kho-Kho

1. History and development of Kho-Kho
2. Court development and marking
3. General skills of the game-Running, chasing, Dodging, Faking etc.
4. Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul.
5. Skills in Running- Zig-zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills.
6. Ground Marking
7. Rules and their interpretations and duties of officials.

Suggested Readings

1. Kho-Kho, The game of chase and Trill, Bombay Maharashtra Kho-Kho Association.
2. Yogesh Yadav. Kho-Kho, Maharashtra Kho-Kho Association, 1969.
3. Rao, C. V. Kabaddi, Patiala, N.I.S. Publications.
4. Reddy, B. A. Scientific Kabaddi, Madras; Raman's Printing Press.

Nature of Course	Value Added Course (VAC) -2
Course Code	VAC-2:
Course Title	<i>To be opted from the prescribed Pool</i>
Course Level	Level 100
Credits	2

Nature of Course	Additional Summer Internship
Course Code	
Course Title	<i>Additional for Bachelor's Certificate (4)</i>
Course Level	Level 100
Credits	4

Second Year: SEMESTER III & IV

SEMESTER- III

Nature of Course	Major - 3
Course Code	MJC-3: MJC50PES203(T)25
Course Title	Sports Psychology and Sociology
Course Level	Level 200
Credits	4

Course Learning Outcomes:

1. The study would orient the student in basic concepts of psychology.
2. The student would be oriented in identifying factors determining one's overall personality.
3. He would understand various laws of learning and their relevance in teaching learning process.
4. The study would orient him in getting through with the psychology of sports person.

Course Contents

Unit-I: Introduction of Sports Psychology

- 1.1 Meaning and nature of Psychology and Sports Psychology.
- 1.2 Historical Evolution of Sports Psychology
- 1.3 Importance of Sports Psychology in Physical Education and Sports.
- 1.4 Psychological factors affecting sports performances.

Unit-II: Personality, Motivation and Learning

- 2.1 Meaning, definition and types of Personality
- 2.2 Dimensions of personality and development of personality in sports
- 2.3 Meaning, definition and types of motivation
- 2.4 Need, drive, motive, incentive and motivation in sports
- 2.5 Learning- types of learning, laws of learning, transfer of learning.

Unit-III: Introduction to Sports Sociology

- 3.1 Meaning and Nature of Sociology and Sports Sociology
- 3.2 Importance of Sports Sociology in Physical Education and sports
- 3.3 Socialization and value education through Physical Education and sports
- 3.4 Impact of society on sports development.

Unit-IV: Social Aspects and Physical Education.

- 4.1 Orthodoxy, customs, Tradition, culture and Physical Education.
- 4.2 Social group, Socialization through Physical Education and sports
- 4.3 Culture and sports, Social Stratification, gender differences
- 4.4 Sports and community diversity.

Unit-V: Social Psychology in Sports.

- 5.1 Group dynamics and team cohesion in sports
- 5.2 Leadership and relationship in the team
- 5.3 Social influence on the player, team and performance
- 5.4 Impact of motivational factors on player, team and performance.

Suggested Readings

1. Alison and Robinson. (2018), Excelling in Sport Psychology: Planning, Preparing, and Executing Applied Work, Sean Fitzpatrick.
2. Taylor, Jim, (2018), Assessment in Applied Sport Psychology, Human kinetics.
3. Coumbe-Lilley, (2018), Complex Cases in Sport Psychology, Routledge.
4. Ball, D. W. & Loy, J. W. (1975). Sport and social order; Contribution to the sociology of sport. London: Addison Wesley Publishing Co., Inc.
5. Kamlesh, M.L. (1998). Psychology in physical education and sport. New Delhi: Metropolitan Book Co.
6. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system. London: Addison Wesley Publishing Company Inc.
7. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). Sports culture and society. Philadelphia: Lea & Febiger.
8. Skinnner, C. E., (1984.). Education psychology. New Delhi: Prentice Hall of India.

Nature of Course	Major – 4 and Minor - 3
Course Code	MJC-4: MJC50PES204(T)25 MNC-3: MNC50PES203(T)25
Course Title	Kinesiology and Biomechanics
Course Level	Level 200
Credits	4

Learning Outcomes

1. The student will gain the knowledge and aware of the skeletal structure of human body by identifying the origin and insertion of various muscles.
2. Students will understand the basic movements with the application of mechanical principles.
3. Students can justify and interpret the role of various mechanical principles in human movement.
4. Students can observe the importance of mechanical principles in sports.

Course Contents

Unit-I: Introduction to Kinesiology and Sports Biomechanics

- 1.1 Meaning and Definition of Kinesiology and Sports Biomechanics
- 1.2 Importance of Kinesiology and Biomechanics in sports and physical activities
- 1.3 Origin and Insertion on bones and Action of major Muscles
- 1.4 Standard reference of body position
- 1.5 Anatomical reference Planes and Axes

Unit-II: Mechanical Concepts

- 2.1 Speed, Velocity and Acceleration
 - 2.1.1 Average Speed, Average Velocity and Average Acceleration
 - 2.1.2 Average Speed versus Instantaneous Speed
- 2.2 Distance and Displacement
- 2.3 Concepts of Fluid resistance and Buoyancy
- 2.4 Motion and types of motion

Unit-III: Kinetic and Kinematic Analysis of Human Motion

- 3.1 Fundamental concepts of human movement
- 3.2 Centre of Gravity, Line of Gravity and Equilibrium
- 3.3 Basic Concept related to kinetics
 - 3.3.1 Inertia
 - 3.3.2 Mass
 - 3.3.3 Force

- 3.3.4 Centre of Gravity
- 3.3.5 Pressure
- 3.3.6 Density
- 3.3.7 Torque
- 3.3.8 Impulse

Unit-IV: Qualitative and Quantitative Analysis

- 4.1 Angular Kinematics of human movement
- 4.2 Linear Kinetics of human movement
- 4.3 Stability and types of stability
- 4.4 Lever and types of lever
- 4.5 Leverage functions of human body

Unit-V: Applied Mechanical Principles

- 5.1 Directional terms and body movements
- 5.2 Laws of Motion and their application to sports activities.
- 5.3 Mechanical analysis of the Human Upper Extremity
- 5.4 Mechanical analysis of the Human Lower Extremity
- 5.5 Mechanical analysis of movements: Walking, Running, Jumping and Throwing.

Suggested Readings

1. Anthony J. Blazeovich (2017). Sports Biomechanics: The Basics: Optimizing Human Performance: Bloomsbury
2. By Peter M. (2013), Biomechanics of Sport and Exercise: Human Kinetics
3. Bunn, John W. **Scientific Principles of Coaching**, Second Edition, (Englewood Cliffs, New Jersey: Prentice Hall, Inc.1972.
4. Hall, Susan J **Basic Biomechanics**, Fourth Edition (Boton etc.,: WCB.MC Graw-Hill Companies ,2004.
5. Hey, James G. **The Biomechanics of Sports Techniques. Fourth** Edition, (Englewood Cliffs, New Jersey: Prentice Hall, Inc.1993.
6. Hay, James G and Raid J Gavin, **Anatomy, Mechanics and Human Motion**, Second Edition (Englewood Cliffs, New Jersey: Prentice Hall 1988.
7. Krehgbaum, Elln and Batheis, **Biomechanics-A Quantitative Approach for Study Human Movement**. Third Edition New York: MC Millan publishing company,1990.
8. Robertson, D Gordon E et. Al **Research Methods in Biomechanics, Champaign** etc: Human Kinetic publications,2004.
9. Shaw, D, **Pedagogic Kinesiology**, Khel Sahitya Kendra 2007.
10. Shaw, D., **Mechanical Basis of Biomechanics**, Delhi: Sport Pub., 2000.
11. Shaw, D., **Mechanical Basis of Biomechanics**, London: A&C, 2003.
12. Shaw, Dhananjay, **Kinesiology and Biomechanics of Human Motion**, Khel Sahitya Kendra, 1998.

Nature of Course	Multi-Disciplinary Course (MDC) - 3
Course Code	MDC-3: MDC50PES203(T)25
Course Title	Sports Nutrition
Course Level	Level 200
Credits	3

Learning Outcomes

1. To understand the nutrition and sports nutrition.
2. To acknowledge the importance of different nutrients.
3. To understand the exercise and weight management.
4. Students will understand the planning of balance diet for athletes.

Course Contents

Unit-I: Introduction to Sports Nutrition

- 1.1 Meaning and Definition of Nutrition and Sports Nutrition
- 1.2 Basic Nutrition guidelines
- 1.3 Role of nutrition in sports
- 1.4 Factor to consider for developing nutritional plan

Unit-II: Nutrients-Ingestion to energy metabolism

- 2.1 Macro and micro nutrients
- 2.2 Carbohydrates energy sources for exercise
- 2.3 Protein energy sources for exercise
- 2.4 Fat energy sources for exercise

Unit-III: Vitamins and minerals

- 3.1 Meaning and definition of vitamins and minerals
- 3.2 Types and functions of vitamins
- 3.3 Types and functions of minerals
- 3.4 Water, dehydration and importance of water for exercise.

Unit-IV: Weight Management and Nutrition

- 4.1 Meaning and concept of weight management
- 4.2 Exercise prescription and weight management
- 4.3 Concept of BMI (Body Mass Index), Obesity and its hazard
- 4.4 Daily caloric requirement and expenditure.

Suggested Readings

1. Bessesen, D. H. (2008). Update on obesity. J ClinEndocrinolMetab.93(6), 2027-2034.
2. Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity (Silver Spring). 15(12).
3. Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a meta-analysis. Am J Obstet Gynecol, 197(3).
4. DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. N Engl J Med, 356(21). Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. JAMA. 299(3).
5. Bucher, Charles A. "Administration of Health and Physical Education Programme".
6. Moss and et. At. "Health Education" (National Education Association of U.T.A.)

Nature of Course	Skill Enhancement Course (SEC) - 3
Course Code	SEC-3: SEC50PES203(P)25
Course Title	(a) Basketball (b) Handball (c) Table Tennis
Course Level	Level 200
Credits	3

(a) Basketball

1. History and development of Basketball
2. Development of Court and Marking
3. Player stance and ball handling

4. Passing- Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side Arm Pass, Over Head pass, Hook Pass.
5. Receiving- Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running.
6. Dribbling- How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble.
7. Shooting- Layup shot and its variations, one hand set shot, One hand jump shot, Hook shot, Free throw.
8. Rebounding- Defensive rebound, Offensive rebound, Knock out, Rebound Organization.
9. Individual Defensive- Guarding the man with the ball and without the ball.
10. Pivoting.
11. Rules and their interpretations and duties of the officials.

Suggested Readings

1. Moontasir, Abbas. Principles of Basketball Bombay Skanda Publication.
2. Clair and Norton, Kon, Men to Men Defense and Attack. New York, the Ronald Press Company.

(b) Handball

1. History and development of Handball
2. Development of court and marking
3. Running, Catching the ball with two hands, catching at chest height, Catching the high ball and catching the low ball.
4. Passing and Throwing: One handed shoulder pass, two handed chest pass the long throw.
5. Dribbling (Running with the ball).
6. Shooting:
 - The standing throw shot.
 - The side throw shot.
 - The jump shot.
 - The reverse shot.
 - The fall shot
5. Goal Keeping- Basic stance, hand and feet movement.
6. Rules and their interpretations and duties of officials.

Suggested Readings

1. Rowland B.J. Handball a Complete Guide. London : Faber and Faber Ltd. 24 Runsel Square.
2. Mand, Charles L. Handball Fundamentals. Cinio, Charles E. Merrill Company, Columbus.
3. Philips B. E. Handball its Play and Management. New York : The Ronald Press Company.
4. Robarson, Richard and Olson Herbert Beginning Handball. Wadsworth Company, Inc. Belmont.

(c) Table Tennis

1. History and development of Table Tennis
2. Court development and marking
3. The Grip-The Tennis Grip, Pen Holder Grip.
4. Service-Forehand, Backhand, Side Spin, High Toss.
5. Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive.
6. Stance and Ready position and foot work.

7. Court marking.
8. Rules and their interpretations and duties of officials.

Suggested Readings

1. Jain, Deepak, Teaching and Coaching -Table Tennis, Delhi : Khel Sahitaya Kendra, 2001.
2. Narang, P., Play & Learn Table Tennis, Khel Sahitaya Kendra, 2005.
3. Parker, D., Take Up Table Tennis, Springfield Books Ltd., 1989.
4. Simpson, Peter, Successful Table Tennis, London: Charles Letts, 1980.
5. Taylor, R., Sports Action-Table Tennis, London, 1989.
6. Thani, Lokesh, Skills and Tactics Table Tennis, Delhi: Sports, 1998.

Nature of Course	Value Added Course (VAC) -3
Course Code	VAC-3:
Course Title	<i>To be opted from the prescribed Pool</i>
Course Level	Level 200
Credits	2

Nature of Course	Additional Summer Internship
Course Code	
Course Title	<i>Additional for Bachelor's Diploma, if not done in 1st Year (4)</i>
Course Level	Level 200
Credits	4