

Name of the Degree Program	: BA/BCom/BBA/BCA & all other UG Courses
Discipline Core	: Physical Education, Sports and Yoga – BA/BSc
Total Credits for the Program (I & II Semesters)	:
Discipline Core	: 12 Credits
Open Electives	: 06 Credits (BA/BSc/BCom/BBA/BCA & all other UG Courses)
Skill Enhancement Courses	: 03 Credits (BA/BSc/BCom/BBA/BCA & all other UG Courses)
Starting Year of Implementation	: 2021-22

PROGRAM OUTCOMES

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

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

SEMESTER-I

Discipline Specific Core-1 (BA/BSc programmes)									
Course	Title of the Course	Theory			Practical			Total Hours/ Credits	Total Marks
		Credits	No. of Teaching Hours/Week	Total Marks/ Assessment	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment		
DSC-1	Introduction to Physical Education, Sports and Yoga	4	4	100 (60+40)	2	4	50 (25+25)	8 / 6	150
Open Electives (BA/BSc/BCom/BBA/BCA & all other UG Courses)									
OE-1	Self Defense	1	1	60 (40+20)	2	4	40 (20+20)	5 / 3	100
OE-1	Sports Event Management	2	2	60 (40+20)	1	2	40 (20+20)	4 / 3	100
OE-1	Yoga and Fitness	1	1	60 (40+20)	2	4	40 (20+20)	5 / 3	100
<i>Note: For Open Electives the No. of Credits for Practical & Theory shall be altered as per requirement. (1 Theory + 2 Practical or 2 Theory + 1 Practical)</i>									
Skill Enhancement Courses (SEC) (BA/BSc/BCom/BBA/BCA & all other UG programmes)									
SEC-1	Physical Education - Yoga	---	---	---	1	2	25	2 / 1	25
SEC-2	Health and Wellness	1	1	---	---	1	25	3 / 1	25

SEMESTER-II									
Discipline Specific Core-1 (BA/BSc programmes)									
Course	Title of the Course	Theory			Practical			Total Hours/ Credits	Total Marks
		Credits	No. of Teaching Hours/Week	Total Marks/ Assessment	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment		
DSC-1	Life Style Management	4	4	100 (60+40)	2	4	50 (25+25)	8 / 6	150
Open Electives (BA/BSc/BCom/BBA/BCA & all other UG Courses)									
OE-1	Adventure Sports	1	1	60 (40+20)	2	4	40 (20+20)	5 / 3	100
OE-1	Physical Fitness for Careers	1	1	60 (40+20)	2	4	40 (20+20)	5 / 3	100
OE-1	Sports and Recreation	1	1	60 (40+20)	2	4	40 (20+20)	5 / 3	100
<i>Note: For Open Electives the No. of Credits for Practical & Theory shall be altered as per requirement. (1 Theory + 2 Practical or 2 Theory + 1 Practical)</i>									
Skill Enhancement Courses (SEC) (BA/BSc/BCom/BBA/BCA & all other UG programmes)									
SEC-1	Physical Education - Sports	---	---	---	1	2	25	2 / 1	25

Semester I
SKILL ENHANCEMENT COURSES (SEC-1)

Title of the Course:

Physical Education - Yoga

(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Course outcomes

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

- Understand the benefits, principles of practice of yoga.
- Perform asanas, kriyas and pranayamas
- Conduct classes in selected yoga practices.
- Learn to record and prepare reports.

Number of Credits	Number of lecture hours/ semester
1	28
Contents of the Course 0 – 0 – 1	
Practical <ul style="list-style-type: none"> • General & Specific warm up exercises • Asanas (Any 5 asanas in standing, sitting, supine and prone positions) • Suryanamaskara • Pranayamas – Any three • Introduction to Kriyas – Kapalabhati, Sutra Neti, Jal neti, Dhauti. • Records and Report Preparation 	28

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

Formative Assessment		
Assessment Type	Internal Assessment	Total
Practical	Test 10	25
	Assignment 10	
	Seminar 5	
Total		25

Assignments can be in the form of field work, projects, written tasks, practical tasks etc.

References:

- Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakasana.
- Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashtrothanna Prakashana.
- D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States

Semester I
SKILL ENHANCEMENT COURSES (SEC-2)

Title of the Course:

Health and Wellness

(BA/BSc/BCom/BBA/BCA & all other UG Courses)

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

- Understand the concepts and significance of health and wellness.
- Understand the role of physical activities in developing health and wellness.
- Perform various physical and fitness activities to develop health and wellness.
- Perform related tests to assess parameters related to health.
- Learn to record and prepare reports.

Number of Credits	Number of lecture/practical hours/ semester	
1	14/14	
Contents of the Course 1 – 0 – 1		28 Hrs
Theory <ul style="list-style-type: none">• Meaning, Definition and dimensions of Health and Wellness (WHO/Yoga)• Factors affecting Fitness and Wellness• Importance of Health Education and Wellness• Role of Physical Activities, Recreational Games and Yoga in maintaining Health and Wellness• Hypokinetic diseases: Meaning, types, causes and steps to overcome• Implications of Nutrition to promote health and wellness		28
Practical <ul style="list-style-type: none">• Activities to improve: aerobic fitness, muscular strength, muscular endurance, flexibility, body composition.• Measurement of BMI, Fat percentage using skinfold calipers• Computation of BMR, caloric requirements for various activities• Records and Report Preparation		

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

Formative Assessment		
Assessment Type	Internal Assessment	Total
Practical	Test 10	25
	Assignment 10	
	Seminar 5	
Total		25

Assignments can be in the form of field work, projects, written tasks, practical tasks etc.

References

- AAPHERD “Health related Physical Fitness Test Manual.” 1980 Published by Association drive Reston Virginia
- Bucher. C. A. (1979) Foundation of Physical Education (5th edition Missouri CV Mosby Co.)
- Puri .k. Chandra S.S (2005) “Health and Physical Education” New Delhi : Surjeet Publication
- Thomas D Fahey and others. Fit and well: 6th Edition New York: McGraw Hill Publishers, 2005
- Dixit Suresh (2006) Swasthya Shiksha sports Publications Delhi.
- Uppal A K &Gautam G P (2008) Health and Physical Education. Friends Publication New Delhi
- Pinto John and Roshan Kumar (2021) “Introduction to Physical Education”, Louis Publication. Mangalore
- Shanti K Y (1987) “The Science of Yogic Breathier” (Pranayama) D B Bombay
- Ziegler E F (2007) “An Introduction to Sports and Physical Education” Philosophy Delhi
- Pinto John and Ramachandra K (2021) Kannada Version “Dahika Sikshanada Parichaya” Louis publications. Mangalore

Semester II
SKILL ENHANCEMENT COURSES (SEC-1)

Title of the Course:

Physical Education - Sports

(BA/BSc/BCom/BBA/BCA & all other UG Courses)

On completion of the Course the student will:

- Learn the rules and regulations and practically participate in sports activities.
- Be able to practice the skills of a game and athletic events.
- Learn the various fitness activities and practically learn them.
- Be able to teach and organize intramural and extramural competitions.
- Learn to record and prepare reports.

Number of Credits	Number of Practical hours/ semesters
1	28
Contents of the Course 0-0-1	28 Hrs
Unit 1: - Physical Education & Sports <ul style="list-style-type: none"> • General and Conditioning exercises • Aerobic and anaerobic activities • One Game (Basic Skills) • Athletics - One Track/One Throw/One Jump • Organisation of Intramural / Extramural Competitions • Records and Report Preparation 	28

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

Formative Assessment				
Assessment Type	Internal Assessment		Semester Exam	Total
Practical	Test	10	15	25
	Assignment	5		
Total				25

Assignments can be in the form of field work, projects, written tasks, practical tasks etc.

References:

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

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