

## Physical Education (Sports and Athletics) syllabus

| Semester: III   |   |         |  |     |   |                 |
|---|---|---------|--|-----|---|-----------------|
| PHYSICAL EDUCATION (SPORTS & ATHLETICS) – I   |   |         |  |     |   |                 |
| Course Code   | : | BPEK359 |  | CIE | : | 100 Marks       |
| Credits: L:T:P  | : | 0:0:1   |  |     |   |                 |
| Total Hours   | : | 24 P    |  |     |   |                 |
| <b>Course Outcomes:</b> At the end of the course, the student will be able to   |   |         |  |     |   |                 |
| <ol style="list-style-type: none"><li>1. Understand the fundamental concepts and skills of Physical Education, Health, Nutrition and Fitness</li><li>2. Familiarization of health-related Exercises, Sports for overall growth and development</li><li>3. Create a foundation for the professionals in Physical Education and Sports</li><li>4. Participate in the competition at regional/state / national / international levels.</li><li>5. Create consciousness among the students on Health, Fitness and Wellness in developing and maintaining a healthy lifestyle.</li><li>6. Understand and practice of Traditional Games</li></ol> |   |         |  |     |   |                 |
| <b>Module I : Orientation</b>   |   |         |  |     |   | <b>4 Hours</b>  |
| <ol style="list-style-type: none"><li>A. Lifestyle</li><li>B. Health &amp; Wellness</li><li>C. Pre-Fitness test.</li></ol>  |   |         |  |     |   |                 |
| <b>Module II: General Fitness &amp; Components of Fitness</b>   |   |         |  |     |   | <b>4 Hours</b>  |
| <ol style="list-style-type: none"><li>A. Warming up (Free Hand exercises)</li><li>B. Strength – Push-up / Pull-ups</li><li>C. Speed – 30 Mtr Dash</li></ol>   |   |         |  |     |   |                 |
| <b>Module III : Specific games (Any one to be selected by the student)</b>  |   |         |  |     |   | <b>16 Hours</b> |
| <ol style="list-style-type: none"><li>1. Kabaddi – Hand touch, Toe Touch, Thigh Hold, Ankle hold and Bonus.</li><li>2. Kho-Kho – Giving Kho, Single Chain, Pole dive, Pole turning, 3-6 Up.</li></ol>   |   |         |  |     |   |                 |

### Scheme and Assessment for auditing the course and Grades:

| Sl. No.      | Activity  | Marks      |
|--------------|---|------------|
| 1.           | Participation of student in all the modules   | 20         |
| 2.           | Quizzes – 2, each of 15 marks   | 30         |
| 3.           | Final presentation / exhibition / Participation in competitions/ practical on specific tasks assigned to the students | 50         |
| <b>Total</b> |   | <b>100</b> |

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| Semester: IV  |   |         |  |     |                 |
|---|---|---------|--|-----|-----------------|
| PHYSICAL EDUCATION (SPORTS & ATHLETICS) – II  |   |         |  |     |                 |
| Course Code   | : | BPEK459 |  | CIE | : 100 Marks     |
| Credits: L:T:P  | : | 0:0:1   |  |     |                 |
| Total Hours   | : | 24 P    |  |     |                 |
| <p><b>Course Outcomes:</b> At the end of the course, the student will be able to</p> <ol style="list-style-type: none"> <li>1. Understand the ethics and moral values in sports and athletics</li> <li>2. Perform in the selected sports or athletics of student's choice.</li> <li>3. Understand the roles and responsibilities of organisation and administration of sports and games.</li> </ol> |   |         |  |     |                 |
| <p><b>Module I : Ethics and Moral Values</b></p> <p>A. Ethics in Sports<br/>B. Moral Values in Sports and Games</p>   |   |         |  |     | <b>4 Hours</b>  |
| <p><b>Module II : Specific Games (Any one to be selected by the student)</b></p> <p>A. Volleyball – Attack, Block, Service, Upper Hand Pass and Lower hand Pass.<br/>B. Athletics (Track Events) – Any event as per availability of Ground.</p>   |   |         |  |     | <b>16 Hours</b> |
| <p><b>Module III: Role of Organisation and administration</b></p>   |   |         |  |     | <b>4 Hours</b>  |

### Scheme and Assessment for auditing the course and Grades:

| Sl. No.      | Activity  | Marks      |
|--------------|---|------------|
| 1.           | Participation of student in all the modules   | 20         |
| 2.           | Quizzes – 2, each of 15 marks   | 30         |
| 3.           | Final presentation / exhibition / Participation in competitions/ practical on specific tasks assigned to the students | 50         |
| <b>Total</b> |   | <b>100</b> |

## Physical Education (Sports and Athletics) syllabus

| Semester: V   |   |         |  |                 |             |
|---|---|---------|--|-----------------|-------------|
| PHYSICAL EDUCATION (SPORTS & ATHLETICS) – I   |   |         |  |                 |             |
| Course Code   | : | BPEK559 |  | CIE             | : 100 Marks |
| Credits: L:T:P  | : | 0:0:1   |  |                 |             |
| Total Hours   | : | 24 P    |  |                 |             |
| <p><b>Course Outcomes:</b> At the end of the course, the student will be able to</p> <ol style="list-style-type: none"> <li>1. Understand the fundamental concepts and skills of Physical Education, Health, Food, Nutrition and general fitness</li> <li>2. Familiarization of health-related Exercises, Sports for overall growth and development</li> <li>3. Create a foundation for the professionals in Physical Education and Sports</li> <li>4. Participate in the competition at regional/state / national / international levels.</li> <li>5. Understand and practice of specific games and athletic throwing events.</li> </ol> |   |         |  |                 |             |
| <p><b>Module I : Orientation</b></p> <p>A. Fitness<br/>B. Food &amp; Nutrition</p>  |   |         |  | <b>4 Hours</b>  |             |
| <p><b>Module II: General Fitness &amp; Components of Fitness</b></p> <p>A. Agility – Shuttle Run<br/>B. Flexibility – Sit and Reach<br/>C. Cardiovascular Endurance – Harvard step Test</p>   |   |         |  | <b>4 Hours</b>  |             |
| <p><b>Module III : Specific games (Any one to be selected by the student)</b></p> <ol style="list-style-type: none"> <li>1. Badminton (Fore hand low/high service, back hand service, smash, drop)</li> <li>2. Basketball (Dribbling, passing, shooting etc.)</li> <li>3. Athletics (Field events – Throws)</li> </ol>  |   |         |  | <b>16 Hours</b> |             |

### Scheme and Assessment for auditing the course and Grades:

| Sl. No.      | Activity  | Marks      |
|--------------|---|------------|
| 1.           | Participation of student in all the modules   | 20         |
| 2.           | Quizzes – 2, each of 15 marks   | 30         |
| 3.           | Final presentation / exhibition / Participation in competitions/ practical on specific tasks assigned to the students | 50         |
| <b>Total</b> |   | <b>100</b> |




## Physical Education (Sports and Athletics) syllabus

| Semester: VI   |   |         |  |     |   |                 |
|--|---|---------|--|-----|---|-----------------|
| PHYSICAL EDUCATION (SPORTS & ATHLETICS) – II   |   |         |  |     |   |                 |
| Course Code  | : | BPEK659 |  | CIE | : | 100 Marks       |
| Credits: L:T:P   | : | 0:0:1   |  |     |   |                 |
| Total Hours  | : | 24 P    |  |     |   |                 |
| <b>Course Outcomes:</b> At the end of the course, the student will be able to          |   |         |  |     |   |                 |
| 1. Understand the Postural deformities and Stress management in sports and athletics   |   |         |  |     |   |                 |
| 2. Participate in the competition at regional/state / national / international levels. |   |         |  |     |   |                 |
| 3. Understand and practice of specific games and athletic Jumping events.              |   |         |  |     |   |                 |
| 4. Understand and practice of Aerobics.  |   |         |  |     |   |                 |
| <b>Module IV : Orientation</b>   |   |         |  |     |   | <b>4 Hours</b>  |
| 1. Postural deformities.   |   |         |  |     |   |                 |
| 2. Stress management   |   |         |  |     |   |                 |
| <b>Module V : Specific Games (Any one to be selected by the student)</b>               |   |         |  |     |   | <b>16 Hours</b> |
| 1. Throw ball  |   |         |  |     |   |                 |
| 2. Table Tennis  |   |         |  |     |   |                 |
| 3. Athletics (Field Events- Jumps) – Any event as per availability of Ground.          |   |         |  |     |   |                 |
| <b>Module VI: Aerobics</b>   |   |         |  |     |   | <b>4 Hours</b>  |

### Scheme and Assessment for auditing the course and Grades:

| Sl. No.      | Activity  | Marks      |
|--------------|---|------------|
| 1.           | Participation of student in all the modules   | 20         |
| 2.           | Quizzes – 2, each of 15 marks   | 30         |
| 3.           | Final presentation / exhibition / Participation in competitions/ practical on specific tasks assigned to the students | 50         |
| <b>Total</b> |   | <b>100</b> |

  
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