

## 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						
1. Understand the fundamental concepts and skills of Physical Education, Health, Nutrition and Fitness						
2. Familiarization of health-related Exercises, Sports for overall growth and development						
3. Create a foundation for the professionals in Physical Education and Sports						
4. Participate in the competition at regional/state / national / international levels.						
5. Create consciousness among the students on Health, Fitness and Wellness in developing and maintaining a healthy lifestyle.						
6. Understand and practice of Traditional Games						
<b>Module I : Orientation</b>						<b>4 Hours</b>
A. Lifestyle						
B. Health & Wellness						
C. Pre-Fitness test.						
<b>Module II: General Fitness &amp; Components of Fitness</b>						<b>4 Hours</b>
A. Warming up (Free Hand exercises)						
B. Strength – Push-up / Pull-ups						
C. Speed – 30 Mtr Dash						
<b>Module III : Specific games (Any one to be selected by the student)</b>						<b>16 Hours</b>
1. Kabaddi – Hand touch, Toe Touch, Thigh Hold, Ankle hold and Bonus.						
2. Kho-Kho – Giving Kho, Single Chain, Pole dive, Pole turning, 3-6 Up.						

### 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>