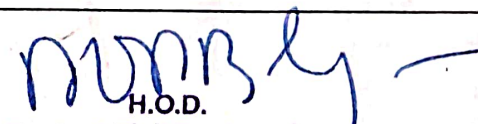


Physical Education (Sports and Athletics) syllabus

Semester: III				
PHYSICAL EDUCATION (SPORTS & ATHLETICS) – I				
Course Code	:	BPEK359	CIE	: 100 Marks
Credits: L:T:P	:	0:0:1		
Total Hours	:	24 P		
<p>Course Outcomes: At the end of the course, the student will be able to</p> <ol style="list-style-type: none"> 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 				
<p>Module I : Orientation</p> <p>A. Lifestyle</p> <p>B. Health & Wellness</p> <p>C. Pre-Fitness test.</p>			4 Hours	
<p>Module II: General Fitness & Components of Fitness</p> <p>A. Warming up (Free Hand exercises)</p> <p>B. Strength – Push-up / Pull-ups</p> <p>C. Speed – 30 Mtr Dash</p>			4 Hours	
<p>Module III : Specific games (Any one to be selected by the student)</p> <ol style="list-style-type: none"> 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. 			16 Hours	

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
Total		100


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