

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				
Course Outcomes: 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						
Module I : Orientation						4 Hours
A. Lifestyle						
B. Health & Wellness						
C. Pre-Fitness test.						
Module II: General Fitness & Components of Fitness						4 Hours
A. Warming up (Free Hand exercises)						
B. Strength – Push-up / Pull-ups						
C. Speed – 30 Mtr Dash						
Module III : Specific games (Any one to be selected by the student)						16 Hours
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
Total		100

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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				
Course Outcomes: At the end of the course, the student will be able to						
1. Understand the ethics and moral values in sports and athletics						
2. Perform in the selected sports or athletics of student’s choice.						
3. Understand the roles and responsibilities of organisation and administration of sports and games.						
Module I : Ethics and Moral Values						4 Hours
A. Ethics in Sports						
B. Moral Values in Sports and Games						
Module II : Specific Games (Any one to be selected by the student)						16 Hours
A. Volleyball – Attack, Block, Service, Upper Hand Pass and Lower hand Pass.						
B. Athletics (Track Events) – Any event as per availability of Ground.						
Module III: Role of Organisation and administration						4 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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Semester: V						
PHYSICAL EDUCATION (SPORTS & ATHLETICS) – I						
Course Code	:	BPEK559		CIE	:	100 Marks
Credits: L:T:P	:	0:0:1				
Total Hours	:	24 P				
Course Outcomes: At the end of the course, the student will be able to						
<div>1. Understand the fundamental concepts and skills of Physical Education, Health, Food, Nutrition and general fitness</div> <div>2. Familiarization of health-related Exercises, Sports for overall growth and development</div> <div>3. Create a foundation for the professionals in Physical Education and Sports</div> <div>4. Participate in the competition at regional/state / national / international levels.</div> <div>5. Understand and practice of specific games and athletic throwing events.</div>						
Module I : Orientation				4 Hours		
<div>A. Fitness</div> <div>B. Food & Nutrition</div>						
Module II: General Fitness & Components of Fitness				4 Hours		
<div>A. Agility – Shuttle Run</div> <div>B. Flexibility – Sit and Reach</div> <div>C. Cardiovascular Endurance – Harvard step Test</div>						
Module III : Specific games (Any one to be selected by the student)				16 Hours		
<div>1. Badminton (Fore hand low/high service, back hand service, smash, drop)</div> <div>2. Basketball (Dribbling, passing, shooting etc.)</div> <div>3. Athletics (Field events – Throws)</div>						

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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Semester: VI						
PHYSICAL EDUCATION (SPORTS & ATHLETICS) – II						
Course Code	:	BPEK659		CIE	:	100 Marks
Credits: L:T:P	:	0:0:1				
Total Hours	:	24 P				
Course Outcomes: 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.						
Module IV : Orientation					4 Hours	
1. Postural deformities.						
2. Stress management						
Module V : Specific Games (Any one to be selected by the student)					16 Hours	
1. Throw ball						
2. Table Tennis						
3. Athletics (Field Events- Jumps) – Any event as per availability of Ground.						
Module VI: Aerobics					4 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