

DEPARTMENT OF P. G. STUDIES AND RESEARCH IN PHYSICAL EDUCATION
Jnanasahyadri, Shankaraghatta

PROCEEDINGS OF B.O.S. (U.G.) MEETING

Reference letter No.- KU:UAT-2: 132:2025-26 Dated 28-05-2025

The Chairman extended warm welcome to Members of Board of Studies (Physical Education- U.G.) who attended the meeting convened on 23-06-2025 at 11am in the Department of P. G Studies in Physical Education.

Following agendas were taken up for discussion and decisions taken:

Agenda 1	Prepared and approved the structure for Physical Education Major subject with
1 1	titles for different courses of all the six semesters.
Decision 1	The Board of Studies prepared and approved the structure for Physical
	Education Major subject with titles for different courses of all the six semesters
	(Annexure 1).
Agenda 2	Constructing Curriculum for Physical Education Major subject at Under-
	Graduate (BA/BSc) level as per revised structure provided by State Education
	Policy Commission, Government of Karnataka as per order
	No: ED 166 UNE 2023, Bengaluru, Dated 08-05-2024
Decision 2	The Board of Studies prepared and approved theory as well as practical syllabus
	for courses of 1st to 4th semesters of Physical Education Major subject at Under-
	Graduate (BA) level (Annexure 2).
Agenda 3	Constructing Curriculum for Physical Education Elective subject at Under-
	Graduate (BA/BSc) level as per revised structure provided by State Education
	Policy Commission, Government of Karnataka as per order
	No: ED 166 UNE 2023, Bengaluru, Dated 08-05-2024
Decision 3	The Board of Studies prepared and approved syllabus for Elective 1, Elective 2,
	Elective 3 and Elective 4 for Third and Fourth Semesters.

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Agenda 4	Constructing Curriculum for Physical Education Skill Enhancement subject at
	Under-Graduate (BA/BSc) level as per revised structure provided by State
	Education Policy Commission, Government of Karnataka as per order
	No: ED 166 UNE 2023, Bengaluru, Dated 08-05-2024
Decision 4	The Board of Studies prepared and approved syllabus for Skill Enhancement in
	Physical Education for Fourth Semester.
Agenda 5	Preparing and approving of Question paper pattern for BA Physical Education
	UG paper.
Decision 5	The Board of Studies prepared and approved Question paper pattern for BA
ily .	Physical Education UG paper.
Agenda 6	Updating and finalization of Panel of Examiners in Physical Education for
, ,	2025-26.
Decision 6	The Panel of Examiners for 2025-26 in Physical Education for UG courses was
	updated and finalized by the Board of Studies.

The Chairman thanked all the Members of Board of Studies for their presence and valuable inputs during the meeting. Following members were present for the meeting:

Sl. No.	Name & Address	· Signature
	Dr. N. D. Virupaksha,	
1	Director of Physical Education,	4 350
	Kuvempu University, Shankaraghatta.	Mass
	Dr. Shivamurthy A.,	<i>a</i> A
2	College Physical Education Director,	1000 Aff
	Sahyadri College of Commerce & Management, Shivamogga.	(32 33 34)
	Mr. Nagaraju K. M.,	
3	College Physical Education Director,	gomes
	ATNC College, Shivamogga.	
	Dr. Praveen Kumar M. K., Principal and College Physical	11/
4	Education Director,	· ·
	G.F.G.C., Sakharayapattana.	- Ο γ
	Mr. Ravishankara B,	0 -
5	College Physical Education Director,	160?
	G.F.G.C., Sringeri.	

Chairman Chairman

Board of Studies in Physical Education Yuvempu University, Jnanasahyadri Gaghatta-577 451, Karnasaka

B. A. Semester - III

Physical Education (Major)

Course title: General Theory and Methods of training.

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Major	Theory	3	3	48	3 hrs	20	80	100
	Practical	2	4	64	3 hrs	20	80	100

Course outcome- At the end of the course students will be able to:

CO1: Understand the theoretical aspects of sports training.

CO2: Understand the methods of sports training.

CO3: Acquaints with the means and methods of improving physical fitness components.

CO4: Apply the theoretical concepts to practical situation.

Units	Theory title: General Theory and Methods of training Course code: BAPEMT03	48 hr:
I	Introduction to sports training	sem
	Meaning and definitions	12
	wicaming and definition of sports training.	
	Principles of sports training.	1
II	Meaning of load, types of load and concept of over load. Means and mother to the second and concept of over load.	
11	Means and methods of training	12
	Variables of training- Intensity, Volume, Frequency, Density and type	
	1 type	2
	• FITT principle- Practical application for sports training.	
	• Common training methods- circuit training, weight training	
	interval training, Repetition method plyometric training	(59).
TTT	training, isometric exercises and Aerobic/Cardio exercises	
III	Physical litness and their components	12
	Meaning of physical fitness, types of physical fitness- Health	12
	related and skill related.	
	Health related physical fitness components	1
	Skill related physical fitness components.	3
IV	Development of physical fitness	10
	Meaning, definition, types and development of endurance.	12
	• Meaning, definition, types and development of speed	,
	• Meaning, definition, types and development of strength	
	Meaning, definition, types and development of flexibility.	
nits	Practical fifle: Practicum 3	
	Course code: BAPEMP03	64 hrs/
Α	Major Games- Volleyball	sem
В	Athletics- Long distance, High Jump, Javelin	20
	, and the property of the prop	16

С	Yogic practices- Utkatasana, Tadasana, Parivritha Trikonasana, Hastha Padasana, Padmasana, Vakrasana, Halasana and Sethu Bandhasana.	16
	Core body strengthening exercises	12
Е	Preparation of Records and Reports- Compulsory	

Note: The practical classes shall be adapted to the physically challenged students as per requirement. Equal weightage shall be given to all the five aspects of Practicum for evaluation.

Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

Fo	rmative Assessment
Assessment type	Marks
Theory	External - 80 Marks + Internal - 20 Marks = 100
Practical	External - 80 Marks + Internal - 20 Marks=100
Total	200 Marks

Reference:

- Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
- Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. 5. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co. 6.
- William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co. 8.
- Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
- Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis 9.
- Anand Nadgir (2017) Daihika Shikshanada Bunadigalu (Foundations of Physical Education), Mallasjjana Prakashana, Dharwad.
- Anand Nadgir (2017) Daihika Shikshanada Ithihasa (History of Physical Education), Mallasjjana

Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

172	Fo	ormative Assessment
Asses	sment type	Marks
	Theory	External - 80 Marks + Internal - 20 Marks = 100
,	Total	100 Marks

References:

- 1. Armstrong, N. and Welsman, J.R. (1997) Young People and Physical Activity, Oxford University Press, Oxford.
- 2. Bailey, R. "Youth Sport and Social Inclusion," In Positive Youth Development through Sport, edited by N. Holt, 85 96. London: Routledge, 2007.
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- 8. Gallahue, D. L., & Donnelly, F. C. (2007). Developmental Physical Education for All Children (4th ed.). Human Kinetics.
- 9. Goodway JD, Ozmun JC, Gallahue DL. Understanding Motor Development: Infants, Children, Adolescents, Adults. 8th ed. Burlington: Jones & Bartlett Learning; 2019.
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- Mead, Margaret. Cooperation and Competition Among Primitive Peoples. New York: McGraw-Hill Co, 1937.
- 15. Pangrazi, R. P., & Beighle, A. (2019). Dynamic physical education for elementary school children. Human Kinetics Publishers.
- 16. Pangrazi, R. P., & Beighle, A. (2019). Dynamic physical education for elementary school children. Human Kinetics Publishers.
- 17. Radcliffe-Brown, A. R. "Structure and Function in Primitive Society, III." The Free Press, Glencoe, 1952.
- 18. Whitehead M. Physical Literacy: Throughout the Lifecourse. 1st ed. London: Routledge; 2010.

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ELECTIVE - 1

(B.A/B.Sc.,/B.Com,./B.B.A.,/B.C.A and all other U.G Courses)

Course title: Recreation

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/	Duration of exam	Internal marks	External marks	Total marks
Elective	Theory	3	3	Semester 48s	3 hrs	20	80	100

Course outcome- At the end of the course students will be able to:

CO1: Understand the concept of recreation.

CO2: Learn the different means of recreation and understand their significance.

CO3: Identify different recreational activities and select one for lifetime.

CO4: Involve in recreational activities and participate in it for better health.

Units	Theory title: Recreation	48 hrs/
	Course code: BAPEE01	sem
, I	Concept of recreation	12
	 Meaning, importance and nature of recreation; Means and methods of recreation; Values and principles of recreation. 	
	• Leisure time management	
-	 Means and methods of Recreation; Qualities and qualifications of Recreation Leader. 	
	Modern trends in recreation and Leisure Management,	
	Issues related to Recreation and Leigure Management	
II	Agencies providing recreational activities	
	 Types of recreational activities: Indoor, Outdoor games, Music, Dance, Picnic, camp, adventure activities and Excursions. Government agencies providing recreation. 	12
A	Voluntary agencies providing recreation - Wotives and modalities	
III	 Commercial agencies providing recreation- Motives and modalities Play therapy 	
	 Meaning, definition and importance of play; Theories of Play Therapeutic Recreation and Therapeutic use of activity Recreation for the life 	12
IV	Role of recreation and leisure on the human development. Traditional games of India	
	Meaning of traditional games; Educational values of traditional games of India	12
	Characteristics of Lagori, Chinni dandu, Kunte bille, Hagga Jaggata, Board Games, Atyapatya, Buguri, Goli, Channemane, Kesaru Gadde Physical Manual Regions and Bagata Bagari.	
193	Physical, Mental, Social and intellectual values of traditional games. Preparation of Records and Reports-Compulsory.	
1177	Preparation of Records and Reports-Compulsory	
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- Avedon, M. Elliot and B. Sutton-Smith (eds). 1971. The Study of Games. New York: John Willey & Sons INC.
- 20. Caillois, R. 1961, Man, Play and Games, New York: Free Press, INC.
- 21, Malcolm, D.2012.Sport and Sociology.London: Routledge.
- 22. Schwartzman, H.B. 1978. Transformation: The Anthropology of Children's Play. New York: Plenum Press.
- Clawson, M. and Knetsch, J. L. (1966). Economics of Outdoor Recreation, John Hopkins Press, Baltimore
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ELECTIVE - 2

(B.A/B.Sc.,/B.Com,./B.B.A.,/B.C.A and all other U.G Courses)

Course title: Health and safety education

Elective	Theory	3	3	Semester 48	3 hrs	20	80	100
			week	lectures/ hours/	9.			1
Type of course	Theory/ Practical	Credits	Instruction hours/	Total No. of	Duration of exam	Internal marks	External marks	Total marks

Course outcome- At the end of the course students will be able to:

CO1: Understand the concept of health and health education.

CO2: Identify communicable and non-communicable diseases.

CO3: Learn about safety measures and various places.

CO4: Understand about first aid and its practical applications.

Units	Theory title: Recreation	48 hrs/
	Course code: BAPEE01	sem
I	Introduction Health and health education	12
	 Meaning, definition and importance of health. 	
	 Dimensions of health 	
	 Meaning, definition and importance of health education. 	
Ž.	 Aim and objectives of health education 	
II	Communicable and non-communicable diseases	12
	 Meaning and characteristics of communicable diseases; List of 	1
F.	communicable diseases- causes, symptoms and management.	1
	 Non-communicable diseases- meaning and characteristics; Major 	115
温暖作 一	non-communicable diseases- causes, symptoms and management.	
III	Safety measures	12
	 Safety measures at home, road, schools, colleges and play ground 	
	 Prevention and Management of fire at home, work place and forest fire. 	-
	 Role of fire station in management of fire emergencies. 	

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IV	Concept of first aid	2
	Meaning and definition of first aid; scope and importance of first	
	aid.	- 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1
	Principles of first aid.	
	Basic first aid techniques.	
	Basic first aid for sports injuries	100
	Preparation of Records and Reports- Compulsory	10.05

Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

Foi	rmative Assessment
Assessment type	Marks
Theory	External - 80 Marks + Internal - 20 Marks = 100
Total	100 Marks

References:

- 1. Armstrong, N. and Welsman, J.R. (1997) Young People and Physical Activity, Oxford University Press, Oxford.
- 2. Frank, H.& Walter, H., (1976). Turners school health education, Saint Louis; The C.V. Mosby Company.
- 3. Nemir, A. (n.d.). The school health education. New York; Harber and Brothers.
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B. A. Semester - IV

Physical Education (Major)

Course title: Sports Nutrition and Health care.

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Major	Theory	3	3	48	3 hrs	20	80	100
	Practical	2	4	64	3 hrs	20	80	100

Course outcome- At the end of the course students will be able to:

CO1: Understand the basic concept of nutrition and its role during physical activities.

CO2: Know the macro and micro nutrients and their functions.

CO3: Discover the nutritive value of food.

CO4: Set nutritional guidelines for active individuals.

Theory title: Sports Nutrition and Health care Course code: BAPEMT04	48 hrs/
	sem
 Meaning of Nutrition and sports nutrition Role of nutrition in healthy lifestyle Carbohydrate, Protein and fat- Their functions in the body; their sources; and their forms. Micro nutrients- their functions in the human body. 	12
Nutritive value of food and Nutritional guidelines for active individuals	12
 retain nutritive value of food Calculating caloric value of food and formulating a need based diet plan Proportion of Carbohydrate, Protein and fat for active individuals Significance of micro nutrients for active individuals Pre-game meal, carbohydrate loading and detoxification Significance of hydration status for active individuals 	
Common sports injuries and their management	12
 Meaning of sports injuries; Classification of sports injuries and their prevention. Skin injuries and their management Soft tissue injuries and their management Fracture and dislocations- their management 	
	Understanding Nutrition Meaning of Nutrition and sports nutrition Role of nutrition in healthy lifestyle Carbohydrate, Protein and fat- Their functions in the body; their sources; and their forms. Micro nutrients- their functions in the human body. Role of fibre and water in digestion of food. Nutritive value of food and Nutritional guidelines for active individuals Determining the nutritive value of common food; Measures to retain nutritive value of food Calculating caloric value of food and formulating a need based diet plan Proportion of Carbohydrate, Protein and fat for active individuals Significance of micro nutrients for active individuals Pre-game meal, carbohydrate loading and detoxification Significance of hydration status for active individuals Common sports injuries and their management Meaning of sports injuries; Classification of sports injuries and their prevention. Skin injuries and their management Soft tissue injuries and their management

	 Internal injuries, thermal injuries and specific sports injuries for 	
T. In	women- their management	12
IV	Therapeutic exercises and modalities	12
	 Meaning of therapeutic exercises and their significance Cold treatment and heat treatment- their effects, indications and contraindications. Hydrotherapy and electrotherapy- their effects, indications and contraindications. Massage- meaning, benefits, classification and basic manipulation 	
	techniques.	64 hrs/
Units	Practical title: Practicum 3	SEPTE
i.	Course code: BAPEMP04	sem
Α	Major Games- Handball	20
В	Athletics- Walk race and Relay	16
С	Yogic practices- Ardha Chakrasana, Natarajasana, Akarna Dhanurasana, Parsva Konasana, Mandookasana, Ardha Matsyendrasana, Chakrasana and Karna Peedasana	16
D	Ceremonial parade	12
Е	Preparation of Records and Reports- Compulsory	
BY 4	The provided strong of the strong str	1 - 15 SERVED AN

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

Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

rmative Assessment	
Marks	
External - 80 Marks + Inte	rnal - 20 Marks =100
External - 80 Marks + Int	ernal - 20 Marks=100
200 Mark	
	Marks External - 80 Marks + Inte External - 80 Marks + Int

References:

- 1. Campbell, B. (Ed.). (2013). Sports nutrition: enhancing athletic performance. CRC Press. 8. Marie Dunford. (2017) Nutrition for Sport and Exercise.
- 2. Dirix, A.H.G. Kunuttgen and Tittal. The Olympic Book of Sports Medicine. Vol. I, London: Blackwell Scientific Publications, 1988.
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- 5. Grirogono, Vivian. Sports Injuries A Self help guide. London: John Murray
- 6. Jeukendrup, A. (2010). Sports Nutrition-From lab to Kitchen. Meyer & Meyer Sport.
- 7. Lanham-New, S. A., Stear, S., Shirreffs, S., & Collins, A. (Eds.). (2011). Sport and exercise nutrition (Vol. 8). John Wiley & Sons

- 8. Maughan, R. J., & Shirreffs, S. M. (Eds.). (2013). Food, Nutrition and Sports
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- Mellion, Morris. G.B. Sports Injuries and Athletic Problems. New Delhi: Surject Publications, 1976.
- 11. Sareem, Karem. Sports Medicine and Management: A Practical Approach. Vol. I, New Delhi: IVP Publishing House, 2004.
- 12. Spano, M., Kruskall, L., & Thomas, D. T. (2017). Nutrition for Sport, Exercise, and Health. Human Kinetics

ELECTIVE - 3 (B.A/B.Sc.,/B.Com,./B.B.A.,/B.C.A and all other U.G Courses)

Course title: Yoga

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Elective	Theory	3	3	48	3 hrs	20	80	100

Course outcome- At the end of the course students will be able to:

CO1: Understand the concept of Yoga. CO2: Learn the different types of yoga.

CO3: Get knowledge on Asanas, Suryanamaskaras and Pranayama.

CO4: Understand the benefits of vogic practices.

Units	Theory title: Yoga	48 hrs/
	Course code: BAPEE02	sem
I	Introduction to Yoga	12
- 4	 Meaning and concept of yoga; importance of yoga in the modern society; and types of yoga. 	
	Basic preparation for yogic practice.	
	Therapeutic aspect of yoga.	
II	Ashtanga Yoga	12
	 Meaning of Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. 	
	Philosophy of Ashtanga Yoga	
	Types of Asanas and Pranayamas.	
	Self-attainment and Self-realization	12 1.15
III	Yogic practices	12
	 Suryanamaskara- ten counts and twelve counts suryanamaskar; sequence of asanas in suryanamaskar and their correct way of performing. 	

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	 Asanas- Correct procedure of performing asanas; integrating breath with asana practice; Introduction to standing, sitting, prone and supine lying asanas. Pranayama- Concept of Puraka, Rechaka and Kumbhaka; types of Pranayamas and their correct practice; and Preparation for 	
	Pranayama practice.	12
IV	Benefits of Yoga practice	12 /21
	Benefits of Suryanamaskara- Health and therapeutic benefits.	
	Benefits of Asanas- Standing, Sitting, Kneeling and Lying.	1
	Benefits of Pranayama- Short term and long term benefits.	1542
	Preparation of Records and Reports- Compulsory	

Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

F	Formative Assessment	
Assessment type	Marks	
Theory	External - 80 Marks + Internal - 20 M	1arks =100
Total	100 Marks	

References:

- 1. Shivakumar, S., Balakrishna, Rekha, K., Ashwini, K. N., Kumar, P. G. C. & Prabhu, G. B. (2022) "Concepts of Yoga and Fitness", Lulu Publications
- 2. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States.
- 3. Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonavala: Kaivalyadhama.
- 4. Kumar, Ajith. (1984) Yoga Pravesha Bengaluru: Rashtrothanna Prakashana.
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ELECTIVE - 4

(B.A/B.Sc.,/B.Com,./B.B.A.,/B.C.A and all other U.G Courses)

Course title: Sports Psychology

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Elective	Theory	3	3	48	3 hrs	20	80	100

Course outcome- At the end of the course students will be able to:

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CO1: Understand the concept of Yoga. CO2: Learn the different types of yoga.

CO3: Get knowledge on Asanas, Suryanamaskaras and Pranayama.

CO4: Understand the benefits of yogic practices.

U F 198 12 11 12 12 12 12 12 12 12 12 12 12 12	Course code: BAPEE02	48 hrs/
F 198	TOUC. DAFFEII)	sem
1 50	Introduction to Sports Psychology	12
	 Meaning, Importance and scope of Psychology and Sports Psychology. Nature of learning, theories of learning, Laws of learning. Plateau in Learning: & transfer of training. 	12
II	Personality and Stress	
	Personality- Meaning and J. G. Li	12
	 Personality- Meaning and definition; characteristics of personality. Dimension of personality; Personality types; Personality and Sports performance. 	
- 1	Stress- Meaning and nature; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance Motivation.	
III	Wottvation, Aggression and Anxiety	
	motivation- Meaning, types and importance; Factors influencing motivation; Motivational techniques and its impact on sports performance.	12
12	 Aggression- Meaning, nature and characteristics; its influence on sports performance. 	
	 Anxiety- Meaning, nature and characteristics; Trait and State anxiety. 	
IV	Mental Preparation Strategies	10
	 Attention focus, Self – talk, Relaxation, Imaginary 	12
	Effect of psychological variables on sports performance	
350 E. S. S.	Effect of sports performance on psychological variables.	

Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

Page 1	I	Formative Assessment
	Assessment type	Marks
	Theory	External - 80 Marks + Internal - 20 Marks = 100
	Total	100 Marks

References:

- Ball D. W. & Loy, J.W. (1975). Sports and social order: Contribution to the sociology of sports. London: Addison Wesley Publishing Co., Inc.
- Blair, J. & Simpson, R. (1962). Educational psychology, New York: McMillan Co.,
- Cratty, B.J. (1968) Psychology and physical activity. Eaglewood Cliffs. Prentice Hall.

- Kamlesh, M.L. (1998) Psychology in physical education and sport. New Delhi; Metropolitan Book Co.,
- Loy, J.W., Kenyon, G.S. & McPherson, B.D. (1978). Sport and social system. London:
 Addison Wesley Publishing Company Inc.
- Loy, J.W., Kenyon, G.S. & McPherson, B.D. (1981). Sports culture and society. Philadelphia: Lea & Febiger.
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- William, F.O & Meyer, F.N. (1979) A handbook of sociology. New Delhi Eurasia Publishing House Pvt Ltd.,

SKILL ENHANCEMENT - 1

(B.A/B.Sc.,/B.Com,./B.B.A.,/B.C.A and all other U.G Courses)

Course title: Sports training

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Elective	Theory	2	2	32	3 hrs	10	40	50

Course outcome- At the end of the course students will be able to:

CO1: Understand the basic concept of sports training.

CO2: Get acquainted with physical fitness variables and their development.

CO3: Know the basic principles of sports training.

CO4: Use the knowledge of variables of training.

Units	Theory title: Sports training Course code: BAPESE01	24 hrs/ sem
I	Introduction to sports training	8
100	 Meaning and definition of sports training. 	
	 characteristics of sports training. 	
	Importance of sports training.	alog (f
II	Principles of sports training	8
	 Principle of Individualization and specialization 	15%
	Principle of active participation	
	Principle of cyclicity of training	
	Principle of over load	
	Principle of load progression	-1
III	Development of physical fitness	8
át.	 Meaning, types and development of endurance 	
	 Meaning forms and development of speed 	
	 Meaning forms and development of strength 	
	 Meaning types and development of flexibility 	

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	Concept of agility, coordinative abilities, balance and reaction time	
IV	Concept of training load and Variables of training	a
	Meaning of load	
	Types of load	
	Concept of over load- causes, symptoms and remedy.	
The state of the s	variables of training- Volume Intensity Frequency and Density	
3600	Preparation of Records and Reports- Compulsory	

Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

Formative Assessment			
Assessment type	Marks		
Theory	External - 80 Marks + Internal - 20 Marks = 100		
Total	100 Marks		

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QUESTION PAPER FORMAT

Semester B. A. Degree Examinations, Month/ Year

(New Syllabus)

PHYSICAL EDUCATION

	Title of the paper:	
Time: 3 Hours		Maximum Marks: 80

Instructions: 1. Answer any EIGHT Questions of which question No. 10 is compulsory. 2. Each answer shall not exceed 4 pages.

3. All questions carry equal marks.

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1.	Question No. 1		10
2.	Question No. 2	la." "Les	10
3.	Question No. 3		10
4.	Question No. 4		10
5.	Question No. 5		10
6.	Question No. 6	2	10
7.	Question No. 7		10
8.	Question No. 8		10
9.	Question No. 9		10
10.	Write short notes on any TWO of the following. A) Short Notes No. 1 (From Unit 1) B) Short Notes No. 2 (From Unit 2) C) Short Notes No. 3 (From Unit 3) D) Short Notes No. 4 (From Unit 4)		2 X 5=10

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