



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

VISION STATEMENT

In a period of five years, Department of Physical Education and Sports will broaden, enhance, and develop its teaching, education, search, and service activities which are now proper and equal to norms and standards of Indian Universities.

MISSION STATEMENT

M1	Total education through the physical intellectual, emotional and social development of people in order to bring up healthier, happier and more successful people to the public
M2	The main functions are education, teaching, research and public service areas.
M3	Create respectful students who value their health and fitness, and practice healthful activities throughout their lives.
M4	Prepare students to make lasting contributions to our profession, communities and society.
M5	Encourage students to take part in sport – whether it is recreational or competitive
M6	Deliver ‘Outstanding’ lessons that inspire and motivate all students regardless of their ability



BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES)

PROGRAMME EDUCATIONAL OBJECTIVES

PEO1	A platform shall be provided to understand the nature, purpose and philosophy of physical education and sports
PEO2	Potentialities shall be developed for planning and organising physical education programmes and activities
PEO3	Capacity shall be developed to organize leisure and recreational activities
PEO4	The basic teaching, organising & administrating physical education & sports programs effectively through the use of technology shall be provided
PEO5	Physical education students shall be empowered to inspire their students to actively participate in physical and yogic exercises, games and sports
PEO6	Communication skills and competencies shall be developed to organise school and community games and sports
PEO7	The spirit of sportsmanship, self-control, judgement, emotional stability, mental and physical alertness, scientific temper, optimism & respect shall be cultivated

MAPPING PEO AND MISSION STATEMENT

	M1	M2	M3	M4	M5	M6
PEO1	H	H	M	M	H	M
PEO2	M	M	M	M	H	H
PEO3	H	M	H	M	H	H
PEO4	M	H	M	H	H	M
PEO5	H	M	H	M	H	L
PEO6	H	H	M	L	M	M
PEO7	M	H	M	L	L	H

L- Low, M- Moderate, H- High



PROGRAMME OUTCOMES

PO1	Disciplinary knowledge: Capable of demonstrating comprehensive knowledge and understanding of one or more disciplines that form a part of the undergraduate programme of study.
PO2	Communication Skills: Ability to understand and express thoughts and ideas effectively in writing and orally; to present complex information in a clear and concise manner to different groups.
PO3	Critical thinking and Problem solving: Capability to analyze and evaluate evidence, arguments, claims, beliefs on the basis of empirical evidence; formulate coherent arguments; critically evaluate practices, policies and theories by following scientific approach to knowledge development and apply their competency to solve different kinds of problems and apply to real life situations.
PO4	Analytical and Scientific reasoning: Ability to analyze, interpret and draw conclusions from quantitative/qualitative data; and critically evaluate ideas, evidence and experiences from an open-minded and reasoned perspective.
PO5	Research-related skills: Ability to recognize cause-and-effect relationships, define problems, formulate hypotheses, test hypotheses, analyze, interpret and draw conclusions from data, ability to plan, execute and report the results of an experiment or investigation.
PO6	Team work and Leadership qualities: Function effectively as an individual, and as a team member or leader in diverse teams, and in multidisciplinary environment.
PO7	Information/digital literacy: Capability to use ICT tools in a variety of learning situations, demonstrate ability to access, evaluate, and use a variety of relevant information sources; and use appropriate software for analysis of data and further presentation.
PO8	Moral and ethical awareness: Ability to embrace moral/ethical values in conducting one's life, formulate a position/argument about an ethical issue from multiple perspectives, and use ethical practices in all work. Appreciate environmental and sustainability issues; and adopting objective, unbiased and truthful actions in all aspects of work.
PO9	Lifelong learning: Ability to update knowledge and skills, participating in learning activities throughout life, through self-paced and self-directed learning aimed at personal development, meeting economic, social and cultural objectives.
PO10	Use technological applications to facilitate effective assessment and evaluation strategies, and enhance personal productivity and professional practice
PO11	Maintain a health-enhancing level of fitness throughout the program as well as be able to collect and analyze personal fitness data
PO12	Speak proficiently in two or more languages Convey written information related to physical education and sports effectively
PO13	Explore international concepts adopted in education and physical education in a global school education environment to cater physical education as a medium towards overall development
PO14	Read about the latest development in the sports law and ethical constrains in education. Understanding of ethical practices in physical education and sports



MAPPING PEO AND PO

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
PEO1	H	M	H	H	M	H	H	M	M	M	H	H	H	M
PEO2	H	H	H	M	H	M	L	H	H	H	M	L	H	L
PEO3	H	H	M	H	M	H	M	H	M	H	H	H	M	L
PEO4	H	M	H	H	M	H	H	M	H	M	H	M	H	M
PEO5	H	M	M	H	M	H	M	H	M	H	H	L	M	L
PEO6	H	M	H	H	M	H	H	M	H	M	H	M	H	M
PEO7	H	H	M	H	M	L	H	H	H	H	M	H	M	L

L- Low, M- Moderate, H- High

PROGRAMME SPECIFIC OBJECTIVES

PSO1	Graduates will demonstrate effective communication and pedagogical skills, utilize strategies to enhance student engagement and learning, and create appropriate managerial rules and routines in order to create a safe effective learning environment
PSO2	Graduates will demonstrate competence in movement skills, analyze the performance of motor skills (particularly team and individual sports activities and dance/rhythms), as well as prepare and teach written lesson plans which address student learning of motor skills and analysis and assessment of these skills
PSO3	Graduates will select and create learning experiences that are appropriate for curriculum goals, relevant to learners, show evidence of sequential learning, incorporate modifications for variations in learning styles and performance, and are based on the principles of effective instruction.

MAPPING PEO AND PSO

	PSO1	PSO2	PSO3
PEO1	H	H	H
PEO2	H	H	H
PEO3	H	H	H
PEO4	H	H	M
PEO5	H	H	H
PEO6	H	H	M
PEO7	M	M	M

L- Low, M- Moderate, H- High



2018 Regulation
B.P.E.S (Bachelor of Physical Education and Sports)
Curriculum

SEMESTER I

Code. No	Course Title	L	T	P	C
HBTA18001	Tamil-I/Hindi-I/French-I	3	0	0	3
HBEN18001	English-I	3	0	0	3
HBPE18001	Rules of Games and Sports - Part-I Football/Kabaddi/Throws	3	1	0	4
HBPE18002	History and Foundation of Physical Education	4	0	0	4
HBPE18003	Organisation and Administration in Physical Education	4	0	0	4
Practical					
HBPE18L01	Practical-I	0	0	3	2
Total Credits.....20					

SEMESTER II

Code. No	Course Title	L	T	P	C
HBTA18002	Tamil-II/Hindi-II/French-II	3	0	0	3
HBEN18002	English-II	3	0	0	3
HBPE18004	Methods in Physical Education	4	0	0	4
HBPE18005	Rules of Games and Sports- Part -II (Cricket, Volleyball, Jumps)	3	1	0	4
HBPE18006	Health and Safety Education	4	0	0	4
Practical					
HBPE18L02	Practical-II	0	0	3	2
Total Credits.....20					

SEMESTER III

Code. No	Course Title	L	T	P	C
HBPE18007	Fundamentals of Anatomy and Physiology	4	0	0	4
HBPE18008	Tests, Measurements and Evaluation	4	0	0	4
HBPE18009	Rules of Games and Sports-Part - III (Basketball, Kho-Kho, Track Events)	3	1	0	4
HBPE18010	Sports Management in Physical Education	4	0	0	4
HBPE18011	Recreational and Camping activities	4	0	0	4
Practical					
HBPE18L03	Practical-III	0	0	3	2
Total Credits.....22					



SEMESTER IV

Code. No	Course Title	L	T	P	C
HBPE18012	Sports Psychology and Sports Journalism	4	0	0	4
HBPE18013	Exercise Physiology	4	0	0	4
HBPE18014	Rules of Games and Sports-Part - IV Badminton/ Table Tennis/ Throw ball	3	1	0	4
HBMG18001	Environmental Studies	4	0	0	4
Practical					
HBPE18L04	Practical-IV Officiating and Coaching	0	0	3	2
HBPE18L05	Practical-V Specialization Games Skill Test	0	0	3	2
Total Credits.....20					

SEMESTER V

Code. No	Course Title	L	T	P	C
HBPE18015	Kinesiology and Biomechanics	4	0	0	4
HBPE18016	Personality Development and Soft Skills	4	0	0	4
HBPE18017	Computer Application in Physical Education	4	0	0	4
HBPE18018	Rules of Games and Sports-Part - V Ball Badminton/ Tennis/ Tennikoit	3	1	0	4
HBPE18019	Elementary Research Methods and Statistics	3	0	0	3
Practical					
HBPE18L06	Practical- VI Officiating and Coaching	0	0	3	2
HBPE18L07	Practical-VII Specialization Games Skill	0	0	3	2
Total Credits.....23					

SEMESTER VI

Code. No	Course Title	L	T	P	C
HBPE18020	Introduction to Training Methods	4	0	0	4
HBPE18021	Science of Yoga	4	0	0	4
HBPE18022	Care of Athletics and Sports Injuries	3	0	0	3
HBPE18023	Rules of Games and Sports-Part VI Hockey/ Handball/ Aquatics	3	1	0	4
HBPE18P01	Project Sports Meet				10
Total Credits.....25					
Total Credits ----- 130					



Subject Code: HBPE18001	Subject Name: RULES OF GAMES AND SPORTS - PART-I (FOOTBALL/KABADDI/THROWS)	T/L/ ETL	L	T/ S.Lr	P/R	C
	Prerequisite : Basic Playing Knowledge of the Games	T	3	1/0	0/0	4

L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /

OBJECTIVES

- To Understand the basics of Football, Kabaddi and Throwing Events
- To Gain knowledge on Football, Kabaddi and Throwing Events with rules involved
- To Attain knowledge on the concepts of Playing Football and Kabaddi & how to Throw
- To Acquire Rules involved in Football, Kabaddi and Throwing events
- To Understand Fouls and the punishments for infringing the rules.

COURSE OUTCOMES (Cos) : Students completing this course were able to

CO1	Understand the basics of the specified activities
CO2	Gain knowledge on the specified activities with rules involved
CO3	Attain knowledge on the concepts of Playing the specific Games and the event
CO4	Acquire the knowledge of Rules involved in the specified activities
CO5	Play the Games and Throwing event by knowing the Fouls and the punishments for infringing the rules.

Programme Specific Objectives:

PSO1	Know all the rules involved in the specified activities
PSO2	Know the fouls involved while performing the activities
PSO3	Acquire all the advanced skills of play and Umpiring rules of the Activities

Mapping of Course Outcome with Program Outcome (POs)

Cos/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	H	H	M	M	H	M	M	H	H	H	H	M	H	H
CO2	M	M	H	H	H	M	M	M	H	M	M	H	M	H
CO3	L	H	M	M	M	H	H	L	M	L	H	M	L	M
CO4	M	M	H	H	H	M	L	M	H	M	M	H	M	H
CO5	H	H	L	H	H	H	H	H	H	H	H	L	H	H

Mapping of Course Outcome with Program Specific Outcome (PSOs)

COs /PSOs	PSO1	PSO2	PSO3
CO1	H	H	H
CO2	M	H	M
CO3	H	M	H
CO4	M	H	M
CO5	H	M	H

H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low

Category	Basic Sciences	Engg.Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills
				√					



Semester – I

Paper – I

HBPE18001	Rule of Games and Sports - Part-I Football/Kabaddi/Throws	L	T	P	C
		3	1	0	4

UNIT: I – Background of games and sports

Origin, History and development of the game- International, National and State Level Organizations and Trophies.

UNIT : II – Skill Development

Fundamental Skill- Lead Up Games - Various System of Play – Selection of Players.

UNIT: III – Training Aspects

Training: Warm-up and Warm down - Technical Training – Tactical Training –Coaching Program.

UNIT: IV – Measurements of Playfield

Layout of Playfield with all Measurements, Facilities and equipment and its specifications

UNIT: V- Concept of Officiating

Rules and their Interpretation, Methods of Officiating, Duties of Officials

Books for Reference

1. Ballon B. Ralph Teaching Badminton Delhi, Surject Publication 1982
2. Buck's Rules Book.
3. WeinHarat "The Science of Hockey" London Pelham Books, 1979.
4. Coleman Brain and Peter Ray, Basset hall, Eash Ardsley, Ep publishing Ltd 1976.
5. Tyson Frank "The Cricket Coaching Manual", Calcutta, Rupa& Co, 1985.



Subject Code: HBPE18002	Subject Name: History and Foundations of Physical Education	T/L/ETL	L	T/S.Lr	P/R	C
	Prerequisite : Basic Knowledge of History and Foundation	T	4	0/0	0/0	4

L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C: Credits T/L: Theory / Lab /

OBJECTIVES

- To understand the basics of History of Physical Education
- To Apply knowledge on Foundations of Physical Education
- To analyze knowledge on the concepts different Foundations of Physical Education
- To Evaluate History with reference to the Foundations of Physical Education
- To Remember the interdependence of History and Foundations.

COURSE OUTCOMES (Cos) : Students completing this course were able to

CO1	Understand the basics of History of Physical Education
CO2	Apply knowledge on Foundations of Physical Education
CO3	Evaluate History with reference to the Foundations of Physical Education
CO4	Analyze knowledge on the concepts different Foundations of Physical Education
CO5	Create and apply the values of History and Foundations

Programme Specific Objectives:

PSO1	Apply knowledge on Foundations of Physical Education
PSO2	Analyze knowledge on the concepts different Foundations of Physical Education
PSO3	Create and apply the values of History and Foundations

Mapping of Course Outcome with Program Outcome (POs)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	M	M	H	H	H	H	H	H	H	H	H	L	H	H
CO2	H	L	H	M	M	H	H	L	M	L	H	M	L	M
CO3	M	H	L	H	L	M	H	H	M	M	L	H	H	M
CO4	L	H	H	H	H	M	M	M	H	M	M	H	M	H
CO5	H	M	M	H	H	H	H	H	H	H	H	L	H	H

Mapping of Course Outcome with Program Specific Outcome (PSOs)

COs /PSOs	PSO1	PSO2	PSO3
CO1	H	M	H
CO2	M	H	M
CO3	H	L	H
CO4	H	M	H
CO5	H	L	L

H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low

Category	Basic Sciences	Engg.Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills
				√					



Paper – II

HBPE18002	History and Foundations of Physical Education	L	T	P	C
		4	0	0	4

Unit– I -

Introduction - Meaning, Definition and Scope of Physical Education - Aims and Objective of Physical Education - Importance of Physical Education in present era. - Misconceptions about Physical Education.- Relationship of Physical Education with General Education. - Physical Education as an Art and Science.

Unit- II

Historical Development of Physical Education in India - Vedic Period (2500 BC – 600 BC) - Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD) -British Period (Before 1947) Physical Education in India (After 1947) -Y.M.C.A. and its contributions. -The early history of the Olympic movement -The significant stages in the development of the modern Olympic movement -Educational and cultural values of Olympic movement

Unit- III

Foundation of Physical Education -Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism, -Philosophy and Culture-Fitness and wellness movement in the contemporary perspectives -Sports for all and its role in the maintenance and promotion of fitness.

Unit-IV

Principles of Physical Education -Biological -Growth and development -Age and gender characteristics -Body Types -Anthropometric differences -Psychological differences.

Unit – V

Learning - Learning types, learning curve -Laws and principles of learning -Attitude, interest, cognition, emotions and sentiments -Sociological -Society and culture -Social acceptance and recognition -Leadership -Social integration and cohesiveness

References:

1. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.
2. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
3. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep.
4. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co. Obertuffer, (1970). Delbert physical education. New York: Harper & Brothers Publisher.
5. Sharman, J. R. (1964). Introduction to physical education. New York: A.S. Barnes & Co.



Subject Code: HBPE18003	Subject Name: Organization and Administration in Physical Education	T/L/ETL	L	T/S.Lr	P/R	C
	Prerequisite : Knowledge of Organization and Administration	T	4	0/0	0/0	4

L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /

OBJECTIVES

- To understand the basics of Organization
- To Apply knowledge of Organization
- To analyze the concepts of Organization
- To Evaluate Administration with reference to Physical Education
- To Remember the interdependence of Organization and Administration

COURSE OUTCOMES (Cos) : Students completing this course were able to

CO1	Understand the basics of Organization
CO2	Apply knowledge of Organization
CO3	Analyze the concepts of Organization
CO4	Evaluate Administration with reference to Physical Education
CO5	Remember the interdependence of Organization and Administration

Programme Specific Objectives:

PSO1	Analyze the concepts of Organization
PSO2	Apply knowledge of Organization
PSO3	Evaluate Administration with reference to Physical Education

Mapping of Course Outcome with Program Outcome (POs)

Cos/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	H	H	H	M	H	M	H	M	M	M	H	L	M	H
CO2	H	M	H	M	H	H	M	M	H	M	H	M	M	H
CO3	H	M	M	M	M	M	H	H	H	L	L	H	M	M
CO4	M	H	H	H	M	H	L	H	M	M	H	M	H	M
CO5	H	L	L	H	M	H	H	H	H	H	H	L	H	M

Mapping of Course Outcome with Program Specific Outcome (PSOs)

COs /PSOs	PSO1	PSO2	PSO3
CO1	M	M	H
CO2	H	M	L
CO3	M	H	H
CO4	H	L	M
CO5	H	M	L

H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low

Category	Basic Sciences	Engg.Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills
				√					



Paper – III

HBPE18003	Organisation and Administration in Physical Education	L	T	P	C
		4	0	0	4

Unit I

Meaning - Nature and scope of organization and administration, principles of organization and administration.- Scheme of organization. - Relationship of physical education and sports with other socializing institutions (family and educational system). - Sports as regulating institution of society-State and religion. How do they influence each other? - Sports and social problems. Behaviour of Sportsmen and spectators. - Leadership through physical education and sports.

Unit II

Facilities: Play field location, standard, preparation, layout and maintenance.- Gymnasium - construction, factors, care and maintenance and allied facilities.- Swimming pool - construction, dimensions, filtration and supervision of pool.

Equipments in physical education: Need and importance - lists of equipments- suggested type of equipments- criteria for selection procedure of purchase- records-maintenance- care and maintenance of equipments.

Unit III

Staff and Leadership: Importance of qualified teacher, qualities & qualifications of good teacher, values, staff cooperation - Selection and training of student leaders, qualities of student leadership, role of student leaders, recognition of student leaders - Time-Table: Physical Education classes, required periods, instruction period, practice period, games period, participation periods, factors affecting time-table.

Unit IV

Programme of Activities: Intramurals. Importance of organizing Intramurals. Units and methods of competition, activities, points systems role, awards and incentives for participation - Extramurals: Training and Coaching - Selection - Training and coaching - extent of participation, Sports tours - Educational emphasis, behaviour & character - Office Management: Management of office correspondence, records and reports filing, relationship with superior officer and assistants - Budget: Physical Education Budget - budget , income and expenditure, accounting, petty cash & settlement.

Unit V

Public Relation: Definition - Need of public relations in physical education. Principles of public relations in physical education. Techniques and Media of Relation with the public, parents, pupils and other agencies - Evaluation: Need and importance - Method of evaluation in terms of objectives. Detection of deficiencies, examination in physical education follow up action for improvement.

Reference Books:

1. Voltmer and Esslinger - Organisation and Administration, Times of India Press, Bombay, 1964.
2. P.M. Joseph, Organisation of Physical Education O.S: A.T.I.P.E.Kaudivali (Bombay), 1956.
3. Hughes and French - Administration of Physical Education. Ronald Press Co., New York, 1954.
4. Irwin Leslie, W and Humyhrey, James H., Principles and Techniques of Supervision in physical education, C.V. Mosby Co., St. Louis, 1960.
5. Bennett, Bruce L. Mapwell L. Howell and Vriel Simri Comparative physical Education and Sports Lea and Fabiger Pub, Philadelphia, 1983.
6. Jay J. Coakley, Sport in society issues and controversics St. Louis, Mosby College Publishing Co., 1986.
7. Edwards, Sociology of Sports - Illinois Dorsey Press, 1986.
8. NI. Ponomorvou, Sports and Society - Moscow: Progress Publisher, 1981.
9. Bryant J. Gatty, Psychology - in contemporary sports, Englewood Cliffs, New Jersey, 1973.



Subject Code: HBPE18004	Subject Name: Methods in Physical Education						T/L/ETL	L	T/S.Lr	P/R	C			
	Prerequisite : Knowledge of Methods in Physical Education						T	4	0/0	0/0	4			
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C: Credits T/L: Theory / Lab /														
OBJECTIVES														
<ul style="list-style-type: none"> To understand the basics of Fixtures To Apply knowledge of Methods To analyze the concepts of Methods To Evaluate Methods with reference to Physical Education To Remember the different Methods followed in Physical Education 														
COURSE OUTCOMES (Cos) : Students completing this course were able to														
CO1	Understand the basics of Fixtures													
CO2	Apply knowledge of Methods													
CO3	Analyze the concepts of Methods													
CO4	Evaluate Methods with reference to Physical Education													
CO5	Remember the different Methods followed in Physical Education													
Programme Specific Objectives:														
PSO1	Analyze the concepts of Methods													
PSO2	Apply knowledge of Methods													
PSO3	Remember the different Methods followed in Physical Education													
Mapping of Course Outcome with Program Outcome (POs)														
COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	M	H	H	H	M	H	H	M	M	M	H	L	H	H
CO2	H	H	H	M	M	H	M	M	H	M	H	M	H	M
CO3	M	L	H	L	H	L	H	H	H	L	L	H	H	L
CO4	H	L	M	H	M	H	L	H	M	M	H	M	M	H
CO5	H	M	L	M	H	M	H	H	H	H	H	L	L	M
Mapping of Course Outcome with Program Specific Outcome (PSOs)														
COs /PSOs	PSO1				PSO2				PSO3					
CO1	H				M				H					
CO2	M				H				M					
CO3	L				H				M					
CO4	M				M				L					
CO5	M				M				H					
H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low														
Category	Basic Sciences	Engg.Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills					
				√										



Semester – II

Paper – I

HBPE18004	Methods in Physical Education	L	T	P	C
		4	0	0	4

Unit I

Meaning of the Term Method and the factors to be considered in determine the method of teaching learning process and conditions of learning.

Unit II

Methods of teaching (with special reference to different kinds of physical activities).Calisthenics – Gymnastics - Minor games - Major games - Rhythmic activities - Principles of teaching: - Simple to complex - Part to whole - Learning by doing - Intrinsic and extrinsic Motivation - Frequency and duration of instruction – Recognition - Methods of Teaching Physical activities.

Unit III

Presentation technique and steps in the way of presentation - Steps in teaching motor skills, establishing concept providing experienced with whole and parts, analysis of performance etc. - Command and class management: Types of commands - situations when used different commands - Types of formation - Class management - Principles for good class management.

Unit IV

Lesson planning: Types of lesson plan and objectives - values of lesson plan - General Lesson Plan - various parts of lesson. Introductory, preparatory, skill part group activity and concluding part - Coaching Lesson Plan - various parts of lesson Warming - up Physical (General and Special) Technical and Tactical preparation.

Unit V

Tournaments - Meaning and type of tournaments - Knock out or Elimination tournaments - League or Round Robin Tournaments - Combination Tournaments - Challenge tournaments - Different types to be covered under each category.

Reference Books:

1. Knapp. Clyde and Hagmani, E.p.Teaching Methods for Physical Education. New York, Mc Graw Hill Book Co.,Inc., 1948.
2. Kozman, B. Cassidy Rosalind and Jackson, C.O. Methods in Physical Education: London W.B.Saunders Cop., 1960.
3. Thirunarayanan, C. Hariharan. S. Methods in Physical Education: Karaikudi, South India Press, 1962.



Subject Code: HBPE18005	Subject Name: RULES OF GAMES AND SPORTS - PART-II (Cricket, Volleyball, Jumps)						T/L/ ETL	L	T/ S.Lr	P/R	C			
	Prerequisite : Basic Playing Knowledge of the Games						T	3	1/0	0/0	4			
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /														
OBJECTIVES														
<ul style="list-style-type: none"> To understand the basics of Cricket, Volleyball and Jumping Events To impart knowledge on Cricket, Volleyball and Jumping Events with rules involved To impart knowledge on the concepts of Playing Cricket, Volleyball & how to Jump To understand Rules involved in Cricket, Volleyball and Jumping events To Understand Fouls and the punishments for infringing the rules. 														
COURSE OUTCOMES (Cos) : Students completing this course were able to														
CO1	Understand the basics of the specified activities													
CO2	Gain knowledge on the specified activities with rules involved													
CO3	Attain knowledge on the concepts of Playing the specific Games and the event													
CO4	Acquire the knowledge of Rules involved in the specified activities													
CO5	Play the Games and Throwing event by knowing the Fouls and the punishments for infringing the rules.													
Programme Specific Objectives:														
PSO1	Know all the rules involved in the specified activities													
PSO2	Know the fouls involved while performing the activities													
PSO3	Acquire all the advanced skills of play and Umpiring rules of the Activities													
Mapping of Course Outcome with Program Outcome (POs)														
COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	H	H	M	M	H	M	M	H	H	H	H	M	H	M
CO2	M	M	H	H	H	M	M	M	H	M	M	H	M	H
CO3	L	H	M	M	M	H	H	L	M	L	H	M	L	M
CO4	M	M	H	H	H	M	L	M	H	M	M	H	M	H
CO5	H	H	L	H	H	H	H	H	H	H	H	L	H	L
Mapping of Course Outcome with Program Specific Outcome (PSOs)														
COs /PSOs	PSO1				PSO2				PSO3					
CO1	H				H				H					
CO2	M				H				M					
CO3	H				M				H					
CO4	M				H				M					
CO5	H				M				H					
H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low														
Category	Basic Sciences	Engg.Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills					
				√										



Paper – II

HBPE18005	Rules of Games and Sports- Part –II (Cricket, Volleyball, Jumps)	L	T	P	C
		3	1	0	4

UNIT: I

Origin, History and development of the game- International, National and State Level Organizations and Trophies.

UNIT: II

Fundamental Skill- Lead Up Games - Various System of Play – Selection of Players.

UNIT: III

Training: Warm-up and Warm down - Technical Training – Tactical Training –Coaching Program.

UNIT: IV

Layout of Playfield with all Measurements, Facilities and equipment and its specifications

UNIT: V

Rules and their Interpretation, Methods of Officiating, Duties of Officials

Books for Reference

1. Ballon B. Ralph Teaching Badminton Delhi, Surject Publication 1982
2. Buck's Rules Book.
3. WeinHarat "The Science of Hockey" London Pelham Books, 1979.
4. Coleman Brain and Peter Ray, Basset hall, Eash Ardsley, Ep publishing Ltd 1976.
5. Tyson Frank "The Cricket Coaching Manual", Calcutta, Rupa& Co, 1985.



Subject Code: HBPE18006	Subject Name: Health and Safety Education						T/L/ ETL	L	T / S.Lr	P/R	C				
	Prerequisite : Knowledge of Health and Safety						T	4	0/0	0/0	4				
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /															
OBJECTIVES															
<ul style="list-style-type: none"> To Understand the basics of Health To Apply knowledge of Safety To Analyze the concepts of Health To Evaluate Health and Safety Education with reference to Physical Education To Remember the different applications of Health and Safety followed in Physical Education 															
COURSE OUTCOMES (Cos) : Students completing this course were able to															
CO1	Understand the basics of Health														
CO2	Apply knowledge of Safety														
CO3	Analyze the concepts of Health														
CO4	Evaluate Health and Safety Education with reference to Physical Education														
CO5	Remember the different applications of Health and Safety followed in Physical Education														
Programme Specific Objectives:															
PSO1	Apply knowledge of Safety														
PSO2	Analyze the concepts of Health														
PSO3	Evaluate Health and Safety Education with reference to Physical Education														
Mapping of Course Outcome with Program Outcome (POs)															
COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14	
CO1	H	M	M	H	M	M	H	H	M	M	H	L	H	M	
CO2	H	H	H	L	M	H	M	M	H	M	H	M	L	H	
CO3	M	L	H	M	H	M	H	M	H	L	L	H	M	H	
CO4	M	M	L	M	M	H	M	H	M	M	H	M	M	M	
CO5	H	H	H	H	H	H	M	H	H	H	H	L	H	H	
Mapping of Course Outcome with Program Specific Outcome (PSOs)															
COs /PSOs	PSO1					PSO2					PSO3				
CO1	H					M					H				
CO2	H					H					H				
CO3	M					H					M				
CO4	H					H					M				
CO5	M					M					L				
H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low															
Category	Basic Sciences	Engg.Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills						
				√											



Paper – III

HBPE18006	Health and Safety Education	L	T	P	C
		4	0	0	4

Unit I

Health -Definition - meaning and concept - factors influencing health. Health determinants, Hereditary and Environment - Environment pollutions - Meaning of Health Education, its need, scope for students, aim and objectives of health education - Health Education Principles: Methods and media of health education.

Unit II

Personal Hygiene. Need and importance of personal hygiene - School Health Programme – History - School health problems - Appraisal aspect including morning health instruction - Brief introduction of safety education. First Aid Emergency Care - Healthful school living - School health administration - Mental health and child placement - School Health records - Mid-day school meal programme.

Unit III

Food & Nutrition: Classification of foods - Description of proximate principles - Role of various vitamins and minerals - Balance diet for Indian players and school children - Assessment of Nutritional status Malnutrition, Food Additives. Adulteration of food.

Unit IV

Infection: causes of disease- Mode of infec.tin. Spread of infection - public health measures to combat infection - public health administration - sanitation - water supply - Immunity - prophylactic immunization - programmes – AIDS - Communicable diseases, malaria, typhoid, cholera, dysentery, leprosy, tuberculosis, std, polio, tetanus - Drug abuse - alcohol, smoking - Family Welfare - Sex education.

Unit V

Safety Education: Safety at home- Environment and structure. Electrical connections,, bathrooms and lavatory, storing articles, kitchen and fire place, storing medicines. Principles of movements in daily living - Safety at school structure and Environment, furniture and fixtures, school procedures and policies, precautionary and emergency equipment, collection of information (address of parents, hospitals and doctors, police, fire station, ambulance service.) - Safety in Physical Education and sports - principles of safety with respect to buildings and playfields. Principles of safety with respect to equipments, dress etc., principles of safety with respect to organization of classes demonstration and matches - Policies and practices to prevent accident and rendering first aid and treatment - Accident reporting and maintenance of records - Safety considerations with special reference of specific games in the school and college curriculum - Safety on roads, camps, picnics and tours - Safety in water, firewood, hurricane, thunder and lightning and air raids.

Reference Books:

1. Mangal S.K. and Chandra, P.C. Health and Physical Education, R.D. Tandon Brothers, Ludhiana, 1979.
2. Moss, R. and et.al., Health Education, National Educational Annual, U.S.A.
3. Neiniah, School Health Education, Harper & Brothers.
4. Park, J.E. Text Book of Preventive and Social Medicine.



Subject Code: HBPE18007	Subject Name: Fundamentals of Anatomy and Physiology							T/ L/ ET L	L	T/ S.Lr	P/R	C		
	Prerequisite : Knowledge of Health and Safety							T	4	0/0	0/0	4		
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /														
OBJECTIVES														
<ul style="list-style-type: none"> To Understand Need and Importance of Anatomy To Apply knowledge of Skeletal Systems To Learn the structure of the Human Heart To Evaluate the Human Nervous System To Remember the basics of Urinary System 														
COURSE OUTCOMES (Cos) : Students completing this course were able to														
CO1	Understand Need and Importance of Anatomy													
CO2	Apply knowledge of Physiology of Skeletal Systems													
CO3	Learn the structure and Functions of the Human Heart													
CO4	Evaluate the Human Nervous System													
CO5	Remember the basic structure and functions of Urinary System													
Programme Specific Objectives:														
PSO1	Understand Need and Importance of Anatomy													
PSO2	Apply knowledge of Physiology of Skeletal and circulatory Systems													
PSO3	Remember the basic structure and functions of the Nervous and Urinary Systems													
Mapping of Course Outcome with Program Outcome (POs)														
COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	M	H	M	H	M	H	M	H	M	M	H	L	H	M
CO2	H	L	H	M	H	H	H	H	H	M	H	M	H	H
CO3	H	M	H	H	M	M	H	M	H	L	L	H	M	H
CO4	M	H	L	H	H	H	H	M	M	M	H	L	M	M
CO5	H	M	H	M	M	H	M	H	H	H	H	L	H	H
Mapping of Course Outcome with Program Specific Outcome (PSOs)														
COs /PSOs	PSO1					PSO2					PSO3			
CO1	M					H					M			
CO2	H					H					H			
CO3	M					H					M			
CO4	H					H					M			
CO5	H					H					M			
H/M/L Indicates Strength Of Correlation, H – High, M- Medium, L- Low														
Category	Basic Sciences	Engg.Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills					
				√										



Semester – III
Paper – I

HBPE18007	Fundamentals of Anatomy and Physiology	L	T	P	C
		4	0	0	4

Unit I

Introduction: Need and Importance of anatomy and physiology for the students of physical education - Descriptive terms used to describe the human body - Definition of cell, Tissue, Organ and system - Microscopic structure of the Cell - Classification, Structure and functions of various types of tissues.

Unit II

Skeletal systems: Names of the human bones, classification of joints, Definitions of the skeletal system - Joints: Definition and classification of joints - Anatomical structure of synovial joints, terminology of movements around a joint.

Unit III

Structure of the heart, Systematic pulmonary, Coronary circulation - Blood- Functions of blood, composition of blood, lymph and its functions - Respiratory system - Definition of respiration, structure and functions of respiratory system, mechanism for respiration lung volumes.

Unit IV

Nervous systems - Structure and functions of brain, spinal cord and reflex arc - Digestive system- Structure and functions of alimentary canal, Accessory organs of digestive - liver, pancreas, Gall bladder - Muscular system- Structural and functions classification of muscles, (skeletal, cardiac and smooth) and its significance. General characteristics of muscles. (Elasticity, Contractibility & Irritability).

Unit V

Urinary system- Structure and functions of kidney and Urinary tract, formation of Urine. Brief account of Reproductive system - Endocrine system: Pituitary, thyroid, parathyroid, adrenal, pancreas and sex glands - Organs of special senses- Eye, ear, nose, tongue, skin and regulation of body temperature.

Reference Books:

1. Davis, Dv. Wtaylor's Anatomy, London Longmans Green and Co Ltd. 1967.
2. Pearce, Evelyn B. Anatomy and Physiology for Nurses, London Faber and Faber Ltd., 1962.
3. Pearce, J .W. Anatomy for Students and Teachers of Physical Education, London, Edward Arnold and Co., 1959.
4. Anderson, T.Mc. Ierg Human Kinetics and Aealysing Body Movement. London, William Heinman Medical Books Ltd., 1961.



Subject Code: HBPE18008	Subject Name: Tests, Measurements and Evaluation							T/L/ ETL	L	T/ S.Lr	P/R	C		
	Prerequisite : Knowledge of Tests and Measurements							T	4	0/0	0/0	4		
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C: Credits T/L: Theory / Lab /														
OBJECTIVES														
<ul style="list-style-type: none"> To Understand Need and Importance of Tests To Apply knowledge of Measurements To Learn the Methods of Evaluation To Evaluate Tests and Measurements To Remember the Evaluation 														
COURSE OUTCOMES (Cos) : Students completing this course were able to														
CO1	Understand Need and Importance Tests													
CO2	Apply knowledge of Measurement and Evaluation													
CO3	Learn the Techniques of Evaluation													
CO4	Evaluate Tests with Measurements and Evaluation													
CO5	Remember the Importance of Measurements and Evaluation of Tests													
Programme Specific Objectives:														
PSO1	Understand Need and Importance Tests													
PSO2	Apply knowledge of Measurement and Evaluation													
PSO3	Remember the Importance of Measurements and Evaluation of Tests													
Mapping of Course Outcome with Program Outcome (POs)														
COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	M	H	L	H	H	H	H	M	M	M	H	L	M	M
CO2	H	L	H	M	H	H	H	H	H	M	H	M	H	M
CO3	H	M	H	H	M	M	H	M	H	L	L	H	H	L
CO4	M	H	L	H	H	H	H	M	M	M	H	L	M	M
CO5	H	M	H	H	M	M	H	M	H	L	L	H	H	L
Mapping of Course Outcome with Program Specific Outcome (PSOs)														
COs /PSOs	PSO1				PSO2				PSO3					
CO1	M				H				M					
CO2	H				M				H					
CO3	H				M				M					
CO4	H				H				M					
CO5	H				H				M					
H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low														
Category	Basic Sciences	Engg.Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills					
				√										

Paper – II

HBPE18008	Tests, Measurements and Evaluation	L	T	P	C
		4	0	0	4

Unit - I

Meaning of Test, Measurement and Evaluation – Brief History of Test, Measurement and Evaluation, - Need and Importance of Measurement and Evaluation in Physical Education.

Unit - II

Classification of Test – Standardized and Teacher Made test – Objective and subjective Tests –

Construction of Knowledge's test and skill Test –Administration of Test – Duties during testing – Duties after Testing.

Unit - III

Criteria for Test Selection – Validity – Reliability – Objectivity – Norms - Administrations Economic

Feasibility – Educational Applications - Followup.

Unit - IV

Definition – Health Related fitness – Skill Related Physical fitness – JCR Test –AAPHER youth physical

fitness Test – Harvard step cooper 12 Minute Run/ Walk Test.

Unit - V

Basketball – Johnson Basketball ability Test, Hockey - Friedel Field Hockey Test Soccer – MC Donald

Soccer Test, Volleyball – Russel Lange Volley Ball Test, Badminton – Miller Wall Volley Test. Tennis – Broer Miller Tennis test.

Book for Reference

1. Safrit Margarat J Measurement in Physical Education and Exercises science, St louis Times Morrormos by college publishing 1986.
2. Bosco James Measurement and Evaluation in Physical Education and sports New Jersey Prentice Hall In 1983.
3. Barry L.Johnson, Jack K.Nelson and Measurements for Evaluation in physical education the surjeet Publications.
4. A.K.Gupta Tests & Measurements in physical Education sports publication New Delhi – 52
5. A Practical applied to measurement in Physical Education – HoroldM.Borrow.



Subject Code: HBPE18009	Subject Name: RULES OF GAMES AND SPORTS - PART-III (Basketball, Kho-Kho and Track Events)	T/L/ ETL	L	T / S.Lr	P/R	C
	Prerequisite : Basic Playing Knowledge of the Games	T	4	0/0	0/0	4

L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /

OBJECTIVES

- To understand the basics of Basketball, Kho-Kho and Track Events
- To impart knowledge on Basketball, Kho-Kho and Track Events with rules involved
- To impart knowledge on the concepts of Playing Basketball, Kho-Kho & how to run on Track
- To understand Rules involved in Basketball, Kho-Kho and Track events
- To Understand Fouls and the punishments for infringing the rules.

COURSE OUTCOMES (Cos) : Students completing this course were able to

CO1	Understand the basics of the specified activities
CO2	Gain knowledge on the specified activities with rules involved
CO3	Attain knowledge on the concepts of Playing the specific Games and the event
CO4	Acquire the knowledge of Rules involved in the specified activities
CO5	Play the Games and Throwing event by knowing the Fouls and the punishments for infringing the rules.

Programme Specific Objectives:

PSO1	Know all the rules involved in the specified activities
PSO2	Know the fouls involved while performing the activities
PSO3	Acquire all the advanced skills of play and Umpiring rules of the Activities

Mapping of Course Outcome with Program Outcome (POs)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	H	H	M	M	H	M	M	H	H	H	H	M	M	M
CO2	M	M	H	H	H	M	M	M	H	M	M	H	M	M
CO3	L	H	M	M	M	H	H	L	M	L	H	M	H	H
CO4	M	M	H	H	H	M	L	M	H	M	M	H	M	L
CO5	H	H	L	H	H	H	H	H	H	H	H	L	H	H

Mapping of Course Outcome with Program Specific Outcome (PSOs)

COs /PSOs	PSO1	PSO2	PSO3
CO1	H	H	H
CO2	M	H	M
CO3	H	M	H
CO4	M	H	M
CO5	H	M	H

H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low

Category	Basic Sciences	Engg.Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills
				√					



Paper – III

HBPE18009	Rules of Games and Sports- Part – III (Basketball, Kho-Kho, Track Events)	L	T	P	C
		4	0	0	4

UNIT: I

Origin, History and development of the game- International, National and State Level Organizations and Trophies.

UNIT : II

Fundamental Skill- Lead Up Games - Various System of Play – Selection of Players.

UNIT: III

Training: Warm-up and Warm down - Technical Training – Tactical Training –Coaching Program.

UNIT: IV

Layout of Playfield with all Measurements, Facilities and equipment and its specifications

UNIT: V

Rules and their Interpretation, Methods of Officiating, Duties of Officials

Books for Reference

1. Ballon B. Ralph Teaching Badminton Delhi, Surject Publication 1982
2. Buck’s Rules Book.
3. WeinHarat “The Science of Hockey” London Pelham Books, 1979.
4. Coleman Brain and Peter Ray, Basset hall, Eash Ardsley, Ep publishing Ltd 1976.
5. Tyson Frank “The Cricket Coaching Manual”, Calcutta, Rupa& Co, 1985.



Subject Code: HBPE18010	Subject Name: Sports Management in Physical Education						T/L/ ETL	L	T/ S.Lr	P/R	C			
	Prerequisite : Knowledge of Managements						T	4	0/0	0/0	4			
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /														
OBJECTIVES														
<ul style="list-style-type: none"> To Understand Meaning and Importance of Sports Management To Apply knowledge of Personnel Management To Learn the Methods of Sports Marketing To Learn the Supply of Sports Equipments To Acquire knowledge of Accounting and Budgeting 														
COURSE OUTCOMES (Cos) : Students completing this course were able to														
CO1	Understand Meaning and Importance of Sports Management													
CO2	Apply knowledge of Personnel Management													
CO3	Learn the Methods of Sports Marketing													
CO4	Learn the Supply of Sports Equipments													
CO5	Acquire knowledge of Accounting and Budgeting													
Programme Specific Objectives:														
PSO1	Apply knowledge of Personnel Management													
PSO2	Learn the Methods of Sports Marketing and Supply of Sports Equipments													
PSO3	Acquire knowledge of Accounting and Budgeting													
Mapping of Course Outcome with Program Outcome (POs)														
COs/Pos	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	H	H	M	H	M	H	H	M	M	M	H	L	H	H
CO2	M	H	L	L	H	H	H	H	H	M	H	M	H	L
CO3	M	M	M	H	L	M	H	M	H	L	L	H	M	H
CO4	H	H	M	H	M	H	H	M	M	M	H	L	H	H
CO5	M	H	L	L	H	M	H	M	H	L	L	H	H	L
Mapping of Course Outcome with Program Specific Outcome (PSOs)														
COs /PSOs	PSO1				PSO2				PSO3					
CO1	M				H				M					
CO2	M				M				H					
CO3	H				M				M					
CO4	H				H				H					
CO5	H				H				M					
H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low														
Category	Basic Sciences	Engg.Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills					
				√										



Paper – IV

HBPE18010	Sports Management in Physical Education	L	T	P	C
		4	0	0	4

UNIT-I

Meaning and Definition of Sports management - Scope of Sports management - Basic principles of Sports management - Functions of sports management.

UNIT-II

Personal management: Objectives - Personal policies - Personal Recruitment - Role of Personal manager. Programme management: Importance of Programme development - Factors influencing programme development - Competitive sports programs.

UNIT-III

Sports marketing: Meaning - Factors involved in the marketing of sports - Market awareness - Developing a target market strategy - Quality and price of sports products.

UNIT-IV

Supplies of sports Equipments: Guidelines for selection and supply of equipments - Equipment room, Equipment and supply manager - Guidelines for checking, storing and issuing - Care and maintenance of equipments.

UNIT-V

Accounting and Budgeting - Definition and role of accounting in sport and fitness enterprise Raising of funds - Types of Budget - Budget record maintenance - The accounting system.

REFERENCE

1. Bucher A. Charles (1993) Management of physical Education and sports (10th ed.,) St.Louis :Mobsy Publishing Company.
2. Chelladurai. P (1999) Human Resource Management in sport and Recreation, Human kinetics.
3. Chakraborty, Samiram (1988), Sports Management, Sports publications, New Delhi.
4. Lazer. W and Cultey.J Marketing Management.Boston Houghton Miffling Co
5. Ruben Acosta Hernandez, Managing sport organizations, Human kinetics



Subject Code: HBPE18011	Subject Name: Recreational and Camping activities						T/L/ETL	L	T/S.Lr	P/R	C			
	Prerequisite : Knowledge of Recreation activities						T	4	0/0	0/0	4			
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /														
OBJECTIVES														
<ul style="list-style-type: none"> To Understand Meaning and Importance of Recreation To Apply knowledge of Camping To Learn the Methods of creating Recreational activities To Learn the effects of Recreation To Acquire knowledge of the results of Camping activities 														
COURSE OUTCOMES (Cos) : Students completing this course were able to														
CO1	Understand Meaning and Importance of Recreation													
CO2	Apply knowledge of Camping													
CO3	Learn the Methods of creating Recreational activities													
CO4	Learn the effects of Recreation													
CO5	Acquire knowledge of the results of Camping activities													
Programme Specific Objectives:														
PSO1	Learn the Methods of creating Recreational activities													
PSO2	Learn the effects of Recreation													
PSO3	Acquire knowledge of the results of Camping activities													
Mapping of Course Outcome with Program Outcome (POs)														
COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	H	H	M	H	H	H	H	M	M	M	H	H	M	M
CO2	H	M	M	H	L	M	M	H	H	H	H	M	M	M
CO3	M	H	L	H	M	L	H	M	M	M	M	H	H	L
CO4	H	H	M	M	M	H	M	M	H	M	H	M	L	M
CO5	L	M	M	L	M	L	H	M	H	H	M	H	H	M
Mapping of Course Outcome with Program Specific Outcome (PSOs)														
COs /PSOs	PSO1				PSO2				PSO3					
CO1	H				H				M					
CO2	M				H				H					
CO3	H				M				H					
CO4	M				H				M					
CO5	H				H				M					
H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low														
Category	Basic Sciences	Engg.Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/Technical Skills	Soft Skills					
				√										



Paper – V

HBPE18011	Recreational and Camping activities	L	T	P	C
		4	0	0	4

Unit I

Meaning and Definition of recreation - Scope and Significance of recreation.

Unit II

Agencies providing recreation. (Municipal Agencies, public, private, voluntary, youth serving Agencies.)

Rural, Urban community and industrial recreation.

Unit III

Types of recreational activities, indoor and outdoor games, leadership in recreation.

Unit IV: CAMPING:

Scope and Significance of camping - Types of camps, selection and lay out of camp sites.

Unit V

Organisation and administration of camps (camp programme and activities).

Leadership and supervision - Evaluation of camp work.

Reference Books:

1. Ford, H.G. Recreation in the American community, Harper & Brothers Publishers, New York, 1953.
2. Butler GD. Introduction of Community Recreation McGraw - Hill Book Company, Inc., New York, 1949.
3. Royappa, D.J. and Govind Rajulu, L.K. Camping and Education, Jupiter Press Private Ltd, Madras, 1973.
4. Rubin, R. Book of Camping, N.V. Assn Press, 1949.
5. Torkildsen, G. Leisure and 'recreation Management, E.& F.N. Span Ltd., New York, 1986.



Subject Code: HBPE18012	Subject Name: SPORTS PSYCHOLOGY AND SPORTS JOURNALISM						T/L/ET	L	T/S.L	P/R	C			
	Prerequisite : Knowledge of Psychology and Journalism						T	4	0/0	0/0	4			
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /														
OBJECTIVES														
<ul style="list-style-type: none"> To be aware of the Meaning and Importance of Sports Psychology To Comprehend the Meaning and Importance of Sports Journalism To Recognize the different Laws of Learning To Understand the effects Motivation on learning To Acquire knowledge of Mass Media and influence of Media on Sports 														
COURSE OUTCOMES (Cos) : Students completing this course were able to														
CO1	Be aware of the Meaning and Importance of Sports Psychology													
CO2	Comprehend the Meaning and Importance of Sports Journalism													
CO3	Recognize the different Laws of Learning													
CO4	Understand the effects Motivation on learning													
CO5	Acquire knowledge of Mass Media and influence of Media on Sports													
Programme Specific Objectives:														
PSO1	Be aware of the Meaning and Importance of Sports Psychology and Sports Journalism													
PSO2	Recognize the different Laws of Learning and effect of Motivation on learning													
PSO3	Acquire knowledge of Mass Media and influence of Media on Sports													
Mapping of Course Outcome with Program Outcome (POs)														
COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	H	M	H	H	M	H	H	H	M	L	H	M	M	M
CO2	H	M	M	H	L	M	M	H	H	H	H	H	H	L
CO3	M	H	L	H	M	L	H	M	M	M	M	H	M	M
CO4	H	H	M	M	M	H	H	M	M	M	H	L	M	M
CO5	L	M	M	L	M	L	M	H	L	H	M	L	L	M
Mapping of Course Outcome with Program Specific Outcome (PSOs)														
COs /PSOs	PSO1				PSO2				PSO3					
CO1	M				M				H					
CO2	H				H				H					
CO3	H				H				H					
CO4	M				M				M					
CO5	H				H				M					
H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low														
Category	Basic Sciences	Engg.Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills					
				√										



SEMESTER IV

Paper – I

HBPE18012	SPORTS PSYCHOLOGY AND SPORTS JOURNALISM	L	T	P	C
		4	0	0	4

Unit-I

Meaning and definition of Psychology and sports Psychology – Development of sports Psychology in India

– Need and importance of sports Psychology in the field Physical Education and sports.

Unit - II

Learning- Meaning, nature and principles of learning. Traditional theories of learning (trial and errors, conditional reflex, learning by insight, learning by imitation). Laws of learning (readiness, effect, exercise). Learning curve and its characteristics.

Unit - III

Motivation and performance- Meaning of motivation, motives, unlearned (innate) and learned (required) motives. Emotions- meaning and type of emotions, influence of emotions on level of achievements.

Unit – IV

Meaning of Journalism and sports Journalism - Canons of Journalism - News, Information and Ideas - Journalism and sports Education.

Unit - V

Mass Media in Journalism, influence of Media on sports and vice-versa. Sports as a social phenomenon and a cultural product.

Books for Reference:

1. Alderman A.B. Psychological Behaviour in sports W.B. Saundar company, Saundar 1974.
2. Puni A.T. Sports psychology chanduga NIS.
3. Alderman Psychology Behavior
4. Cratty B.J. Psychology and Physical activity
5. Singer R.N. Coaching, Athletics and psychology.



Subject Code: HBPE18013	Subject Name: Exercise Physiology						T/L/ ET L	L	T/ S.Lr	P/R	C				
	Prerequisite : Knowledge of Exercises and Physiology						T	4	0/0	0/0	4				
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /															
OBJECTIVES															
<ul style="list-style-type: none"> To be aware of the Meaning and Importance Exercises To Comprehend the Meaning and Importance of Physiology To Recognize Effect of Exercise on the various systems of the body To Understand the effects Nerve control of muscular activity To Acquire knowledge of Metabolism 															
COURSE OUTCOMES (Cos) : Students completing this course were able to															
CO1	Be aware of the Meaning and Importance Exercises														
CO2	Comprehend the Meaning and Importance of Physiology														
CO3	Recognize the Nerve control of muscular activity														
CO4	Understand the Effect of Exercise on the various systems of the body														
CO5	Acquire knowledge of Metabolism														
Programme Specific Objectives:															
PSO1	Be aware of the Meaning and Importance Exercises and Physiology														
PSO2	Comprehend the Meaning and Importance of Physiology														
PSO3	Understand the Effect of Exercise on the various systems of the body														
Mapping of Course Outcome with Program Outcome (POs)															
COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14	
CO1	M	M	M	H	M	H	M	H	M	M	L	H	H	M	
CO2	H	H	M	H	L	M	M	H	H	H	H	H	H	H	
CO3	M	H	L	H	M	L	H	M	M	M	M	H	M	M	
CO4	H	M	H	H	M	M	H	M	H	M	L	H	M	H	
CO5	M	M	L	M	H	L	M	H	L	H	M	L	H	L	
Mapping of Course Outcome with Program Specific Outcome (PSOs)															
COs /PSOs	PSO1					PSO2					PSO3				
CO1	H					H					M				
CO2	M					M					H				
CO3	M					H					M				
CO4	H					M					M				
CO5	H					M					H				
H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low															
Category	Basic Sciences	Engg. Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills						
				√											



Paper – II

HBPE18013	Exercise Physiology	L	T	P	C
		4	0	0	4

Unit I

Meaning, Nature and scope of Exercise Physiology.

Unit II

Effect of Exercise on the various systems of the body with special emphasis on the – circulatory - respiratory - digestive - muscular - endocrine and nervous system - excretory system. Muscle contraction and exercise - Properties and composition of voluntary muscles. Minute structure of voluntary muscle. Changes in muscle contraction

Unit III

Nerve control of muscular activity, control of motor and sensory activity by cerebrum and cerebellum, muscle spindle, Golgi tendon organs, reflex arc and action. Conditions affecting muscular contraction.

Unit - IV

Metabolism – Anabolism and catabolism - Source of Energy - Carbohydrates, proteins and fats, Anaerobic - and Aerobic Glycolysis, Metabolism of protein and fat. - Energy requirements for sports - optional utilization of energy for different activities. Aerobic and Anaerobic Metabolism, endocrine system.

Unit- V

Exercise and temperature regulation in Hot and Cold climate – Exercise and Altitude – Sex differences on exercise – aging and exercise – Physical Conditioning. Factors influencing Sports performance - Warming up - Conditioning - Training - Relation between performance and Exercise

Reference Books:

1. Guyton, AC. Functions of the Human Body, London W.B. Saunders Company, Latest Ed.
2. Srivastara etc. Text Book of Practical Book of Physiology Calcutta scientific Book Agency.
3. More house and Miller. Physiology of exercise, St. Louis, CV. Mosby Company Latest Ed.
4. Karporich and sinning. Physiology of muscular Activity, London W.B. Saunders Company 1955.
5. Shaver. L. Essentials of Exercise physiology.



Subject Code: HBPE18014	Subject Name: RULES OF GAMES AND SPORTS - PART-IV (Badminton/ Table Tennis/ Throw ball)							T/L/ ETL	L	T/ S.Lr	P/R	C		
	Prerequisite : Basic Playing Knowledge of the Games							T	3	1/0	0/0	4		
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /														
OBJECTIVES														
<ul style="list-style-type: none"> To understand the basics of Badminton, Table Tennis and Throwball To impart knowledge on Badminton, Table Tennis and Throwball with rules involved To impart knowledge on the concepts of Playing Badminton, Table Tennis and Throwball To understand Rules involved in Badminton, Table Tennis and Throwball To Understand Fouls and the punishments for infringing the rules. 														
COURSE OUTCOMES (Cos) : Students completing this course were able to														
CO1	Understand the basics of the specified activities													
CO2	Gain knowledge on the specified activities with rules involved													
CO3	Attain knowledge on the concepts of Playing the specific Games and the event													
CO4	Acquire the knowledge of Rules involved in the specified activities													
CO5	Play the Games and Throwing event by knowing the Fouls and the punishments for infringing the rules.													
Programme Specific Objectives:														
PSO1	Know all the rules involved in the specified activities													
PSO2	Know the fouls involved while performing the activities													
PSO3	Acquire all the advanced skills of play and Umpiring rules of the Activities													
Mapping of Course Outcome with Program Outcome (POs)														
COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	H	H	M	M	H	M	M	H	H	H	H	M	M	M
CO2	M	M	H	H	H	M	M	M	H	M	M	H	H	H
CO3	L	H	M	M	M	H	H	L	M	L	H	M	M	M
CO4	M	M	H	H	H	M	L	M	H	M	M	H	H	H
CO5	H	H	L	H	H	H	H	H	H	H	H	L	L	H
Mapping of Course Outcome with Program Specific Outcome (PSOs)														
COs /PSOs	PSO1				PSO2				PSO3					
CO1	H				H				H					
CO2	M				H				M					
CO3	H				M				H					
CO4	M				H				M					
CO5	H				M				H					
H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low														
Category	Basic Sciences	Engg.Science	Humanities & social Science	Program Core	Program Elective	Ope n E l e c t i v e	Practical/Project					Internships/ Technical Skills	Soft Skills	
				√										



Paper – III

HBPE18014	Rules of Games and Sports – Part- IV Badminton/ Table Tennis/ Throw ball	L	T	P	C
		4	0	0	4

UNIT: I

Origin, History and development of the game- International, National and State Level Organizations and Trophies.

UNIT : II

Fundamental Skill- Lead Up Games - Various System of Play – Selection of Players.

UNIT: III

Training: Warm-up and Warm down - Technical Training – Tactical Training –Coaching Program.

UNIT: IV

Layout of Playfield with all Measurements, Facilities and equipment and its specifications

UNIT: V

Rules and their Interpretation, Methods of Officiating, Duties of Officials

Books for Reference

1. Ballon B. Ralph Teaching Badminton Delhi, Surject Publication 1982
2. Buck’s Rules Book.
3. WeinHarat “The Science of Hockey” London Pelham Books, 1979.
4. Coleman Brain and Peter Ray, Basset hall, Eash Ardsley, Ep publishing Ltd 1976.
5. Tyson Frank “The Cricket Coaching Manual”, Calcutta, Rupa& Co, 1985.



Subject Code: HBMG18001	Subject Name: Environmental Studies					T/L/ETL	L	T/S.Lr	P/R	C					
	Prerequisite : Knowledge of Environmental pollution					T	4	0/0	0/0	4					
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /															
OBJECTIVES															
<ul style="list-style-type: none"> To Be aware of the Meaning and Importance Environment and Ecosystem To Comprehend the Environmental Pollution To Recognize Natural Resources To Understand the Social Issues and the Environment To Acquire knowledge of Human Population and Environment 															
COURSE OUTCOMES (Cos) : Students completing this course were able to															
CO1	Be aware of the Meaning and Importance Environment and Ecosystem														
CO2	Comprehend the Environmental Pollution														
CO3	Recognize Natural Resources														
CO4	Understand the Social Issues and the Environment														
CO5	Acquire knowledge of Human Population and Environment														
Programme Specific Objectives:															
PSO1	Comprehend the Environmental Pollution														
PSO2	Understand the Social Issues and the Environment														
PSO3	Acquire knowledge of Human Population and Environment														
Mapping of Course Outcome with Program Outcome (POs)															
COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14	
CO1	H	H	H	M	M	H	M	H	H	M	L	H	M	L	
CO2	M	H	M	H	L	M	M	M	H	H	H	H	H	H	
CO3	H	M	M	M	H	L	H	H	M	M	M	H	M	M	
CO4	H	M	M	H	M	H	M	M	H	H	L	H	H	L	
CO5	H	H	M	L	H	L	M	H	L	M	M	L	M	M	
Mapping of Course Outcome with Program Specific Outcome (PSOs)															
COs /PSOs	PSO1					PSO2					PSO3				
CO1	H					M					M				
CO2	M					H					H				
CO3	H					H					M				
CO4	M					M					H				
CO5	M					H					H				
H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low															
Category	Basic Sciences	Engg. Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills						
				√											



Paper - IV

HBMG18001	Environmental Studies	L	T	P	C
		4	0	0	4

UNIT – I ENVIRONMENT AND ECOSYSTEM

Definition, Scope and Importance of environment – Need for public awareness, Concept, Structure and Function of an eco system – Producers, Consumers, and Decomposers, Energy Flow in the Ecosystem, Biodiversity at National and Local Levels – India

UNIT – II ENVIRONMENT POLLUTION

Definition – Causes, Effects and Control Measures of (a) Air Pollution (b) Water Pollution (c) Soil Pollution (d) Marine Pollution (e) Noise Pollution (f) Nuclear Hazards (g) E – Wastes - Causes, Effects and Control Measures.

UNIT- III - NATURAL RESOURCES

Forest Resources: Use and over exploitation, deforestation - Water Resources: Use and over utilization of surface and ground water, floods, drought, conflicts over water, dams, - benefits and problems - Food Resources – World food problems , changes caused by agriculture and over grazing, effects of modern agriculture , Fertilizer - pesticide problems.

UNIT-IV - SOCIAL ISSUES AND THE ENVIRONMENT

From Unsustainable to Sustainable development – Urban Problems related to Energy - Water conservation – Rain water harvesting – Watershed Management - Resettlement and Rehabilitation of people, its problems and concerns - Climate change, global warming, acid rain, ozone layer depletion - Nuclear accidents – central and state pollution control boards – Public awareness

UNIT-V - HUMAN POPULATION AND THE ENVIRONMENT

Population growth, variation among Nations - Population Explosion , environment and human health - Human rights, Value education – HIV / AIDS – Women and child welfare - Role of information Technology in environment and Human Health.

REFERENCE BOOKS:

1. Gilbert M. Masters, "Introduction to Environmental Engineering and Science", 2nd Edition, Pearson Education (2004)
2. Benny Joseph, "Environmental Science and Engineering", Tata McGraw Hill, New Delhi (2006).



Subject Code: HBPE18015	Subject Name: Kinesiology and Biomechanics		T/L/ET L	L	T/S.Lr	P/R	C							
	Prerequisite : Knowledge of Environmental pollution		T	4	0/0	0/0	4							
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /														
OBJECTIVES														
<ul style="list-style-type: none"> To Be Aware of the Meaning, Importance and objectives of Kinesiology To Comprehend the Origin and Insertion of the Muscles To Recognize Biomechanics and types of motion To Understand the Angular Kinematics To Acquire knowledge of Linear Kinematics 														
COURSE OUTCOMES (Cos) : Students completing this course were able to														
CO1	Be aware of the Meaning, Importance and objectives of Kinesiology													
CO2	Comprehend the Origin and Insertion of the Muscles													
CO3	Recognize Biomechanics and types of motion													
CO4	Understand the Angular Kinematics													
CO5	Acquire knowledge of Linear Kinematics													
Programme Specific Objectives:														
PSO1	Comprehend the Origin and Insertion of the Muscles													
PSO2	Recognize Biomechanics and types of motion													
PSO3	Acquire knowledge of Angular and Linear Kinematics													
Mapping of Course Outcome with Program Outcome (POs)														
COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	M	H	H	H	M	H	H	H	H	M	L	H	L	H
CO2	H	M	H	H	L	M	H	L	M	H	H	H	H	H
CO3	H	M	M	M	H	L	H	H	M	M	M	H	M	H
CO4	M	H	M	M	M	H	M	L	H	M	L	H	L	H
CO5	H	H	L	M	H	L	M	H	L	M	M	L	M	L
Mapping of Course Outcome with Program Specific Outcome (PSOs)														
COs /PSOs	PSO1			PSO2			PSO3							
CO1	H			M			M							
CO2	M			H			H							
CO3	H			H			M							
CO4	M			M			H							
CO5	M			H			H							
H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low														
Category	Basic Sciences	Engg. Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills					
				√										



SEMESTER V

Paper – I

HBPE18015	Kinesiology and Bio-Mechanics	L	T	P	C
		4	0	0	4

Unit I - HISTORY, MEANING AND OBJECTIVES OF KINESIOLOGY

Introduction: Meaning, brief history, aim and objectives, importance of Kinesiology for Physical Education and Sports - Fundamental Concept: Structural classification of muscles - types of contraction (concentric eccentric and static), muscle tone postural muscles, reciprocal innervation and inhibition strength reflex, group action, direction and angle of pull and its significance, action of two joint muscles, relation of muscles and bone coverage, center of gravity, line of gravity, axis and planes of motion fundamental, starting positions, terminology of fundamental movements, functional classifications of muscles.

Unit II – ORIGIN AND INSERTION OF MUSCLES

Location, Origin, insertion and action of muscles at various joints - Upper extremity - shoulder girdle, shoulder joints, elbow joint, wrist joint, metaphalangeal joints. - Lower extremity - hip joint, knee joint, ankle joint, metatarsal joints - Muscular analysis of fundamental movement. Walking, running, jumping, throwing, catching, pulling, pushing, striking, hanging.

Unit III – BIO-MECHANICS – TYPES OF MOTION

Introduction: Meaning, aims, objectives and importance - Types of Motion: Linear motion and angular motion.

Unit IV – ANGULAR KINAMATICS

Angular Kinematics: Angular speed, angular velocity, angular acceleration and relationship between angular motion and projectile - Linear Kinematics: Speed, velocity, acceleration and uniform acceleration, motion and projectile motion.

Unit V – LINEAR KINETICS

Linear Kinetics: Mass, weight, force, pressure, work, power, energy, impulse, momentum, impact, friction and Newton's Law of Motion - Angular Kinetics: Movement of inertia, conservation of momentum, transfer of momentum, levers, equilibrium.

Reference Books:

1. Kinesiology Scientific is of Human motion by Luttgens & Wells.
2. Kelly, D.L. Kinesiology and Fundamentals of Motion Descriptions, Prentice Hall.
3. McClusg, A. Human Kinetics and Analysis of Body Movements, William Heinmann, London.
4. Neil, D.E. Kinesiology and Anatomy and Motion, Mosby & Co..
5. Sunderarajan, G.S. Bio-Mechanics of Sports and Games, Roshan Publications, Chennai 1979.



Subject Code: HBPE18016	Subject Name: Personality Development and Soft Skills						T/L/ET L	L	T/S.Lr	P/R	C			
	Prerequisite : Knowledge of behaviour and soft skills						T	3	1/0	0/0	4			
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /														
OBJECTIVES														
<ul style="list-style-type: none"> To Be aware of SWOT analysis To Comprehend the Leadership Networking And Team Work To Recognize Attitude And Decision Making To Understand Intrinsic And Extrinsic Motivation To Acquire knowledge of SMART Goals And Time Management 														
COURSE OUTCOMES (Cos) : Students completing this course were able to														
CO1	Be aware of the SWOT analysis													
CO2	Comprehend the Leadership Networking And Team Work													
CO3	Recognize Attitude And Decision Making													
CO4	Understand the Intrinsic And Extrinsic Motivation													
CO5	Acquire knowledge of SMART Goals And Time Management													
Programme Specific Objectives:														
PSO1	Comprehend the SWOT analysis													
PSO2	Understand the Leadership Networking And Team Work													
PSO3	Acquire knowledge of Attitude And Decision Making													
Mapping of Course Outcome with Program Outcome (POs)														
COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	H	H	H	M	M	H	M	H	H	M	L	H	M	H
CO2	M	H	M	H	L	M	M	M	H	H	H	H	L	H
CO3	H	M	M	M	H	L	H	H	M	M	M	H	H	M
CO4	H	M	M	H	M	H	M	M	H	H	L	H	M	M
CO5	H	H	M	L	H	L	M	H	L	M	M	L	H	H
Mapping of Course Outcome with Program Specific Outcome (PSOs)														
COs /PSOs	PSO1			PSO2			PSO3							
CO1	H			M			M							
CO2	M			H			H							
CO3	H			H			M							
CO4	M			M			H							
CO5	M			H			H							
H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low														
Category	Basic Sciences	Engg. Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills					
				√					√					

Paper – II

HBPE18016	Personality Development and Soft Skills	L	T	P	C
		3	1	0	4

UNIT I - SWOT ANALYSIS

Strength, Weaknesses, Opportunities and Threats (SWOT) Analysis, Who am I, Attributes, Importance of Self Confidence, Self Esteem. Causes of Stress and its impact, how to manage & distress, Circle of control, Stress Busters. Emotional Intelligence What is Emotional Intelligence, emotional quotient why Emotional Intelligence matters, Emotion Scales. Managing Emotions.

UNIT II – LEADERSHIP NETWORKING AND TEAM WORK

Gratitude Understanding the relationship between Leadership Networking & Team work. Assessing Interpersonal Skills Situation description of Interpersonal Skill. Team Work: Necessity of Team Work Personally, Socially and Educationally

UNIT III – ATTITUDE AND DECISION MAKING

Factors influencing Attitude, Challenges and lessons from Attitude, Etiquette. Importance and necessity of Decision Making, Process and practical way of Decision Making, Weighing Positives & Negatives.

UNIT IV – INTRINSIC AND EXTRINSIC MOTIVATION

Factors of motivation, Self talk, Intrinsic & Extrinsic Motivators. Conflicts in Human Relations – Reasons Case Studies, Approaches to conflict resolution. Skills for a good Leader, Assessment of Leadership Skills

UNIT V – SMART GOALS AND TIME MANAGEMENT

Wish List, (**Specific** and **Measurable**.- **Achievable**, **Relevant** and **Time-bound**) SMART Goals, Blue print for success, Short Term, Long Term, Life Time Goals. Time Management Value of time, Diagnosing Time Management, Weekly Planner To do list, Prioritizing work.

REFERENCE

1. Covey Sean, Seven Habits of Highly Effective Teens, New York, Fireside Publishers, 1998.
2. Carnegie Dale, How to win Friends and Influence People, New York: Simon & Schuster, 1998.
3. Thomas A Harris, I am ok, You are ok , New York-Harper and Row, 1972
4. Daniel Coleman, Emotional Intelligence, Bantam Book, 2006



Subject Code: HBPE18017	Subject Name: Computer Application in Physical Education						T/L/ET	L	T/S.Lr	P/R	C			
	Prerequisite : Knowledge of Computers						T	3	1/0	0/0	4			
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /														
OBJECTIVES														
<ul style="list-style-type: none"> To be aware of the Meaning and definition of computers To Comprehend the concept of memory in computers To Recognize Basic Windows Accessories And MS Word To Understand MS Excel and MS Power Point To Acquire knowledge of the Use of Computers in Physical Education 														
COURSE OUTCOMES (Cos) : Students completing this course were able to														
CO1	Be aware of the Meaning and definition of computers													
CO2	Comprehend the concept of memory in computers													
CO3	Recognize Basic Windows Accessories And MS Word													
CO4	Understand the MS Excel and MS Power Point													
CO5	Acquire knowledge of the Use of Computers in Physical Education													
Programme Specific Objectives:														
PSO1	Comprehend the concept of memory in computers													
PSO2	Recognize Basic Windows Accessories And MS Word													
PSO3	Acquire knowledge of the Use of Computers in Physical Education													
Mapping of Course Outcome with Program Outcome (POs)														
COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	M	M	M	H	M	H	M	H	M	M	L	H	L	H
CO2	H	H	M	H	L	M	M	H	H	H	H	H	H	H
CO3	M	H	L	H	M	L	H	M	M	M	M	H	M	M
CO4	H	M	H	H	M	M	H	M	H	M	L	H	L	M
CO5	M	M	L	M	H	L	M	H	L	H	M	L	M	H
Mapping of Course Outcome with Program Specific Outcome (PSOs)														
COs /PSOs	PSO1				PSO2				PSO3					
CO1	H				H				M					
CO2	M				M				H					
CO3	M				H				M					
CO4	H				M				M					
CO5	H				M				H					
H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low														
Category	Basic Sciences	Engg. Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills					
				√			√							



Paper – III

HBPE18017	Computer Application in Physical Education	L	T	P	C
		3	1	0	4

UNIT – I – MEANING AND DEFINITION OF COMPUTERS

Meaning and definition of computer, Components of a Computer System, Central Processing Unit, Visual Display Unit, Keyboard. Input and output devices, mouse, joy stick, scanner, printer.

UNIT –II – CONCEPT OF MEMORY

Concept of Memory, primary and secondary memory, RAM and ROM, units of memory – byte, kilobytes, megabytes, gigabytes. Storage devices, floppy disc, hard disc, CD ROM and DVD.

UNIT-III - BASIC WINDOWS ACCESSORIES AND MS WORD

Introduction to word processor, creating and saving a document, editing and formatting a document, inserting symbol, printing a document, adding headers and footers, numbering pages.

UNIT-IV - MS EXCEL & MS POWER POINT

Ms-Excel-Opening – Saving – Editing File – Basic Mathematical Problems – Addition, Subtraction, Multiplication, Division – **Ms Power Point** – Opening – Creating Saving – Deleting Slides / Templates – Slide Show – Important Feature of Power point Presentation.

UNIT-IV – USE OF COMPUTER APPLICATION IN PHYSICAL EDUCATION

Use of Computer Applications in Physical Education - Preparing entries for athletics and tournaments - Preparing Score sheet, fixtures for athletic events and tournaments.

References:

1. Vikas Gupta, (1995) Computer Course, Delhi: PutakMahal.
2. French, C.S. (1986) Data Processing, New Delhi: Galgotia Book Source.
3. Haggery, T., The Administrative use of computers in professional Sport Organization, New York.
4. Maria Langer, World of Windows, Barkeley: Peachpit Press.



Subject Code: HBPE18018	Subject Name: RULES OF GAMES AND SPORTS - PART- V (Ball Badminton/ Tennis/ Tennikoit)	T/L/ETL	L	T/S.Lr	P/R	C
	Prerequisite : Basic Playing Knowledge of the Games	T	3	1/0	0/0	4

L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /

OBJECTIVES

- To understand the basics of Ball Badminton, Tennis and Tennikoit
- To impart knowledge on Ball Badminton, Tennis and Tennikoit with rules involved
- To impart knowledge on the concepts of Playing Ball Badminton, Tennis and Tennikoit
- To understand Rules involved in Ball Badminton, Tennis and Tennikoit
- To Understand Fouls and the punishments for infringing the rules.

COURSE OUTCOMES (Cos) : Students completing this course were able to

CO1	Understand the basics of the specified activities
CO2	Gain knowledge on the specified activities with rules involved
CO3	Attain knowledge on the concepts of Playing the specific Games and the event
CO4	Acquire the knowledge of Rules involved in the specified activities
CO5	Play the Games and Throwing event by knowing the Fouls and the punishments for infringing the rules.

Programme Specific Objectives:

PSO1	Know all the rules involved in the specified activities
PSO2	Know the fouls involved while performing the activities
PSO3	Acquire all the advanced skills of play and Umpiring rules of the Activities

Mapping of Course Outcome with Program Outcome (POs)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	H	H	M	M	H	M	M	H	H	H	H	M	H	H
CO2	M	M	H	H	H	M	M	M	H	M	M	H	M	M
CO3	L	H	M	M	M	H	H	L	M	L	H	M	L	L
CO4	M	M	H	H	H	M	L	M	H	M	M	H	M	M
CO5	H	H	L	H	H	H	H	H	H	H	H	L	H	H

Mapping of Course Outcome with Program Specific Outcome (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	H	H	H
CO2	M	H	M
CO3	H	M	H
CO4	M	H	M
CO5	H	M	H

H/M/L Indicates Strength Of Correlation, H – High, M- Medium, L- Low

Category	Basic Sciences	Engg.Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills
				√					



Paper – IV

HBPE18018	Rules of Games and Sports- Part- V Ball Badminton/ Tennis/ Tennikoit	L	T	P	C
		3	1	0	4

UNIT: I

Origin, History and development of the game- International, National and State Level Organizations and Trophies.

UNIT : II

Fundamental Skill- Lead Up Games - Various System of Play – Selection of Players.

UNIT: III

Training: Warm-up and Warm down - Technical Training – Tactical Training –Coaching Program.

UNIT: IV

Layout of Playfield with all Measurements, Facilities and equipment and its specifications

UNIT: V

Rules and their Interpretation, Methods of Officiating, Duties of Officials

Books for Reference

1. Ballon B. Ralph Teaching Badminton Delhi, Surject Publication 1982
2. Buck's Rules Book.
3. WeinHarat "The Science of Hockey" London Pelham Books, 1979.
4. Coleman Brain and Peter Ray, Basset hall, Eash Ardsley, Ep publishing Ltd 1976.
5. Tyson Frank "The Cricket Coaching Manual", Calcutta, Rupa& Co, 1985.



Subject Code: HBPE18019	Subject Name: Elementary Research Methods and Statistics						T/L/ET	L	T/S.Lr	P/R	C			
	Prerequisite : Knowledge of Research and Mathematics						T	4	0/0	0/0	4			
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /														
OBJECTIVES														
<ul style="list-style-type: none"> To Be Aware of the Meaning, Importance of Research Methodology To Comprehend the Research Problem To Recognize the Research Questions and Hypothesis To Understand the Basics of Statistical Analysis To Acquire knowledge of Statistical Models in Physical Education and Sports 														
COURSE OUTCOMES (Cos) : Students completing this course were able to														
CO1	Be aware of Meaning, Importance of Research Methodology													
CO2	Comprehend the Research Problem													
CO3	Recognize the Research Questions and Hypothesis													
CO4	Understand the Basics of Statistical Analysis													
CO5	Acquire knowledge of Statistical Models in Physical Education and Sports													
Programme Specific Objectives:														
PSO1	Be aware of Meaning, Importance of Research Methodology													
PSO2	Recognize the Research Questions and Hypothesis													
PSO3	Acquire knowledge of Statistical Models in Physical Education and Sports													
Mapping of Course Outcome with Program Outcome (POs)														
COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	M	H	H	H	M	H	H	H	H	M	L	H	H	M
CO2	H	M	H	H	L	M	H	L	M	H	H	H	H	H
CO3	H	M	M	M	H	L	H	H	M	M	M	H	M	M
CO4	M	H	M	M	M	H	M	L	H	M	L	H	M	M
CO5	H	H	L	M	H	L	M	H	L	M	M	L	L	M
Mapping of Course Outcome with Program Specific Outcome (PSOs)														
COs /PSOs	PSO1				PSO2				PSO3					
CO1	H				M				M					
CO2	M				H				H					
CO3	H				H				M					
CO4	M				M				H					
CO5	M				H				H					
H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low														
Category	Basic Sciences	Engg. Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills					
				√										



Paper – V

HBPE18019	Elementary Research Methods and Statistics	L	T	P	C
		3	0	0	3

Unit – I - INTRODUCTION TO RESEARCH METHODOLOGY

Introduction to Research Methodology: Meaning of Research, Objectives of Research, Motivations in Research, types of Research, Research Approaches, Significance of Research, Research Methods v/s Methodology, Research and Scientific Methods, Research Process, Criteria of Good Research.

Unit – II – THE RESEARCH PROBLEM

Defining the Research Problem: Concept and need, Identification of Research problem, defining and delimiting Research problem.

Unit – III – RESEARCH QUESTIONS AND HYPOTHESIS

Research Questions and Hypothesis: Variables and their linkages, characteristics of good Hypothesis. Research question and formulation of hypotheses-directional and non-directional hypotheses, Basis for hypotheses.

Unit- IV – BASICS OF STATISTICAL ANALYSIS

Basics of Statistical Analysis - Statistics: Meaning, Definition, Nature and Importance - Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables -Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram

Unit- V – STATISTICAL MODELS IN PHYSICAL EDUCATION AND SPORTS

Statistical Models in Physical Education and Sports - Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data - Measures of Variability: Meaning, importance, computing from group and ungroup data - Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

References:

1. Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall.
2. Bompa, T. O. &Haff, G. G. (2009). Periodization: theory and methodology of training, 5thed.
3. Champaign, IL: Human Kinetics. Brown, L. E., &Ferrigno, V. A. (2005). Training for speed, agility and quickness, 2nded.
4. Champaign, IL: Human Kinetics. Brown, L.E. & Miller, J., (2005). How the training work. In: Training Speed, Agility, and Quickness.
5. Carl, E. K., & Daniel, D. A. (1969). Modern principles of athletes training. St. Louis: St. Louis's Mosby Company.
6. Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc.
7. Garrett, H.E. (1981). Statistics in psychology and education. New York: VakilsFeffer and Simon Ltd.



Subject Code: HBPE18020	Subject Name: Introduction to Training Methods						T/L/ET	L	T/S.Lr	P/R	C			
	Prerequisite : Knowledge of Physical Training						T	4	0/0	0/0	4			
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /														
OBJECTIVES														
<ul style="list-style-type: none"> To Be Aware of the Meaning, Importance and objectives of Sports Training & Coaching To Comprehend the Training Loads To Recognize Development Of Important Motor Components To Understand the Technical And Tactical Preparation To Acquire knowledge of the Training Plans 														
COURSE OUTCOMES (Cos) : Students completing this course were able to														
CO1	Be Aware of the Meaning, Importance and objectives of Sports Training & Coaching													
CO2	Comprehend the Training Loads													
CO3	Recognize Development Of Important Motor Components													
CO4	Understand the Technical And Tactical Preparation													
CO5	Acquire knowledge of the Training Plans													
Programme Specific Objectives:														
PSO1	Recognize Development Of Important Motor Components													
PSO2	Understand the Technical And Tactical Preparation													
PSO3	Acquire knowledge of the Training Plans													
Mapping of Course Outcome with Program Outcome (POs)														
COs/Pos	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	M	H	H	H	M	H	H	H	H	M	L	H	H	H
CO2	H	M	H	H	L	M	H	L	M	H	H	H	M	L
CO3	H	M	M	M	H	L	H	H	M	M	M	H	M	H
CO4	M	H	M	M	M	H	M	L	H	M	L	H	H	L
CO5	H	H	L	M	H	L	M	H	L	M	M	L	H	H
Mapping of Course Outcome with Program Specific Outcome (PSOs)														
COs /PSOs	PSO1				PSO2				PSO3					
CO1	H				M				M					
CO2	M				H				H					
CO3	H				H				M					
CO4	M				M				H					
CO5	M				H				H					
H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low														
Category	Basic Sciences	Engg. Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills					
				√										



SEMESTER VI

Paper – I

HBPE18020	Introduction to Training Methods	L	T	P	C
		4	0	0	4

Unit I - INTRODUCTION TO SPORTS TRAINING & COACHING

a) Meaning, definitions, aim and objectives of Sports Training and Coaching. b) Characteristics of Sports Training. c) Principles of Sports Training and Coaching 2. a) Qualities and qualifications of a successful coach. b) Nature and scope of coaching profession

Unit II - TRAINING LOAD

Importance features of training load, (Intensity, density, duration and frequency), principles of Training load, relationship between the load and adaptation, conditions of adaptation.

Unit III - DEVELOPMENT OF IMPORTANT MOTOR COMPONENTS

Strength - forms of strength, characteristics of strength, strength training means and methods - Endurance - forms of endurance, characteristics of endurance, endurance training means and methods - Speed - forms of speed, characteristics of speed, speed training means and methods - Flexibility - Forms of flexibility characteristics of flexibility, basis of flexibility methods of development of flexibility - Agility - forms of agility, characteristics of agility methods of development of agility - Co-ordination - Motor development and its implications in relation to sex and age groups.

Unit IV - TECHNICAL AND TACTICAL PREPARATION

Fundamental and methods for the development of technique in sports - Stages technical development - Causes and correction of faults - Tactical concepts, methods of tactical development.

Unit V - TRAINING PLANS

: Long term and short term plans - Periodisation (single and multiple) cyclic process of training - Main and build-up competitions, competition frequency, preparation for competition.

Reference Books:

1. Ballon B. Ralph Teaching Badminton Delhi, Surject Publication 1982
2. Buck's Rules Book.
3. WeinHarat "The Science of Hockey" London Pelham Books, 1979.
4. Coleman Brain and Peter Ray, Basset hall, Eash Ardsley, Ep publishing Ltd 1976.
5. Tyson Frank "The Cricket Coaching Manual", Calcutta, Rupa& Co, 1985.



Subject Code: HBPE18021	Subject Name: Science of Yoga	T/L/ETL	L	T/S.Lr	P/R	C
	Prerequisite : Basic Knowledge of Yogic Exercises	T	3	1/0	0/0	4

L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /

OBJECTIVES

- To Understand the Basic Concepts of Yoga and Physical Education
- To Gain knowledge on Ashtanga yoga
- To Acquire knowledge of Techniques and Practice of Yogasanas
- To Understand and perform Pranayama
- To Attain the knowledge about Nutrition

COURSE OUTCOMES (Cos) : Students completing this course were able to

CO1	Understand the Basic Concepts of Yoga and Physical Education
CO2	Gain knowledge on Ashtanga yoga
CO3	Understand and perform Pranayama
CO4	Acquire knowledge of Techniques and Practice of Yogasanas
CO5	Attain the knowledge about Nutrition

Programme Specific Objectives:

PSO1	Gain knowledge on Ashtanga yoga
PSO2	Understand and perform Pranayama
PSO3	Acquire knowledge of Techniques and Practice of Yogasanas

Mapping of Course Outcome with Program Outcome (POs)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	H	H	M	M	H	M	M	H	H	H	H	M	H	M
CO2	M	M	H	H	H	M	M	M	H	M	M	H	M	H
CO3	L	H	M	M	M	H	H	L	M	L	H	M	H	M
CO4	M	M	H	H	H	M	L	M	H	M	M	H	M	H
CO5	H	H	L	H	H	H	H	H	H	H	H	L	H	H

Mapping of Course Outcome with Program Specific Outcome (PSOs)

COs /PSOs	PSO1	PSO2	PSO3
CO1	H	H	H
CO2	M	H	M
CO3	H	M	H
CO4	M	H	M
CO5	H	M	H

H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low

Category	Basic Sciences	Engg.Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills
				√					



Paper – II

HBPE18021	Science of Yoga	L	T	P	C
		4	0	0	4

Unit I - CONCEPTS OF YOGA AND PHYSICAL EDUCATION

Aims and Objectives of Yoga and Physical Education - Concept of Exercise in Physical Education and its comparison with Yogic Practices - Problem of Integration of personality tackled in Yoga - Application of Yoga in Physical Education - Co-ordination of Yoga and Physical Education for maximum benefit.

Unit II - ASHTANGA YOGA

Yama, nyama, asana, pranayama, prathyahara, dharana, dhyana and samadhi.

Unit – III - TECHNIQUES AND PRACTICE OF YOGASANAS

- Important facts and Precautions, Warming up and Preliminary Exercises for Neck, Eyes, Shoulders, Back, Abdominal Muscles, Legs, Feet and Hands - Technique of Yogasana posture - Do's and Don't's. – Selective Asanas

Unit IV - PRANAYAMA

Pranayama meaning, aim definition and concept of pranayama - Types of pranayama - physiological, psychological and therapeutical (Any two asanas from each posture). Bandhas, Shatkriyas and Meditation: Bandhas and mudras - meaning, definition and values. Shat kriya - nose cleaning, stomach cleaning and bowel cleaning process Meditation-meaning aim, definition and concept of meditation.

Unit – V - NUTRITION

Nutritional Status - Nutritional Needs - Balanced Diet - Yogic Diet - Fasting

REFERENCES

1. Erling Peterson, 'Yoga step by step'
2. Indra Devi, 'Yoga for you'
3. RasalindWiddowson, 'Yoga made Easy'
4. M. Rajan, 'Yoga Stretching and Relaxation for Sportsmen'
5. M. NarayanaMenon, 'YogasanasFor Health and Longevity'
6. RameshwarDass Gupta, 'Daily Yog'



Subject Code: HBPE18022	Subject Name: Care of Athletic and Sports Injuries						T/L/ET	L	T / S.Lr	P/R	C			
	Prerequisite : Knowledge of General Injuries						T	3	0/0	0/0	3			
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /														
OBJECTIVES														
<ul style="list-style-type: none"> To Be Aware of the Meaning, Importance of Types of movements To Comprehend the Postural Tests To Recognize the a brief history of massage and remedial exercises To Understand the Common Athletic Injuries And Their Treatment To Acquire knowledge of Heat Treatments 														
COURSE OUTCOMES (Cos) : Students completing this course were able to														
CO1	Be Aware of the Meaning, Importance of Types of movements													
CO2	Comprehend the Postural Tests													
CO3	Recognize the a brief history of massage and remedial exercises													
CO4	Understand the Common Athletic Injuries And Their Treatment													
CO5	Acquire knowledge of Heat Treatments													
Programme Specific Objectives:														
PSO1	Be Aware of the Meaning, Importance of Types of movements													
PSO2	Recognize the a brief history of massage and remedial exercises													
PSO3	Understand the Common Athletic Injuries And Their Treatment													
Mapping of Course Outcome with Program Outcome (POs)														
COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	M	H	H	H	M	H	H	H	H	M	L	H	M	L
CO2	H	M	H	H	L	M	H	L	M	H	H	H	H	H
CO3	H	M	M	M	H	L	H	H	M	M	M	H	H	M
CO4	M	H	M	M	M	H	M	L	H	M	L	H	M	L
CO5	H	H	L	M	H	L	M	H	L	M	M	L	H	M
Mapping of Course Outcome with Program Specific Outcome (PSOs)														
COs /PSOs	PSO1				PSO2				PSO3					
CO1	H				M				M					
CO2	M				H				H					
CO3	H				H				M					
CO4	M				M				H					
CO5	M				H				H					
H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low														
Category	Basic Sciences	Engg. Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills					
				√										



Paper – III

HBPE18022	Care of Athletic and Sports Injuries	L	T	P	C
		3	0	0	3

Unit I - TYPES OF MOVEMENTS

Concentric, eccentric (Isotonic), Static (Isometric) and isokinetic exercises. Posture and body mechanics- Standards of standing posture, values of good posture, drawback and causes of poor posture.

Unit II - POSTURAL TESTS

- Examination of the spine. New York State posture Rating Chart Test, Organisation of special classes for postural correction - Some common deviation in posture - normal curvature of the spine and its utility, kyphosis, lordosis, kypholordosis, flat back, scoliosis (C and S curve, functional and structural round shoulders) - Knock knees, bow legs, flat foot, causes for these deviations and treatment including exercise.

Unit III - A BRIEF HISTORY OF MASSAGE AND REMEDIAL EXERCISES

- Muscle relaxation as an aid to massage - Points to be considered in giving massage - Physiological effects of massage - Classification of the manipulations used in massage and their specific uses on the Human body. a Stroking manipulation - Effleurage, Stroking, Kneading, Friction, Hackinh, Clapping, Beating and Pounding.

Unit IV - COMMON ATHLETIC INJURIES AND THEIR TREATMENT

Sprains - Strains - Contusions – Abrasions - Type of fractures and their management

Unit V – HEAT TREATMENTS

Principles of applying heat/cold, ultra-violet rays, infra-red rays, contrast bath ultrasonic

Reference Books:

1. Corrective Physical Education, Rathborne J. I.W.B. Saunders and Co., London 1965.
2. Manual of Massage and Movement, Prof E.M. Naro Faber and Faber Ltd.
3. Therapeutic Exercise for Body Alignment and Education, by William Mareuam and Catherine Worthingham, WB. Saunders and Co., 1965.
4. Massage and Medical Gymnastics, M.V. Lace J.& A. Churchill Ltd., m 1951.
5. Preventive and Corrective Physical Education Stafford and Kelly, New York. The Ronald Press, 1968.



Subject Code: HBPE18023	Subject Name: RULES OF GAMES AND SPORTS - PART- VI (Hockey/ Handball/ Aquatics)						T/L/ ETL	L	T / S.Lr	P/R	C			
	Prerequisite : Basic Playing Knowledge of the Games						T	3	1/0	0/0	4			
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C : Credits T/L: Theory / Lab /														
OBJECTIVES														
<ul style="list-style-type: none"> To understand the basics of Hockey, Handball, Aquatics To impart knowledge on Hockey, Handball, Aquatics with rules involved To impart knowledge on the concepts of Playing Hockey, Handball, Aquatics To understand Rules involved in Hockey, Handball, Aquatics To Understand Fouls and the punishments for infringing the rules. 														
COURSE OUTCOMES (Cos) : Students completing this course were able to														
CO1	Understand the basics of the specified activities													
CO2	Gain knowledge on the specified activities with rules involved													
CO3	Attain knowledge on the concepts of Playing the specific Games and the event													
CO4	Acquire the knowledge of Rules involved in the specified activities													
CO5	Play the Games and Throwing event by knowing the Fouls and the punishments for infringing the rules.													
Programme Specific Objectives:														
PSO1	Know all the rules involved in the specified activities													
PSO2	Know the fouls involved while performing the activities													
PSO3	Acquire all the advanced skills of play and Umpiring rules of the Activities													
Mapping of Course Outcome with Program Outcome (POs)														
COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	H	H	M	M	H	M	M	H	H	H	H	M	M	H
CO2	M	M	H	H	H	M	M	M	H	M	M	H	M	M
CO3	L	H	M	M	M	H	H	L	M	L	H	M	H	L
CO4	M	M	H	H	H	M	L	M	H	M	M	H	L	M
CO5	H	H	L	H	H	H	H	H	H	H	H	L	H	H
Mapping of Course Outcome with Program Specific Outcome (PSOs)														
COs/PSOs	PSO1			PSO2			PSO3							
CO1	H			H			H							
CO2	M			H			M							
CO3	H			M			H							
CO4	M			H			M							
CO5	H			M			H							
H /M /L Indicates Strength Of Correlation, H – High, M- Medium, L- Low														
Category	Basic Sciences	Engg.Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills					
				√										



HBPE18023	Rules of Games and Sports- Part - VI Hockey/ Handball/ Aquatics	L	T	P	C
		4	0	0	4

UNIT: I

Origin, History and development of the game- International, National and State Level Organizations and Trophies.

UNIT : II

Fundamental Skill- Lead Up Games - Various System of Play – Selection of Players.

UNIT: III

Training: Warm-up and Warm down - Technical Training – Tactical Training –Coaching Program.

UNIT: IV

Layout of Playfield with all Measurements, Facilities and equipment and its specifications

UNIT: V

Rules and their Interpretation, Methods of Officiating, Duties of Officials

Books for Reference

1. Ballon B. Ralph Teaching Badminton Delhi, Surjeet Publication 1982
2. Buck's Rules Book.
3. WeinHarat "The Science of Hockey" London Pelham Books, 1979.
4. Coleman Brain and Peter Ray, Basset hall, Eash Ardsley, Ep publishing Ltd 1976.
5. Tyson Frank "The Cricket Coaching Manual", Calcutta, Rupa& Co, 1985.