

Model Curriculum

Name of the Degree Program: B.A/B.Sc

Discipline Core: Physical Education Sports & Yoga

Total Credits for the Program (1 & II Semester)

Discipline Core: 06 Credits

Open Electives: 03 Credits

Skill Enhancement Courses: 02 Credits

Starting Year of Implementation: 2021-22 (EXCEPT DISCIPLINE CORE)

Program Outcomes:

By the end the program the students will be able to:

1. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, etc) and device appropriate fitness program for different genders and age groups at all level.
2. The curriculum would enable to officiate, supervise various sports events and organize sports events.
3. Students acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development.
4. The student learns to plan, organize and execute sports events.
5. Student will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.
6. Students acquire the knowledge of opted games, sports and yoga and also learn the technical and tactical experience of it.
7. Student will learn to apply the knowledge of managing the fitness equipments.
8. Student will learn to apply knowledge of Physical fitness and exercise management to lead better quality life.
9. The student will learn and contribute on fitness management.
10. Students will understand and learn different dimension of active life style.
11. The student will gain knowledge of professional preparation in Physical Education, Spots and Yoga.
12. Student will learn the knowledge of fitness diet.
13. Students will be able to assess the Physical Fitness in Scientific way.

14. The students will be able to continue professional courses and research in Physical Education, Sports & Yoga.

Semester - I				
Discipline Specific Core -1				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
PEDDSC01 Theory	INTRODUCTION TO PHYSICAL EDUCATION, SPORTS AND YOGA	4	4	100 (70+30)
PEDDSC01P Practical		2	4	50 (35+15)
Total		6	8	150

Open Elective

Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
PEDOEC01 PEDOEC02 PEDOEC03	Self Defense Sports Event Management Yoga & Fitness	2	2	60 (40+20)
PEDOEC01P Practical		1	2	40 (25+15)
Total		3	4	100

Semester - 1

Skill Enhancement Courses (SEC)

Value Based - 1 Physical Education and Yoga - 1

Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
PEDSEC01 Practical	Physical Education and Yoga - 1	1	2	50 (30+20)
Total		1	2	50

Skill Enhancement Courses (SEC)

Value Based -2 Health and Wellness

Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
PEDSEC02 Theory	Health and Wellness	1	1	50 (30+20)
Total		1	1	50
Grand Total		2	3	100

Note: For effective teaching, learning and coaching, the committee recommends that the above two papers shall be combined together (Physical Education & Yoga + Health & Wellness) (1+1=2 Credits) and make it compulsory with One Hour Theory & Two Hours of Practicals.

Weightage for Assessments

Semester - II Discipline Specific Core -2				
Course	Paper	Credits	No.of Teaching Hours/Week	Total Marks/ Assessment
PEDDSCo2 Theory	LIFE STYLE MANAGEMENT	4	4	100 (70+30)
PEDDSCo2P Practical		2	4	50 (35+15)
Total		6	8	150

Open Elective

Course	Paper	Credits	No.of Teaching Hours/Week	Total Marks/ Assessment
PEDOEC04 PEDOEC05 PEDOEC06	Adventure Sports Fitness for Careers Sports & Recreation	2	2	60 (40+20)
PEDOEC02P Practical		1	2	40 (25+15)
Total		3	4	100

Semester - II

Skill Enhancement Courses (SEC)

Value Based - 1 Physical Education and Yoga - 2

Course	Paper	Credits	No.of Teaching Hours/Week	Total Marks/ Assessment
PEDSECo3 Theory & Practical	Physical Education and Sports - 2	1	2	50 (30+20)
Total		1	2	50

Note: For effective teaching, learning and coaching, the committee recommends that the above paper shall be inclusive of Theory & Practicals.

**Curriculum Structure for Undergraduate Degree Program
B.A / B.Sc in Physical Education, Sports & Yoga**

Name of the Degree Program: BA/BSc

Discipline Core: Physical Education Sports & Yoga

Starting Year of Implementation: -

Program Articulation Matrix:

This matrix lists only the core courses. Core courses are essential to earn the degree in that discipline/subject. They include courses such as theory, laboratory, project, internships etc. Elective courses may be listed separately

Semester	Title/Name of the Course	Program outcomes that the course address (not more than 3 per course)	Pre-requisite course(s)	Pedagogy	Assessments
1	2	3	4	5	6
1	Introduction to Physical Education, Sports & Yoga	<ol style="list-style-type: none"> 1. To understand the basic principles and practices of Physical Education, Sports and Yoga. 2. To be able to instruct the Physical Activities, Sports and Yoga practices. 3. To understand and able to 	Students with Arts/ Science/ Commerce streams at 12 th / +2 level preferable with Sports Background	The Course shall be taught through Lecture, Practicals, Interactive Sessions, Materials, Assignments Seminars, Intramural & Etramurals	Theory 100 (70+30) Practicals 50 (30+20)

		organize and officiate sports events			
1	2	3	4	5	6
2	Life Style Management	<ol style="list-style-type: none"> 1. To learn and apply the knowledge of Physical fitness and exercise management to lead better quality life. 2. To understand and learn different dimension of active life style 		The course shall be taught through Lecture, Practicals, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramurals	Theory 100 (70+30) Practicals 50 (35+15)

B.A/B.Sc Semester I & II

Aim of the Course

The course aims at creating awareness about the fundamentals of Physical Education, Sports and Yoga and promotes Health and Wellness through Healthy Lifestyle.

Objectives of the Course

1. To impart the students with basic concepts of Physical Education, Sports and Yoga for health and wellness.
2. To familiarize the students with health related Exercise, Sports and Yoga for Overall growth and development.
3. To create a foundation for the professionals in Physical Education, Sports and Yoga.
4. To impart the basic knowledge and skills to teach Physical Education, Sports and Yoga activities.

Learning Outcome / Skills:

- Students will be able to understand the basic principles and practices of Physical Education, Sports and Yoga.
- Students will be able to instruct the Physical Activities, Sports and Yoga practices for Healthy Living.
- To develop professionalism among students to conduct, organize and officiate Physical Education, Sports and Yoga events at schools and community level.

Employability / Entrepreneurship Abilities:

- The candidate will be able to work as Physical Education, Sports and Yoga instructor.
- The candidate will be able to instruct, organize and officiate Physical Education, Sports and Yoga.
- The candidate will be able to establish fitness, sports and yoga centers.
- The candidate will be able to conduct Traditional games, Sports and General Yoga classes for rural and community level.

B.A / B.Sc Semester - I

Title of the Course:

PEDDSCo1: INTRODUCTION TO PHYSICAL EDUCATION, SPORTS AND YOGA

No. of Theory Credits	No. of Lecture hours/ semester	No. of Practical Credits	No. of Practical hours/ semester
4	56	2	56

Content of Theory Course - 1	
Unit - I Introduction	
<ol style="list-style-type: none">1. Meaning and definition of Physical Education, Sports and Yoga.2. Aims, Objectives and Importance of Physical Education, Sports and Yoga.3. History of Physical Education, Sports and Yoga.4. Modern trends of Physical Education, Sports and Yoga.5. Brief concept of Education in relation to Physical Education, Sports and Yoga.	14
Unit - II Yoga and Fitness Training	
<ol style="list-style-type: none">1. Importance of Yoga and Fitness2. Fundamentals Principles of Yoga and Fitness Training3. Components of Fitness and Fitness Equipment4. Yogic Practices - Asanas, Pranayama and Meditation5. Introduction to Nutrition and Diet for Fitness	14

Unit - III Introduction to Athletics and Officiating of Sports and Games	
<ol style="list-style-type: none"> 1. Characteristics and Measurement of Standard Track 2. Duties and Principles of Officiating 3. Qualities and Qualifications of Technical Officials for Athletics, Sports and Games 4. Officiating of Athletics 5. Officiating of Sports and Games 	14
Unit - IV Career Opportunities in Physical Education, Sports and Yoga	
<ol style="list-style-type: none"> 1. Physical Education, Sports and Yoga Professionals at various levels of educational institutions. 2. Sports Trainers, Yoga Instructors, Coach, Managers, Researcher, Event Organizers, Technical Officials, Entrepreneurs and Others. 3. Physical Education, Sports and Yoga Trainer for Police and Paramilitary forces at State and Central organizations and others. 4. Health Clubs and Fitness centers, Aerobics, Dance and Recreation Clubs in Corporate Sectors and others. 5. Sports Journalists, Commentators, Photo and Video Analyst, Sports Marketing and Equipment/Props manufactures, Sports Tourism. 	14

PEDDSCo1P: Practical's (2 credits/56 hours)

A. Basic Fitness, Training and Assessment

1. General warm-up
2. Body Composition (BMI) and Cardiovascular Assessment

3. Training and Assessment for Muscular Endurance, Muscular Strength, Flexibility, Cardio-respiratory Endurance, Body Composition

B. Major/Minor Outdoor Games / Track & Field

1. One Major Game & One Individual Sport (Among the list of IOA, AIU, SGFI)
2. One event each - Running, Jumping and Throwing Event

C. Basic Asanas & Surya Namaskara (as per the reference books)

1. Shithilikarana Vyayama (Dynamic)
2. Surya Namaskara-12 Counts
3. Standing & Sitting Asanas
4. Prone & Supine Asanas

D. Major/Minor Outdoor Games / Track & Field

1. Vibhagiya Pranayama (Sectional breathing)
2. Sukha Pranayama (Breath awareness)
3. Kapalabathi / Basthrika
4. Anuloma Viloma / Nadi Shuddhi
5. Bhramari & Cooling Pranayamas (Sithali/Sithkari/Sadhantha)
6. Yogic Kriyas (Jalanithi, Suthranithi, Kapalabathi)

Pedagogy: The course shall be taught through Lecture, Practical's, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramurals.

Reference Books :

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. Amaravati: 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. (1960). An introduction to physical education. Philadelphia: W.B.Saunders Co.
5. William.J.F. (1964). The Principles of Physical Education. Philadelphia: W.B.Saunders Co.
6. Coalter.F. (2013) Sport for Development: What game are we plying?. Routldge.
7. Singh Hardyal (1991), Science of Sports Training, DVS Publication, New Delhi.
8. Muller, J.P. (2000). Health, Exercise and Fitness. Delhi : Sports.

7. Russell.R.P (1994). Health and Fitness Through Physical Education. USA : Human Kinetics.
8. Uppal.A.K (1992). Physical Fitness. New Delhi : Friends Publication,.
9. Nagendra.H.R. & Nagarathna.R (2002). Samagra Yoga Chikitse. Bengaluru : Swami Vivekananda Yoga Prakashana.
10. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru : Rashthrothanna Prakashana.
11. D.M.Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States.
12. D.M.Jyoti, Athletics (2015) lulu.com3101, Hills borough, NC27609, United States.
13. Gharote.M.L & Ganguly.H (1988). Teaching methods for yogic practices. Lanowala: Kaivalyadhama.
14. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore.
15. Shekar.K.C (2003). Yoga for health. Delhi: Khel Sahitya Kendra.
16. Amit Arjun Budhe (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi.
17. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
18. IAAF Manual
19. Officiating and Coaching, Dr.Anil Kumar Vanaik, 2017, Friends Publications (India), Ist Edition, Daryaganj, New Delhi.
20. Officiating, Coaching, Training Methods and Recreation in Physical Education. Dr.Md.Attaullah Jagirdar, 2015, Khel Sahitya Kendra, Daryaganj, New Delhi.

B.A / B.Sc Semester - II

Title of the Course:

PEDDSCo2: LIFE STYLE MANAGEMENT

No. of Theory Credits	No. of Lecture hours/ semester	No. of Practical Credits	No. of Practical hours/ semester
4	56	2	56

Content of Theory Course - 1	
Unit - 1 Introduction to Life Style & Physical Fitness	
<ol style="list-style-type: none">1. Meaning and definition of Physical Fitness and Life Style2. Need and Benefits of Physical fitness3. Health Related Fitness Components: - Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, Body Composition4. Skill Related Physical Fitness Components: - Agility, Balance, Co-ordination, Power, Reaction Time, Speed	12
Unit - 2 Principles of Yogic Practices	
<ol style="list-style-type: none">1. Jnana Yoga2. Karma Yoga3. Bhakthi Yoga4. Raja Yoga / Astanga Yoga5. Yogic Life Style: Ahara, Vihara, Vichara, Achara, Vyavahara	14

Unit – 3 Diet, Fitness, Wellness & Life Style Management	
<ol style="list-style-type: none"> 1. Meaning and Definitions of Wellness & Lifestyle. 2. Dimensions / Components of Wellness and Lifestyle 3. Relationship between Diet and Fitness 4. Components of Balance Diet and its importance – Carbohydrates, Protein, Fat, Vitamins & Minerals, Water 5. Healthy Lifestyle through Diet and Fitness 	16
Unit – 4 Physical Literacy	
<ol style="list-style-type: none"> 1. Meaning, Definition and Importance of Physical Literacy 2. Core Elements of Physical Literacy 3. Fundamental Movements 4. Art of Walking, Running, Jumping and Throwing 5. Locomotor and Balance Stability Skills / Tactical Movements 	14

PEDDSCo2P: Practical's (2 credits/56 hours)

PRACTICAL

A. Specific warm-up / Lead up Activities

B. Core Physical Fitness

Fitness Test Assessment for Agility, Balance, Speed, co-ordination, Power, Reaction Time.

C. Advanced Asanas (as per the reference Books)

- Standing Asanas
- Sitting Asanas
- Prone Asanas
- Supine Asanas
- Meditative Asanas
- Yogic Kriyas

Advanced Pranayamas

1. Surya Anuloma Viloma/Surya Bhedana Pranayama
2. Chandra Anuloma Viloma/Chandra Bhedana Pranayama
3. Ujjayi Pranayama
4. Kumbhaka Pranayama
5. Sampurna Yoga Shwasana (Full Yogic Breathing)

D. Two Major/Minor Games/Track & Field

- One Major and one Minor Game. Rules and Regulations of the Games. Officiating and Coaching.
- Introduction to Track and Field Events. Athletic Rules as recognized by the Athletic Federation. Marking of Track and Field. Officiating and Coaching.

Pedagogy:

The course shall be taught through Lecture, Practical's, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramurals.

Reference Books:

1. Fitness and Wellness, Werner, W.K. Hoegar, Sharon.A. Hoegar, 1990, Morton Publishing Company, Englewood, Colorado
2. Fit to be Well, Alton L.Thygeron, Karl L.Larson, Jones and Bartlett Publishers, Sudbury
3. Fitness Education, Teaching Concepts – Based Fitness in Schools, 1997, Garsuch scaris brick Publishers, Arizona
4. Health, Exercise and Fitness, Dr.Briz, Mohan.T.Raman, Sports Publications, Darya Ganj, New Delhi.
5. Introduction to Physical Education, Fitness and Sport, 5th Edition, Dary Sidentop, Mc Graw Hill 007-123271
6. Physical Fitness and Wellness, Dr.Samjay R.Agashe, Khel Sahithya Kendra, 7/26 Anasari Road, Darya Ganj, New Delhi
7. Fit & Well, 4th Edition, Thomas D.Fahey, Paul M.Insel, Walton T.Roth, Mayfield Publishing company, Mayfield Publishing Company, London
8. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore.

9. Track & Field Training & Movement science-Theory and Practice for all Disciplines, Dr.Henko.K, Struder, 2021, Meyer & Meyer Sport (UK) Publishers, Germany
10. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore.
11. “Nutrition Education”, Anjali Pattanaik, (2004), Published by Chaman Enterprises, Patoudi House, New Delhi
12. A Practical Approach to Measurement in Physical Education, 1979, 3rd Edition, Barrow,M,Harold, Rosemary.Mc.Gee, Lea & Febiger, Phildelphia
13. Abels, K. & Bridges, J.M.(2010) Teaching Movement Education: Foundations for active lifestyles. Human Kinetics
14. Graham, G.,Hold, Shirley & Parker, Melissa (1993) Children Moving. A Reflective Approach to Teaching Physical Education with Movement Analysis, Wheel 3rd Edition, Mayfield Publishing Company.
15. Yoga for Promotion of Positive Health, 2011. Dr.H.R.Nagendra and Dr.R.Nagarathna, Swamy Vivekananda Yoga Prakashana, Bangalore.
16. “Asana, Pranayama, Mudra, Bandha”, 1979, Swamy Sathyananda Saraswati, Bihar Yoga Bharati, Munger.
17. “Four Yoga of Swamy Vivekananda”, 1979, Swamy Tapasyananda, Adwaita Prakashana, Ramakrishna Ashrama, Calcutta.
18. New Perspectives in Stress Management, 2014, Dr.H.R,Nagendra, Swamy Vivekananda Yoga Prakashana, Bangalore.
19. Pranic Eneqization Technique, 2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashana, Bangalore.
20. Mind, Sound, Resonance Technique, 2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashana, Bangalore.

Semester - I

Open Elective Paper

PEDOEC01: Title of the Course: SELF DEFENSE

No. of Theory Credits	No. of Lecture hours/ semester	No. of Practical Credits	No. of Practical hours/ semester
2	28	1	28

Content of Theory Course	
<p>Theory</p> <ul style="list-style-type: none">➤ Importance and need of self-defense.➤ Types of Defensive Skills➤ Conditioning Exercises - General and Specific Exercises➤ Development of Strength and Speed➤ Development of coordinative abilities.	28
<p>Practical</p> <p>Basic Skills for Self - Defense</p> <ul style="list-style-type: none">➤ Martial Arts➤ Wrestling/Judo/Taekwondo/Karate➤ Defensive Skills - Judo/Taekwondo/Karate➤ Report Preparation, Records and PPY	28

Semester - I
Open Elective Paper
PEDOECO3: YOGA AND FITNESS

No. of Theory Credits	No. of Lecture hours/ semester	No. of Practical Credits	No. of Practical hours/ semester
2	28	1	28

Content of Theory Course	
<p>Theory</p> <ul style="list-style-type: none"> ➤ Importance of Yoga and Fitness ➤ Types and Principles of Asanas ➤ Fitness Components ➤ Nutrition for Fitness ➤ General and Specific Conditioning and its importance ➤ Specific Exercises for Strength, Speed, Agility, Flexibility, Coordinative abilities ➤ Yoga, Fitness and Personality 	28
<p>Practical</p> <ul style="list-style-type: none"> ➤ General and Specific Warm up ➤ Aerobics / Zumba / Dance ➤ Asanas ➤ Recreation for Fitness ➤ Report Preparation, Records and PPT 	28

Content of Practical Course	28 Hrs
<p>Unit - 1 Physical Education</p> <ol style="list-style-type: none"> 1. General & Specific warm up exercises 2. Recreation Games and Fitness 3. Any 2 Major Game and one minor game <p>Unit - 2 Yoga</p> <ol style="list-style-type: none"> 1. Shitalikarana Vyayama 2. Suryanamaskara – 12 counts 3. Basic Set of Yoga Asanas 4. Basic Set of Pranayama & Meditation 	28

References:

1. Russell, R.P.(1994). Health and Fitness Through Physical Education. USA : Human Kinetics.
2. Uppal, A.K.(1992). Physical Fitness. New Delhi : Friends Publication.
3. Nagendra, H.R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru : Swami Vivekananda Yoga Prakasana.
4. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru : Rashthrothanna Prakashana.
5. D.M.Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States.

PEDSEC02: HEALTH AND WELLNESS

No. of Credits	No. of Practical hours/semester
1	28
Content of Practical Course	28Hrs
<p>Unit - 1 Introduction</p> <ul style="list-style-type: none"> ➤ Meaning, Definition and dimensions of Health and ‘wellness (WHO/Yoga) ➤ Factors affecting Fitness and Wellness ➤ Role of Fitness in maintaining Health and Wellness ➤ Importance of Health Education and Wellness <p>Unit - 2 Methods to Maintain Health and Wellness</p> <ol style="list-style-type: none"> 1. Role of Physical Activities and Recreational Games for Health and Wellness 	28

<p>2. Role of Yogasanas, Pranayama and Meditation in maintaining Health and Wellness</p> <p>3. Nutrition for Health & Wellness</p> <p>Unit - 3 Anxiety, Stress and Aging</p> <p>1. Meaning of Anxiety, Stress and Aging</p> <p>2. Types and Causes of Stress</p> <p>3. Stress relief through Exercise and Yoga</p>	
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References:

1. AAPHERD "Health related Physical Fitness 'Test Manual". 1980 Published by Association drive Reston Virginia.
2. Bucher.C.A (1979) foundation of Physical Education (5th edition Missouri CV Mosby Co.)
3. Puri.K. Chandra S.S (2005) "Health and Physical Education" New Delhi : Surjeet Publication.
4. Thomas D Fahey and others. Fit and Well : 6th Edition New York : McGraw Hill Punlishers, 2005.
5. Dixit Suresh (2006) Swasthya Shiksha sports Publications Delhi.
6. Uppal A K & Gautam G P (2008) Health and Physical Education. Friends Publication New Delhi.
7. Pinto John and Roshan Kumar (2021) "Introduction to Physical Education", Louis Publication. Mangalore.
8. Shanti K Y (1987) "The Science of Yogic Breathier" (Pranayama) D B Bombay.
9. Ziegler E F (2007) "An Introduction to Sports and Physical Education" Philosophy Delhi.
10. Pinto John and Ramachandra K (2021) Kannada Version "Dahika Sikshanada Parichaya" Louis Publications. Mangalore.

Semester - II

PEDSEC03: PHYSICAL EDUCATION AND SPORTS-II

No. of Credits	No. of Lecture hours/semester (inclusive of Theory & Practical's)	
1	28	
Content of Theory & Practical Course		28 Hrs
Unit - 1 Physical Education & Sports <ul style="list-style-type: none">➤ Conditioning exercises➤ Aerobics & Calisthenics➤ One Major Game and One Indigenous Game (Basic Skills)➤ One Track/Field Event➤ Intramural Competitions		28

Note : Due Weightage in Assessment shall be given to Elite Sportsmen of the College as mentioned below.

(International level – 10, National/All India Inter University(qualified in South zone) – 08,

State level – 06, South zone Inter University/All India Inter University(direct) – 04, District/Intercollegiate – 02)

References:

1. Muller, J.P. (2000). Health, Exercise and Fitness. Delhi : Sports.
2. IAAF Manual
3. Vanaik.A (2005) Play Field Manual, Friends Publication New Delhi
4. M.J Vishwanath, (2002) Track and Field Marking and Athletic Officiating Manual, Silver Star Publication, Shimoga.
5. Steve Oldenburg (2015) Complete Conditioning for Volleyball, Human Kinestics.

Note: Skills of Sports and Games (Game Specific books) may be referred)