1st Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2023 - 24)
Multidisciplinary Course - 1

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	1st Semester		
Name of the Course	**Fundamentals of Physical Education**		
Course Code	B23- PED -104		
Course Type	Multidisciplinary Course - 1		
Level of the Course	100 - 199		
Pre-requisite (if any)	12th pass from any streams (Arts/Science/ Commerce). It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Describe the Aims, Objectives and scope of Physical Education. 2. Illustrate the basic knowledge biological aspects of Physical Education 3. Tell the various Carriers opportunities in Physical Education and Sports.		
	4. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kho-Kho and Badminton.		
Credits	**Theory**	**Practical**	**Total**
	2	1	3
Contact Hours	2 hours per week	2 hours per week (Size of practical group = 20 students)	4
Max. Marks: 75 **Part I - Theory = 50** (Internal Assessment - 15 Marks + End Term Exam – 35 Marks) **Part II - Practical = 25** (Internal Assessment - 5 Marks + End Term Exam – 20 Marks)			Time: 3 Hours For End Term Exam

Part B- Content of the Course

Instructions for Paper- Setter:

The question paper will consist of Four Units I, II, III & IV. Unit I, II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.

Unit	Topics	Contact Hours
I	**Introduction of Physical Education:** • Meaning and definition of Physical Education • Relationship of Physical Education with Health and General Education • Aim and Objectives of Physical Education • Professional Courses in Physical Education and Sports. • Need of Physical Education in modern society. • Misconceptions regarding Physical Education. • Physical Education as Arts or Science	10
II	**Biological Basis of Physical Education:** • Meaning of Growth and Development	10

	• Meaning of Chronological Age, Anatomical age, Physiological age and Mental age • Principles of Growth and development • Difference between Growth and development • Factors affecting Growth and development • Growth and Development at various Levels of Childhood: Pre - Adolescence – Adolescence – Adulthood.	
III	**Career opportunities in Physical Education and Sports:** • Qualifications and responsibilities of Physical Education and Sports professionals at various levels of educational institutions. • Qualifications and responsibilities as Coach, Fitness Trainers, Yoga Instructors and others • Qualifications and responsibilities as sports Event Managers, Technical Officials, Researchers and others • Qualifications and responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance & Recreation Clubs in Corporate Sectors and others. • Qualifications and responsibilities of Sports Journalists, Commentators, Sports Photographers and Video Analysts • Career opportunities in various Central Govt, State Govt., Private Organizations and others • Career opportunities in Manufacturing and Marketing sectors. • Entrepreneur opportunities in Physical Education and Sports.	10

Suggested Evaluation Methods:

Maximum Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)

Internal Assessment:15 *Continuous ComprehensiveEvaluation (CCE): 15 Marks* *Class presentation = 4* *Seminar/Assignment/Quiz/class test, etc. = 4* *Mid Term Test = 7*	**End Term Exam: 35 Marks Time = 3 hrs.** One question of 10 marks from each Units I to III = 30 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

Part II – Practical

Maximum Marks: 25 (Internal Assessment - 5 Marks + External – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	**Kho - Kho:** Court specifications, general rules and basic skills	10 Marks	15
II	**Badminton:** Court specifications, general rules and basic skills	10 Marks	15
	Internal Assessment: 5 Marks Demonstration of Skill/Viva-Voce/ Practical Record File	**University Exam (UE): 20 Marks** Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File: (10 Marks for each Sports)	

Part C-Learning Resources

Suggested Readings:

1st Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2023 - 24)
Core Course – 1& Major Core Course – 1

Part A - Introduction

Subject:	Health & Physical Education
Semester	1st Semester
Name of the Course	History and Foundation of Physical Education
Course Code	B23-PED-101
Course Type:	Core Course - 1 Major Core Course - 1
Level of the Course	100 - 199
Pre-requisite (if any)	12th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: 1. Describe the Aims, Objectives and scope of Physical Education. 2. Explain the historical development of Physical Education in India 3. Illustrate the basic knowledge of biological aspects of Physical Education 4. Tell the various Career opportunities in Physical Education and Sports. 5. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kho Kho and Badminton.

Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5

Max. Marks: 100 ***Part I - Theory = 70*** ***(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)*** ***Part II - Practical = 30*** ***(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)***	Time: 3 Hours **For End Term Exam**

Part B- Content of the Course

Instructions for Paper- Setter:

The question paper will consist of Five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

Unit	Topics	Contact Hours
I	**Introduction of Physical Education:** • Meaning and definition of Physical Education • Relationship of Physical Education with Health and General Education • Aim and Objectives Physical Education • Scope of Physical Education. • Need of Physical Education in modern society. • Misconceptions regarding Physical Education. • Physical Education as Arts or Science	12

II	**History of Physical Education in India:** • Physical Education during Indus Valley Civilization (3250 BC – 2500 BC) • Physical Education during Vedic period (2500 BC – 600 BC) • Physical Education during Early Hindu Period (600 BC – 320 A.D) • Physical Education during Later Hindu Period (320 A.D – 1000 A.D) • Physical Education during Medieval Period (1000 A.D – 1757 A.D) • Physical Education during British Period (Till 1947) • Physical Education during After Independence	12
III	**Biological Basis of Physical Education:** • Meaning of Growth and Development • Meaning of Chronological Age, Anatomical age, Physiological age and Mental age • Principles of Growth and development • Difference between Growth and development • Factor affecting Growth and development • Growth and Development at various Levels of Childhood: Pre - Adolescence – Adolescence – Adulthood.	11
IV	**Career opportunities in Physical Education and Sports:** • Qualifications and responsibilities of Physical Education and Sports professionals at various levels of educational institutions. • Qualifications and responsibilities as Coach, Fitness Trainers, Yoga Instructors and others • Qualifications and responsibilities as sports Event Managers, Technical Officials, Researcher and others • Qualifications and responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance & Recreation Clubs in Corporate Sectors and others. • Qualifications and responsibilities Sports Journalists, Commentators, Sports Photographers and Video Analysts • Career opportunities in various Central Govt, State Govt., Private Organizations and others • Career opportunities in Manufacturing and Marketing sectors. • Entrepreneurs opportunities in Physical Education and Sports.	11

Suggested Evaluation Methods:
Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)

Internal Assessment: 20 Marks Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10	**End Term Exam: 50 Marks** **Time = 3 hrs.** One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

Part II – Practical
(Internal Assessment - 10 Marks + External – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	**Kho - Kho:** Court specifications, general rules and basic skills	15 Marks	15
II	**Badminton:** Court specifications, general rules and basic skills	15 Marks	15

3rd Semester Subject: Health & Physical Education

(According to NEP2020 implemented from Session 2024 – 25 (IIHS from session 2023-24)

Core Course – 3 & Major Core Course - 4

Part A - Introduction

Subject:	Health & Physical Education
Semester	3rd Semester
Name of the Course	Exercise Physiology
Course Code	B23-PED-301
Course Type:	Core Course - 3 Major Core Course - 4
Level of the Course	100 - 199
Pre-requisite (if any)	Candidate who has opted Physical Education as Major
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Describe the Exercise Physiology, Body Composition and types of muscle contractions 2. Explain the effect of exercise on the various aspects of Skelton muscles 3. Illustrate the effects of various aspects of circulatory system 4. Tell the various Effects of exercise on the various capacities and volumes of lung. 5. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Football and Boxing/Wrestling/Judo

Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5

Max. Marks: 100 **Part I - Theory = 70** **(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)** **Part II - Practical = 30** **(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)**	Time: 3 Hours **For End Term Exam**

Part B- Content of the Course

Instructions for Paper- Setter:

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question..

Unit	Topics	Contact Hours
I	**Introduction of Exercise Physiology** • Meaning of Exercise Physiology, Anabolism, Catabolism and Metabolism • Importance of Exercise Physiology in Physical Education • Types of muscular Contractions: Isometric, Isotonic and Isokinetic • Meaning of Body Composition, Components of Body Composition • Effect of Exercises on the body composition.	11

II	**Muscular System and Exercise** • Gross Structure of the Skeletal Muscle • Functions of Muscular system • Properties of slow-twitch and fast-twitch muscle fibers • Meaning of Aerobic Activity, Anaerobic Activity, Muscle Tone, Muscle Hypertrophy and Atrophy. • Effect of exercises and training on the muscular system	11
III	**Cardiovascular System and Exercise** • Meaning and functions of Cardiovascular System • Meaning of Stroke Volume, Cardiac Output, Heart Rate, Blood pressure and Cardiac Hypertrophy • Conduction System of the Heart • Blood circulation in the Heart, Blood Supply to the Heart • Effect of exercises and training on the Cardio vascular system.	12
IV	**Respiratory System and Exercise:** • Meaning of Lung Volumes: Inspiratory Reserve Volume, Expiratory reserve volume, Tidal Volume and Residual Volume • Meaning of Lung capacities: Total Lung Capacity, Inspiratory Capacity, Vital Capacity and Functional Residual Capacity. • Mechanism of Breathing • Diffusion of Gases: Exchange of Gases in the Lungs and Exchange of Gases in the Tissues • Effect of exercises and training on the respiratory system.	11

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)

Internal Assessment:	**End Term Exam: 50 Marks Time = 3 hrs.**
Continuous ComprehensiveEvaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10	One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

Part II – Practical

(Internal Assessment - 10 Marks + External – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	**Football:** Court specifications, general rules and basic skills	15 Marks	15
II	**Wrestling/Judo/Boxing:** Ring/Mat specifications, general rules and basic skills	15 Marks	15
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each Sports/Game)	**University Exam (UE): 20 Marks** Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Sports/Game)	

Part C-Learning Resources

- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
- David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
- SandhyaTiwaji. (1999). Exercise Physiology. Sports Publishers.
- Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics.

5th Semester Subject: Health & Physical Education

(According to NEP2020 implemented from Session 2025 – 26 (IIHS from session 2024-25)

Core Course –5

Major Core Course - 9

PartA - Introduction	
Subject:	Health & Physical Education
Semester	5th Semester
Name of the Course	Sports Training
CourseCode	B23-PED-501
CourseType:	Core Course - 5 Major Core Course - 9
Level of the Course	300 – 399
Pre-requisite(ifany)	It is open for all
Course LearningOutcomes (CLOs):	After completing this course, the learner will be able to: 1. Describe the meaning, aims and objectives of sports training. 2. Understand the Importance and Principles of sports training. 3. Enhance the Mean and types of Physical Fitness. 4. Provide knowledge about Meaning, types and factors affecting of training load. 5. Explain the meaning, types and principles of formulation of Training plans.

Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5

Max. Marks: 100 **Part I - Theory = 70** **(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)** **Part II - Practical = 30** **(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)**	Time: 3 Hours For End Term Exam

PartB-Contentofthe Course

Instructions for Paper- Setter:

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

Unit	Topics	Contact Hours
I	**Introduction to Sports Training:** • Meaning, Definition and importance of Sports training. • Aim and Objectives of Sports Training. • Principles of Sports Training. • Characteristics of Sports Training.	12
II	**Physical Fitness:** • Physical Fitness: Meaning, definition and importance • Types of physical fitness. • Components of physical fitness.	10

III	**Training load:** • Meaning, definition and importance of Training load. • Types of Training Load • Factors affecting of Training Load. • Function of Training Load.	12
IV	**Training Plans:** • **Training Plans:** Meaning and types (Macro, Meso, Micro and Training session plan). • Principles of Formulation of Training plans. • Factors affecting of Training plans.	11

SuggestedEvaluationMethods:
MaximumMarks:70(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)

InternalAssessment: ContinuousComprehensiveEvaluation(CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10	**End Term Exam: 50 Marks Time = 3 hrs** One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

Part II – Practical
(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Assessment of Endurance – (Harvard step test)	10 Marks	10
II	Assessment of Flexibility- (Bend and Reach test)	10 Marks	10
III	Explosive Strength- (Standing Broad jump)	10 Marks	10
	InternalAssessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File	**End Term Exam: 20Marks** Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File	

PartC-Learning Resources

- Dick, W. F. (1980). *Sports training principles.*London: Lepus Books.
- Harre, D.(1982).*Principles of sports training.*Berlin: Sporulated.
- Jensen, R. C.& Fisher, A.G. (1979). *Scientific basis of athletic conditioning.* Philadelphia:
- Lea and Fibiger, 2ndEdn.
- Matvyew, L.P. (1981).*Fundamental of sports training.* Moscow: Progress Publishers.
- Singh, H. (1984).*Sports training, general theory and methods.*Patials: NSNIS.
- Uppal, A.K., (1999).*SportsTraining.*New Delhi: Friends Publication