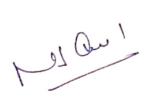
| | 40.000 | TOTAL OF SHOPE |
|---|---------|--|
| | | BASIC SCIENCES OF SPORTS |
| | | Paper Code- BA-MAJ-PH.ED-03 |
| MAJOR | DISCIPL | INE SEMESTER - III |
| CORE COL | | 1.33 |
| | | CVI I ARRIS DICHEL LIVED |
| | LOI | To discover the anatomy and physiology of human beings. |
| | 1.02 | To ascertain the importance of Kinesiology and Biomechanics in games |
| Unit 1 | 1.02 | |
| | 103 | the basic concepts of biomechanics i.e. items. |
| | 103 | |
| 1 | 1.04 | laws, levers, center of gravity, equinorium, freedom and Joint in the To understand the support extended by the skeletal system and Joint in the |
| Unit 2 | 1.() 4 | |
| Chit 2 | 103 | human body. To know the role of muscles in movement, support, and other bodily |
| | 1.00 | functions. |
| | LO 6 | To comprehend the basics of the human respiratory system and the |
| | 1.00 | Light formations of the human heart. |
| 11-1-2 | LO 7 | |
| Unit 3 | 1.0 8 | To grasp the mechanisms of the digestive system. To understand the introduction, location, and functions of major endocrine location, bodily, functions, through, hormone |
| | (.0) 6 | To understand the introduction, location, and functions of magnificant plants and their role in regulating bodily functions through hormone |
| | | coordion |
| | | |
| | 1.0s 1 | Students will understand the anatomy of human beings and their |
| | | physiology. For the need & importance of |
| Unit 1 | 1.052 | Students develop knowledge regarding the need kinesiology and biomechanics in games and sports, and apply its principles kinesiology and biomechanics in games and performance. |
| | | kinesiology and biomechanics in games and performance. to analyze and improve athletic techniques and performance. |
| | | Students will be able to know fundamental biomechanical concepts. |
| | 1.053 | |
| | | (Newton's laws, levers, center of gravity equations and sports performance to analyze and enhance human movement and sports performance in overall to analyze and enhance human movement and sports performance. |
| Unit 2 | | Students will be able to understand the role of the skeletal system in overall |
| | 1.054 | bodily function and movement. |
| | LOs 5 | Students will understand the functional role of this |
| | 1.03 2 | physiological functions. |
| Unit 3 | 1056 | The students will get a deep understanding |
| Unit | | circulatory system. |
| | 1.057 | Students can discover the importance of the algest very street. The students will learn about the various glands in the endocrine system. |
| | Los 8 | The students will learn about the various of |
| | | and their distinguished functions. |
| Outline Syllabus Credits Marks Contact Hrs | | BASIC SCIENCES OF SPORTS |
| | | 4 (Theory: 3, Practical:1) 100 : External = 50 (Theory) + 30 (Practical) + 20 (Internal Assessment) |
| | | 100 : External = 30 (Theory) = 30 (Taleston) = 75 Hours (Theory: 45 Hours, Practical: 30 hours) |
| | | 75 Hours (Theory: 43 Hours, Hachten 55 Hours (Theory: 43 Hours practical =1 credit) |
| | | 5 |
| | | 1 commission were to periods for theory did a period this item? |
| | | One unit contains 60-80 students for theory and 30-40 students for |
| | | Practical |
| | | - Teacher who is preparing three teams for University Inter-college |
| | | |



| | competitions, his/her workload shall be counted by including the periods per week in the teaching load. |
|---|---|
| UNITS | TOPICS |
| Unit 1 | Anatomy and Physiology: Meaning and Importance. Physiological Terms: Vital capacity, second wind. Oxygen debt Resting Heart Rate, Cardiac Output and VO2 max. Kinesiology: Meaning, importance of Kinesiology in Games and Sports. Biomechanics: Meaning, importance of Biomechanics in Games and Sports. |
| Unit 2 | Biomechanical concept: Newton's laws of Motion. Levers, centre of gravity, Equilibrium, friction and force. Skeletal System: Meaning, Types of bones, Functions & Structure. Joints: Meaning, types and movements. Muscular system: Introduction, Classification (Functional & Structural), Muscle Contractions |
| Unit 3 | Respiratory system: Introduction. Types of respiration, organs and mechanism of respiratory system and Measurements of Ventilation. Circulatory System: Introduction, structure & functions of heart. Cardiac Cycle, Basic Terminology: Cardiac output, stroke volume. Heart rate and blood pressure. Digestive system: Introduction, organs and mechanism of Digestive |
| DD LCTICAL | system. 4. Endocrine system: Introduction, location and functions of endocrine glands |
| PRACTICAL | SYLLABUS 1. Game: National style Kabaddi or Circle (Punjab) style Kabaddi fundamental skills. Marking. Measurement, rules and regulation 2. Athletics: Long Jump, Discus throw: Marking, Measurement, Rules & regulation and Middle distance race (800 or 1500). |
| TEST & EVALUATION AND PRACTICE SUGGESTED READINGS | Test 1. Cooper12 Minute run and walk test and Harvard Step Test. Test 2. Blood pressure and Body temperature. Test 3. Measurement of Basel Heart rate and Training heart rate. 1. McArdle, W. D., Katch, F. L., & Katch, V. L. (2014). Essentiate of Exercise Physiology (5th ed.) Philadelphia. PA. Wolters Kluwer |
| | Health/Lippincott Williams & Wilkins. Powers. S. K., & Howley, E. T. (2021). Exercise Physiology: Theory and Application to Fitness and Performance (11th ed.) New York, NY: McGraw-Hill Education. Hoffman, J. (2014). Physiological Aspects of Sport Training and Performance (2nd ed.). Champaign, IL: Human Kinetics. Muscolino, J. E. (2017). Kinesiology. The Skeletal System and Muscle Function (3rd ed.). St. Louis, MO: Elsevier Health Sciences. Luttgens, K., Hamilton, N., & Deutsch, H. (2016) Kinesiology: Scientific Basis of Human Motion (12th ed.). New York, NY: McGraw-Hill Education. |

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| | | SPORTS COACHING AND ADMINISTRATION |
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| | | Paper Code- BA-PH.ED-04 |
| MAJOR | DISCIPL | |
| CORE CO | OURSE (MA | J-4) |
| COL | | SVI LARIIS OR IFCTIVES |
| | LO 1 | To gain knowledge about aim, objectives, principles and various method- |
| | | of enorth training |
| Unit 1 | LO 2 | To learn the affects and significance of warm-up and cool-down exercises. |
| Unit | LO 3 | To understand the components of physical fitness and methods to improve |
| | 103 | C 1 Commelly Conductor of Adulty and Flexibility |
| | 101 | To know the concept of transfer of training and its types and factors |
| Unit 2 | LO 4 | To understand the concept of training load and its types. |
| | LO 5 | To understand the concept of training four days represent activities. |
| | LO 6 | To ascertain the concept of intramural and extramural activities. |
| | LO 7 | |
| Unit 3 | LO 8 | To get the concept of sports management and now to |
| | | administer sports events. |
| - | | - CAMPAGAILE |
| | LOs 1 | |
| | 1.031 | |
| | | Repetition, and Circuit training) to improve athletic performance. Repetition, and Circuit training) to improve athletic performance of |
| | LOs 2 | Repetition, and Circuit training) to improve attrictic performance of Students develop knowledge regarding the benefits and importance of students develop knowledge regarding performance and preventing |
| Unit 1 | | Students develop knowledge regarding the benefits and preventing warm-up and cool-down routines in enhancing performance and preventing |
| Onit 1 | | injuries. |
| Unit 2 | 1.Os 3 | Students will be able to define & differentiate between various components |
| Omit 2 | . 1.055 | Cabusing fitness and apply effective training |
| | | Strength, Endurance, Agility, and Flexibility. Strength, Endurance, Agility, and Flexibility. |
| | 1.Os 4 | Students will be able to explain the types of training |
| | | Students will be able to explain the types of training negative, and zero) and identify factors that influence transfer of training Students will be able to define and differentiate between normal leaf and influence transfer of training students will be able to define and differentiate between normal leaf and influence transfer of training students will be able to define and differentiate between normal leaf and influence transfer of training students. |
| | 1055 | Students will be able to define and differentiate |
| | | load, and overload. |
| Unit | 1.056 | Students acquire knowledge regarding the significance and organization of intramural and extramural programs in promoting physical activity and |
| Cinc | | intramural and extramural programs in promoting page |
| | İ | sports development. Students gain understanding about the different types of tournaments. Students gain understanding about the different types of tournaments. |
| | LOs 7 | Students gain understanding about the different types of the low to (Knockout, League methods: Cyclic, Tabular, Staircase) and how to |
| | | (Knockout, League memous, Cycher rations) |
| | | accurately draw fixtures for various tournaments. Learners will be capable of planning, organizing, and managing athletic |
| | LOs 8 | Learners will be capable of planning, organization |
| | | meets effectively. SPORTS COACHING AND ADMINISTRATION |
| Outline Syllabus Credits Marks Contact Hrs | | |
| | | 4 (Theory: 3, Practical;1) 100: External = 50 (Theory) + 30 (Practical) + 20 (Internal Assessment) |
| | | 100 : External = 50 (Theory) + 30 (Thereat) = 50 (Theory) |
| | | 75 Hours (Theory: 45 Hours, Practical: 30 hours) 15 hours theory= 1 Credit, 30 Hours practical =1 credit) |
| | | 15 hours theory= 1 Credit, 50 Hours practical 1 ordary |
| | | NOTE: Six periods per week (4 periods for Theory and 2 periods Practical) |
| | | One unit contains 60-80 students for theory and 30-40 students for |
| | | Practical. |
| | | Fractical. |

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| UNITS | Teacher who is preparing three teams for University Inter-college competitions, his/her workload shall be counted by including three periods per week in the teaching load. TOPICS |
|--------------------------------------|--|
| Ullian | |
| | Sports Training: Meaning, aim and objective. |
| Unit 1 | Principles of Sports Training. Methods of Sports Training: Continuous method, Interval method. Fartlek, Repetition method and Circuit training. Warm-up, Cool-down: -Meaning, effects & significance on body. Components of Physical fitness: Speed, Strength, Endurance. |
| Unit 2 | Agility and Flexibility. 2. Methods of improving: Speed, Strength, Endurance, Agility and Flexibility. 3. Transfer of Training. Types and factors, affecting on transfer of |
| | Load: Normal load, Crest load and Over load. Load: Normal load, Crest load and Over load. Intramural and Extramural: meaning, importance and conduct of |
| Unit 3 | Intramural and Extramural. Tournaments: Byes, fixtures, Types of Tournament and drawing out of fixtures (Knock Out, League: Cyclic method. Jahular method and Staircase method). Sports Management: Meaning, Steps and Importance. Event management: Organization and administration of sports. |
| | 4. Event management: Organization and administration and Athletic meet. |
| PRACTICAL | 1. Games: Basketball or Table Tennis: Marking. Measurement, rules and |
| | regulation. 2. Athletics: Javelin throw, High Jump: Marking, Measurement, Rules & regulation and Long Distance Running (3000 or 5000). |
| TEST & EVALUATION AND PRACTICE | TEST 1:Phillip's J.C.R test TEST 2.Semo agility test, Shuttle Run Test TEST 3. Sit and reach test. |
| SUGGESTED READINGS | Dick, W. F. (1980). Sports training principles. Professional Preparation Books. Harre, D.(1982). Principles of sports training. Berlin: Sporulated. Jepsen, R. C.& Fisher, A.G. (1979). Scientific basis of athletic |
| | conditioning. Philadelphia . Lea and Fibiger. 4. Matvyew, L.P. (1981). Fundamental of sports training Moscow Progress Publishers. 5. Singh, H. (1984). Sports training, general theory and methods. Patiala: NSNIS. |
| - | Uppal, A.K., (1999). Sports Training. New Delhi: Friends Publication Singh, A., Bains, J. Gill. JS & Brar, RS (2026). Essential of Physical Education. Published by: Kalyani Publishers |

M300-1

FUNDAMENTALS OF SPORTS SCIENCE Paper Code-BA-MIN-PH.ED-03 SEMESTER - III DISCIPLINE MAJOR CORE COURSE MIN-03 SYLLABUS OBJECTIVES To discover the anatomy and physiology of human beings. To ascertain the importance of Kinesiology and Biomechanics in games 1.01 1.02 To learn and understand the basic concepts of biomechanics i.e. Newton's Unit 1 laws, levers, center of gravity, equilibrium, friction, and force. 103 To understand the support extended by the skeletal system and Joint in the 1.04 To know the role of muscles in movement, support, and other bodily human body. Unit 2 1.05 To comprehend the basics of the human respiratory system and the LO 6 functions of the human heart. To grasp the mechanisms of the digestive system. To understand the introduction, location, and functions of major endocrine LO 7 Unit 3 glands and their role in regulating bodily functions through hormone LO8 secretion. LEARNING OUTCOMES Students will understand the anatomy of human beings and their 1.0s l Students develop knowledge regarding the need & importance of 1.05 2 kinesiology and biomechanics in games and sports, and apply its principles Unit I to analyze and improve athletic techniques and performance. Students will be able to know fundamental biomechanical concepts 1.053 (Newton's laws, levers, center of gravity equilibrium, friction and har eto analyze and enhance human movement and sports performance Students will be able to understand the role of the skeletal system in overall Unit 2 1.054 bodily function and movement. Students will understand the functional role of muscles in movement and LOs 5 physiological functions. The students will get a deep understanding of the respiratory and 1.056 Unit 3 circulatory system. Students can discover the importance of the digestive system's well-being. 1.057 The students will learn about the various glands in the endocrine system Los 8 and their distinguished functions. BASIC SCIENCES OF SPORTS Outline Syllabus 4 (Theory: 3, Practical; 1) Credits 100 : External = 50 (Theory) + 30 (Practical) + 20 (Internal Assessment) Marks 75 Hours (Theory: 45 Hours, Practical: 30 hours) Contact Hrs 15 hours theory 1 Credit, 30 Hours practical -1 credit) NOTE:

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Practical.

Six periods per week (4 periods for Theory and 2 periods Practical)
 One unit contains 60-80 students for theory and 30-40 students for

Teacher who is preparing three teams for University Inter-college

| | competitions, his/her workload shall be counted by including three periods per week in the teaching load. |
|---|---|
| UNITS | TOPICS |
| Unit I | Anatomy and Physiology: Meaning and Importance. Physiological Terms: Vital capacity, second wind. Oxygen debt Resting Heart Rate, Cardiac Output and VO2 max. Kinesiology: Meaning, importance of Kinesiology in Games and Sports. Biomechanics: Meaning, importance of Biomechanics in Games and Sports. |
| Unit 2 | Biomechanical concept: Newton's laws of Motion. Levers. centre of gravity. Equilibrium. friction and force. Skeletal System: Meaning, Types of bones, Functions & Structure. Joints: Meaning, types and movements. Muscular system: Introduction, Classification (Functional & Structural), Muscle Contractions |
| Unit 3 | Respiratory system: Introduction. Types of respiration, organs and mechanism of respiratory system and Measurements of Ventilation. Circulatory System: Introduction, structure & functions of heart. Cardiac Cycle, Basic Terminology: Cardiac output, stroke volume. Heart rate and blood pressure. Digestive system: Introduction, organs and mechanism of Digestive system. Endocrine system: Introduction, location and functions of endocrine. |
| | glands. |
| PRACTICAL | SYLLABUS 1. Game: National style Kabaddi or Circle (Punjab) style Kabaddi fundamental skills. Marking. Measurement, rules and regulation 2. Athletics: Long Jump. Discus throw: Marking. Measurement. Rules & regulation and Middle distance race (800 or 1500) |
| TEST & EVALUATION AND PRACTICE SUGGESTED READINGS | regulation and Middle distance race (800 or 1500). Test 1. Cooper12 Minute run and walk test and Harvard Step Test. Test 2. Blood pressure and Body temperature. Test 3. Measurement of Basel Heart rate and Training heart rate. 1. McArdle, W. D., Katch, F. L. & Katch, V. L. (2014). Essentiats of Exercise Physiology (5th ed.) Philadelphia. PA: Wolters Kluwer Health/Lippincott Williams & Wilkins. 2. Powers, S. K., & Howley, E. T. (2021). Exercise Physiology: Theory and Application to Fitness and Performance (11th ed.) New York, NY: McGraw-Hill Education. 3. Hoffman, J. (2014). Physiological Aspects of Sport Training and Performance (2nd ed.). Champaign, IL: Human Kinetics. 4. Muscolino, J. E. (2017). Kinesiology. The Skeletal System and Muscle Function (3rd ed.). St. Louis, MO: Elsevier Health Sciences. 5. Luttgens, K., Hamilton, N., & Deutsch, H. (2016) Kinesiology: Scientific Basis of Human Motion (12th ed.). New York, NY: McGraw-Hill Education. |

Med des 1

| | | | SPORTS MANAGEMENT & COACHING |
|-------------|--------|-----------------------|--|
| | | | Paper Code-BA-MIN-PH.ED-04 |
| 1 | MAJOR | DISCIPLI URSE MIN- | NE SEMESTER · IV |
| | ONLEG | 0110 | SYLLARUS ORIECTIVES |
| _ | | LOI | To gain knowledge about aim, objectives, principles and various methods |
| | | LOI | of sports training |
| | | LO 2 | To learn the effects and significance of warm-up and cool-down exercises. |
| | Unit I | | To understand the components of physical fitness and methods to improve |
| | | LO 3 | Smood Strongth Endurance Agility and Flexibility. |
| | Unit 2 | LO 4 | To know the concept of transfer of training and its types and meters |
| | ., | LO 5 | To understand the concept of training load and its types. |
| | | LO 6 | To ascertain the concept of intramural and extramural activities. |
| | | LO 7 | The same than the types and how to make fourtiallicit fixtures. |
| | Unit 3 | LO 8 | To get the concept of sports management and how to organize and |
| | Units | LUS | administer sports events. |
| | | | LEADNING OUTCOMES |
| | | 1.6.1 | The transfer to define the aim objectives, principles of sports |
| | | LOs 1 | testing and use different training melhods (Continuous, interval, 1 and 1 |
| | | | 1 m 1 Cinquit training) to improve similar Denominance. |
| | | LOs 2 | la t t land a language regarding the Deficitly and importance of |
| | 11-1-1 | LOS 2 | warm-up and cool-down routines in enhancing performance and preventing |
| | Unit 1 | | 1. toulan |
| | Unit 2 | 1.Os 3 | to the selected define & differentiate between various components |
| | Omi 2 | 1.033 | of physical fitness and apply effective training methods to enhance speed. |
| | | | La t D Lucasa Agility and Elevibility |
| | | LOs 4 | the state of avalanthe types of transfer of fighting (positive, |
| | | , | negative, and zero) and identify factors that influence transfer of training |
| | | 1.05.5 | Students will be able to define and differentiate between normal load and |
| | | | Students acquire knowledge regarding the significance and organization of |
| | Unit | 3 1.056 | Students acquire knowledge regarding the significance and organization intramural and extramural programs in promoting physical activity and |
| | 4 | | |
| | | | sports development. Students gain understanding about the different types of tournaments |
| | | LOs 7 | (Knockout League methods: Cyclic, Tabular, Staircase) and now le |
| | | | recoveredly draw fixtures for various tournaments. |
| | | LOs 8 | tit i a f -lemming organizing and managing albietic |
| | | 1,0,3 0 | meets effectively. |
| | Outli | ine Syllabus | SPORTS COACHING AND ADMINISTRATION |
| | Cred | | 4 (Theory: 3, Practical;1) |
| | Mar | | 100 : External = 50 (Theory) + 30 (Practical) + 20 (Internal Assessment) |
| Contact Hrs | | tact Hrs | 75 Hours (Theory: 45 Hours, Practical: 30 hours) |
| | | | 15 hours theory= 1 Credit, 30 Hours practical =1 credit) NOTE: |
| | | | Six periods per week (4 periods for Theory and 2 periods Practical) |
| | | | One unit contains 60-80 students for theory and 30-40 students for |
| | | | Practical. |
| | | | |



| and I have be been recovered to the second or the second o | Teacher who is preparing three teams for University Inter-college |
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| | competitions, his/her workload shall be counted by including three |
| | periods per week in the teaching load. |
| 1000 | TOPICS |
| UNITS | Tories |
| | |
| and the second s | Sports Training: Meaning, aim and objective. |
| | 2. Principles of Sports Training. |
| Unit 1 | 3. Methods of Sports Training: Continuous method, Interval method. |
| | Fartlek, Repetition method and Circuit training. |
| | 4. Warm-up, Cool-down: -Meaning, effects & significance on body. |
| | 1. Components of Physical fitness: Speed, Strength, Endurance. |
| | Agility and Flexibility. |
| 11 | A CONTRACTOR OF THE PARTY OF TH |
| Unit 2 | |
| | Flexibility. |
| | 3. Transfer of Training: Types and factors, affecting on transfer of |
| | training |
| | 4. Load: Normal load, Crest load and Over load. |
| | 1. Intramural and Extramural: meaning, importance and conduct of |
| | intramural and extramural. |
| | 2. Tournaments: Byes, fixtures, Types of Tournament and drawing |
| Unit 3 | out of fixtures (Knock Out, League: Cyclic method, Tabular method |
| | and Staircase method). |
| | 3. Sports Management: Meaning, Steps and Importance. |
| | 4. Event management: Organization and administration of sports |
| | events and Athletic meet. |
| PRACTICAL. | SYLLABUS |
| | 1. Games: Basketball or Table Tennis: Marking, Measurement, rules and |
| | regulation. |
| | 2. Athletics: Javelin throw, High Jump: Marking, Measurement, Rules & |
| | regulation and Long Distance Running (3000 or 5000). |
| TEST & | TEST 1:Phillip's J.C.R test |
| EVALUATION | TEST 2.Semo agility test, Shuttle Run Test |
| AND PRACTICE | TEST 3. Sit and reach test. |
| | TEST 4. Nelson Hand Reaction time test. |
| SUGGESTED | 1. Dick, W. F. (1980). Sports training principles. London: Lepus |
| READINGS | Books. |
| | 2. Harre, D.(1982).Principles of sports training. Berlin: Sporulated. |
| | 3. Jensen, R. C.& Fisher, A.G. (1979). Scientific basis of athletic |
| | conditioning. Philadelphia: Lea and Fibiger. |
| | 4. Matvyew, L.P. (1981). Fundamental of sports training. Moscow. |
| | Progress Publishers. |
| | 5. Singh, II. (1984). Sports training, general theory and |
| | methods.Patiala: NSNIS |
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| | ruoneation. |
| | 7. Singh. A., Bains, J. Gill. JS & Brar, RS (2026) Assential of a |
| | Physical Education. Published by: Kalyani Publishers. |
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