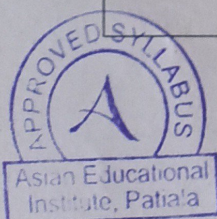


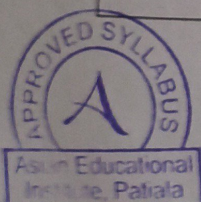
ATHLETE CARE AND PERFORMANCE NUTRITION SEMESTER - V	
MAJOR DISCIPLINE CORE COURSE - MIN -5	Paper Code-(BA-PH-ED-MIN-05)
Course Objectives	1. To understand the concept of Athletic Care and Sports Nutrition 2. To impart knowledge about the different sports injuries and Nutrition 3. To Develop an understanding of first aid and role of sports nutrition and in health and performance.
Course Outcome	1. Students will learn about the concept of Athletic Care and Sports Nutrition 2. Students will be able to learn about different sports injuries and functions of different nutrients. 3. Students will understand first aid and sports nutrition for sports performance.
Outline Syllabus	ATHLETE CARE AND PERFORMANCE NUTRITION
Credits	4 (Theory: 3, practical;1)
Marks	100 : EXTERNAL = 50 (Theory) + 20 (Practical)+ 30 (Internal Assessment)
Contact Hrs	75 Hours (Theory: 45 Hours, Practical: 30 hours) 15 hours theory= 1 Credit, 30 Hours practical = 1 credit NOTE: ➤ 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 periods per week in the teaching load.
Instructions For Paper Setters and Candidates	Instructions For Paper Setters The Question Paper Will Consist of four Unit I, Unit II, Unit III and Unit IV. Each of units I - III will have two questions from the respective units of the syllabus. Each question shall carry 10 marks. Unit IV will be of 10 marks containing short answer type of 2 marks each. Instructions for candidates Candidates are required to attempt selecting one question from unit-I - III. All questions in unit IV are compulsory.
UNITS	TOPICS
Unit 1	1. Athletic Care: Meaning, Scope, Aims and Objectives. 2. Sports injuries: Meaning, types, causes and guidelines for their prevention and management. 3. Massage: Meaning; Different Techniques and effect of massage on the human body. 4. First Aid: Principal of first aid, RICE and PRICE protocol. 5. Immediate Emergency Care: For nose bleeding, Heat Stroke and Muscle Cramps.
Unit 2	1. Food, Nutrition and Balanced Diet : Concepts and meaning 2. Sports Nutrition: Meaning, Need and importance, & Diet before, during, and after sports competition. 3. Macronutrients: Meaning, sources and role of (carbohydrates, lipids, and proteins) 4. Micronutrients : Meaning, Types, sources and role 5. Terminologies of Physical Education: Kinesiology, Anatomy, Physiology, Exercise Physiology, Bio-Mechanics, Anthropometry and Sports Medicine.
Unit 3	1. Role of nutrition for the management of obesity and overweight. 2. Eating disorder- Anorexia Nervosa, Binge and Bulimia Nervosa. 3. Blood pressure & Pulse Rate: Introduction, and Technique of Measurement.



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	4. Physiological Terminologies: Haemoglobin, Cardiac output, Stroke volume, Oxygen Debt, Vitalcapacity, B.M.I and B.M.R. 5. Cricket: History, Layout, General Rules & Regulation, Officials, Major Tournaments and ArjunaAwardees.
PRACTICAL	SYLLABUS
	- Practice P.R.I.C.E.R. protocol and C.P.R. - Practice of Taping and Bandaging techniques. - Cricket; Skills, Marking, dimensions, records and practice of tactics. - Blood Pressure: Identification of equipment, Demonstration of manual and digital BP monitors, Identification of pulse points. - Pulse Rate : Measuring pulse manually ,Counting pulse for 30 seconds and 60 seconds ,Recording pulse rhythm and strength Record Sheet - Resting Pulse - Exercise Pulse - Recovery Pulse - Relay Races: Baton Grip, Exchange Methods, Passing Zone, Starts, Lane Discipline, Passing Violations and Team Structure.
SUGESSTED READINGS	- Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics. New York, USA. - Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.). - David, R. M. (2005). Drugs in sports, (4th Ed). Routledge Taylor and Francis Group. - Lace, M. V. (1951). Massage and Medical Gymnastics, London: J & A Churchill Ltd. - Naro, C. L. (1967). Manual of Massage and, Movement, London: Febra and Febra Ltd. - Rathbome, J.(1965). Corrective Physical education, London: W.B. Saunders & Co. - Stafford and Kelly, (1968). Preventive and Corrective Physical Education, New York. - Davies, J.E., Essentials of Sports Medicine, New Delhi, 1986. - Ellison, A.E. et al, Athletic Training & Sports Medicine, American Academy, 1984. - Eriksson, B.O., Sports Medicine, Great Britain: Guness Pub.,1990Z - Röbert E.C.Wildman, Barry S. Miller, (2004), "Sports and fitness Nutrition", Thomson. - Heather Hedrick fink, Lisa A. Burgoon, Alan E. Mikesky, (2006), "Practical application in sports nutrition", Jones and Bartlett. - McArdle D. William (2005),"Exercise Physiology Energy Nutrition and Human Performance", (2ND ED) Philadelphia: Lea and Febiger. - Janice Thompson, Melinda Manore, (2005), " Nutrition: An applied approach", Pearson. - William D. McArdle, Frank I. Katch, Victor L. Katch, (2000), "Essentials of exercise physiology", Lippincott Williams and wilkins. - William E. Garrett J.R., Donald T. Kirendall, (2000), "Exercise and sports science", Lippincott Williams and wilkins. - Greg Mclatchie, Mark harries, Clyde Williams, John king, (2003), "ABC of sports medicines", BMJ Books.



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POSTURAL ASSESSMENT AND MANAGEMENT	
MAJOR DISCIPLINE CORE COURSE - MIN -6	SEMESTER-VI Paper Code-(BA-PH-ED-MIN-06)
Course Objective	1. To explore the idea of good and bad posture. 2. To study the concept and nature of spinal deformities. 3. To study the concept and nature of the deformities of the Leg and Foot.
Course Outcome	1. Students will learn about the concept of good and bad posture. 2. Students will have an understanding of concept and nature of spinal deformities. 3. Students will have an understanding of the concept and nature of the deformities of the Leg and Foot.
Outline Syllabus	POSTURAL ASSESSMENT AND MANAGEMENT
Credits	4 (Theory: 3, Practical;1)
Marks	100 : EXTERNAL = 50 (Theory) + 20 (Practical)+ 30 (Internal Assessment)
Contact Hrs	75 Hours (Theory: 45 Hours, Practical: 30 hours) 15 hours theory= 1Credit, 30 Hours practical= 1credit) NOTE: ➤ 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 periods per week in the teaching load.
INSTRUCTION FOR PAPER SETTERS AND CANDIDATES	Instructions For Paper Setters The Question Paper Will Consist of four Unit I, Unit II, Unit III and Unit IV. Each of units I - III will have two questions from the respective units of the syllabus. Each question shall carry 10 marks. Unit IV will be of 10 marks containing short answer type of 2 marks each. Instructions for candidates Candidates are required to attempt selecting one question from unit-I - III. All questions in unit IV are compulsory.
UNITS	TOPICS
Unit 1	Posture • Meaning and concept of Posture • Classification of Posture: Inactive and Active (Static and Dynamic) Posture • The Postural Mechanism: The muscles and the Nervous Control • Advantages of Good Posture • Causes of bad/incorrect posture



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Unit 2	The Spinal Deformities • Normal Curvatures of spine: Cervical, thoracic and lumbar spine • Various postural deformities of spine: Kyphosis, Lordosis and Scoliosis • Kyphosis: Appearance, symptoms, prevention, causes and corrective exercises • Lordosis: Appearance, symptoms, prevention, causes and corrective exercises • Scoliosis: Appearance, symptoms, prevention, causes and corrective exercises
Unit 3	Deformities of the Leg and Foot • Flat Foot: Meaning, causes, prevention and corrective measures • Knocked Knees: Meaning, causes, prevention and corrective measures • Bow Legs: Meaning, causes, prevention and corrective measures • Challenges and disadvantages for people suffering from flat foot, knocked knees and bow legs
PRACTICAL	SYLLABUS
	• Badminton: court measurements and markings, fundamental skills like grips and strokes, and game rules with scoring. • Marking of Athletic Track. • Correct posture for sitting, standing, lying, reading, walking and running. • Identification of postural deformity during practical classes: Kyphosis, Lordosis, Scoliosis, flat foot, knocked knees and bow legs. • Performing Corrective exercises for the postural deformities identified.
TESTING AND EVALUATION	• Project file on the case study from personal life: recognizing the deformity of the person and suggesting corrective measures. Paste pictures • On the spot deformity identification of the subject provided by the examiner and viva Division of Practical Marks • Project File on postural deformity for 10 marks • Identification of subject's postural deformity and Viva for 10 marks
SUGGESTED READINGS	• Agarwal, M., Arora, S., & Gupta, B. (2018). Physical education & health education. Meerut, India: Vivechan Publication House. ISBN: 978-8172165987. • Mahtani, R. (2015). The power of posture. Mumbai, India: Jaico Publishing House. ISBN: 978-81-8495-618-4. • Ramani, P. S. (2010). Surgical techniques in spinal surgery: Cervical spine. New Delhi, India: Jaypee Brothers Medical Publishers. ISBN: 978-8184487824. • Ramananda, N. (2015). Postural deformities in lower extremities on school-going children. Saarbrücken, Germany: LAP Lambert Academic Publishing. ISBN: 978-3659743467. • Roberts, A. (2016). The complete human body. New York, NY: DK Publishing. ISBN: 978-1465449184. • Singh, A., Bains, J., Gill, J. S., & Brar, R. S. (2019). Essentials of physical education (6th ed.). Kalyani Publishers. ISBN: 978-9353591786. • Zacharia, B., Raja, S. D. C., & KV, N. (2023). Paediatric scoliosis. Singapore: Springer. ISBN: 978-981-



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August 2023