

**PROPOSED CURRICULUM
FRAMEWORK FOR
UNDERGRADUATE
PROGRAMMES IN
UNIVERSITIES OF KARNATAKA**

Contents		
SI No:	Particulars	Page No:
1.	Subject Expert Committee for Physical Education, Sports and Yoga	5
2.	Preamble	6-7
3.	Model Curriculum and the Outcome	8-9
4.	Assessment Pattern	10-11
5.	Curriculum Structure	12-13
6.	Aim, Objectives, Learning Outcomes, Employability	14
7.	DSC-1 Introduction To Physical Education, Sports And Yoga : Theory, Practical's & Assessment	15-19
8.	DSC-2 Life Style Management: Theory, Practical's & Assessment	20-24
9.	Semester-1 SEC-1 Physical Education and Yoga	25-26
10.	Semester-1 SEC-2 Health and Wellness	27-28
11.	Semester-2 SEC-1 Physical Education and Sports	29
12.	Open Elective: Self Defence	30
13.	Open Elective: Sports Event Management	31
14.	Open Elective: Yoga and Fitness	32
15.	Open Elective: Adventurous Sports	33
16.	Open Elective: Fitness for Careers	34
17.	Open Elective: Sports and Recreation	35
18.	Recommendations of the Committee	36-38

**Subject Expert Committee Physical
Education, Sports and Yoga**

	Name	Designation and Address	Position
1	Dr. B R Ramakrishna	Vice Chancellor Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru	Chairman
2	Dr. P C Krishnaswamy	Professor, UCPE, Bangalore University, Bengaluru	Member
3	Dr. Pasodi M S	Professor, Physical Education, Gulbarga University, Kalburgi	Member
4	Dr. C K Kishore Kumar	Professor, Physical Education, Registrar, Mangalore University, Konaje	Member
5	Dr. K Krishna Sharma	Dept. of Yogic Science, Mangalore University, Konaje	Member
6	Dr. D M Jyoti	Professor, Physical Education, KSAW University, Vijayapura	Member*
7	Dr. Ravi Kumar H	College Director of Physical Education & Sports, Govt. Arts College, Bengaluru	Member
8	Dr. Basavaraj Ambiger	College Director of Physical Education & Sports, KH Patil GFGC, Hulikote	Member
9	Dr. John Pinto	College Director of Physical Education & Sports, GFGC, Kavoore, Mangalore Dakshina Kannada	Member
10	Dr. Sandhyarani. P.S	College Director of Physical Education & Sports, GFGC, K R Pet, Mandya	Member
11	Shri. R Srikanth	College Director of Physical Education & Sports & Nodal Officer, Department of Collegiate & Technical Education Bangalore	Member
12	Dr. K Prasanna Kumar	Special Officer, KSHEC, Bengaluru	Member Convener
* Sl No: 5 was not present for the meetings.			
Special Invitees			
a	Dr. Apar Aviash Saoji	Principal, School of Yoga & Naturopathic Medicine, S-VYASA, Bengaluru	
b	Dr. Vasudev Vaidya	Head: Research & Development, SAMCH, Bengaluru	

Model Curriculum

Name of the Degree Program: BA/BSc/BCom/BBA/BCA & all other UG Courses

1. Discipline Core: Physical Education Sports & Yoga BA/BSc

Total Credits for the Program (I & II Semesters): Discipline Core: 12 Credits

2. Open Electives: 06 Credits (BA/BSc/BCom/BBA/BCA & all other UG Courses)

3. Skill Enhancement Courses: 03 Credits (BA/BSc/BCom/BBA/BCA & all other UG Courses)

Starting Year of Implementation: 2021-22

Program Outcomes:

By the end of 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. Student 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, Sports 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 and yoga.
15. The activities in the Curriculum shall be modified/redesigned at the BoS level of the concerned universities to benefit the Physically/ Visually Challenged students.

Assessment

Weightage for Assessments

Semester-I BA/BSc				
Discipline Specific Core-1				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	INTRODUCTION TO PHYSICAL EDUCATION, SPORTS AND YOGA	4	4	100 (70+30)
DSC-1 Practicals		2	4	50 (35+15)
Total		6	8	150
Open Electives (BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course	Papers	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-1 Theory	Self Defense/ Yoga & Fitness/ Sports Event Management	2	2	60 (40+20)
OE-1 Practicals		1	2	40 (25+15)
Total		3	4	100
<i>Note: Universities shall design required OEs.</i>				
<i>Note: For Open Electives the No: of Credits for Practical's & Theory shall be altered as per requirement. (1 Theory + 2 Practical or 2 Theory + 1 Practical)</i>				
Semester-1 Skill Enhancement Courses (SEC) Value Based-1 Physical Education and Yoga-1 (BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
SEC-1 Practical	Physical Education and Yoga-1	1	2	50 (30+20)
Sub-Total (A)		1	2	50
Skill Enhancement Courses (SEC) Value Based-2 Health and Wellness (BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
SEC-2 Theory	Health and Wellness	1	1	50(30+20)
Sub-Total (B)		1	1	50
Grand Total (A+B)	(SEC-1 + SEC-2)	2	3	100
<i>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 Practical's.</i>				

Assessment

Weightage for Assessments

Semester-II BA/BSc				
Discipline Specific Core-2				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	LIFE STYLE MANAGEMENT	4	4	100 (70+30)
DSC-1 Practicals		2	4	50 (35+15)
Total		6	8	150
Open Electives (BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-1 Theory	Adventure Sports/ Sports & Recreation/ Fitness for Careers <i>Note: Universities shall design required OEs.</i>	2	2	60 (40+20)
OE-1 Practicals		1	2	40 (25+15)
Total		3	4	100
Semester-II Skill Enhancement Courses (SEC) Value Based-1 Physical Education and Yoga-1 (BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
SEC-1 Theory & Practical	Physical Education and Sports-2	1	2	50 (30+20)
Total		1	2	50
<i>Note: For effective teaching, learning and coaching, the Committee recommends that the above paper shall be Inclusive of Theory & Practicals</i>				

**Curriculum Structure for
Undergraduate Degree Program
BA / BSc in Physical Education, Sports & Yoga**

Total Credits for the Program (I & II Semester): 6+6=12 Credits

Starting year of implementation: 2021-22

Name of the Degree Program: BA/B.Sc

Discipline/Subject: Physical Education, Sports & Yoga

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 addresses (not more than 3 per course)	Pre- requisite course(s)	Pedagogy##	Assessment\$
1	Introduction to Physical Education, Sports & Yoga (6 Credits)	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 organize & officiate sports events	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 & Extramurals	Theory 100 (70+30) Practicals 50 (35+15)

2	Life Style Management (6 Credits)	<p>1. To learn and apply the knowledge of Physical fitness and exercise management to lead better quality life</p> <p>2. To understand and learn different dimension of active life style</p>		<p>The course shall be taught through Lecture, Practicals, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramurals</p>	<p>Theory 100 (70+30)</p> <p>Practicals 50 (35+15)</p>
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BA/BSc Semester I & II

Aim of the Course

The course aims at creating awareness about the fundamentals of Physical Education, Sports and Yoga and promote 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 & 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 & 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 & 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 & 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.

BA/BSc Semester-I
Title of the Course:
**INTRODUCTION TO PHYSICAL EDUCATION,
SPORTS AND YOGA**

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/ semesters
4	52 - 56	2	52 - 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 & Fitness Training			
<ol style="list-style-type: none"> 1. Importance of Yoga & Fitness 2. Fundamentals Principles of Yoga & Fitness Training 3. Components of Fitness and Fitness Equipments 4. Types of Yoga Practices - Asanas, Pranayama and Meditation 5. Introduction to Balanced 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 Qualification 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 & Recreation Clubs in Corporate Sectors and others. 5. Sports Journalists, Commentators, Photo and Video Analyst, Sports Marketing and Equipment/Props manufactures. 	14

Content of Practical Course 1: Practical's (2 credits/56 hours)

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

A. 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
3. Standing & Sitting Asanas
4. Prone & Supine Asanas

D. Basic Pranayamas

1. Vibhagiya Pranayama (Sectional breathing)
2. Sukha Pranayama (Breath awareness)
3. Kapalabhati/Basthrika
4. Anuloma Viloma/Nadi Shuddhi
5. Bhramari & Cooling Pranayamas (Sithali/Sithkari/Sadhantha)

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

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Theory	Theory-70 Marks Internal-30 Marks
Practicals	Practical - 35 Marks Internal - 15 Marks
Total	150 Marks

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. 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.
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 playing?.Routledge.
7. Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi
8. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi : Sports.
9. Russell, R.P.(1994). Health and Fitness Through Physical Education. USA : Human Kinetics.
10. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.
11. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakasana.
12. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashtrothanna Prakashana.
13. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States
14. D.M Jyoti, Athletics (2015) lulu.com3101, Hills borough, NC27609, United States
15. Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama.
16. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
17. Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra..
18. Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
19. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
20. 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.Ataullah Jagirdar, 2015, Khel Sahitya Kendra, Daryaganj, New Delhi

BA/BSc Semester II
Title of the Course:
LIFE STYLE MANAGEMENT

Number of Theory Credits	Number of lecture hours/semester	Number of practical Credits	Number of practical hours/ semester
4	52 - 56	2	52 - 56
Content of Theory Course 2			
Unit – 1 INTRODUCTION TO LIFE STYLE & PHYSICAL FITNESS			12
1. Meaning and Definitions of Physical Fitness and Life Style 2. Need and Benefits of Physical Fitness 3. Health Related Fitness Components: - Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, Body Composition 4. Skill Related Physical Fitness Components: - Agility, Balance, Co-ordination, Power, Reaction Time, Speed			
Unit - 2 PRINCIPLES OF YOGIC PRACTICES			14
1. Jnana Yoga, 2. Karma Yoga, 3. Bhakthi Yoga, 4. Raja Yoga/ Astanaga Yoga 5. Yogic Life Style: Ahara, Vihara, Vichara, Achara, Vyavahara			

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

Content of Practical Course 2: Practical's (2 credits/56 hours)

PRACTICALS

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)

1. Standing Asanas
2. Sitting Asanas
3. Prone Asanas
4. Supine Asanas
5. Meditative Asanas

Advanced Pranayamas

1. Surya Anuloma Viloma/Surya Bhedana Pranayama
2. Chandra Anuloma Viloma/Chandra Bhedana Pranayama
3. Ujjayi Pranayama
4. Kumbhaka Pranayama
5. Sampoorana 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 Athletics Federation. Marking of Track and Field. Officiating and Coaching.

Pedagogy: The course shall be taught through Lecture, Practicals, Interactive Sessions, Materials, Assignments, Seminars, Intramural & Extramurals

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Theory	Theory-70 Marks Internal-30 Marks
Practicals	Practical - 35 Marks Internal - 15 Marks
Total	150 Marks

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.Thygerson, 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 007-123271-0ISBN
6. Physical Fitness and Wellness, Dr. Samjay R.Agashe, Khel Sahithya Kendra, 7/26 Ansari 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., Holt, Shirley & Parker, Melissa (1993) Children Moving. A Reflective Approach to Teaching Physical Education with Movement Analysis, Wheel 3rdEdition, Mayfield Publishing Company.

15. Yoga for Promotion of Positive Health, 2011. Dr.H.R.Nagendra and Dr.R.Nagarathna, Swamy Vivekananda Yoga Prakashna, Bangalore
16. “Asana, Pranayama, Mudra, Bandha”, 1969, Swamy Sathyananda Saraswati, Bihar Yoga Bharati, Munger
17. “Four Yoga of Swamy Vivekananda”, 1979, Swamy Tapasyananda, Adwaitha Prakashana, Ramakrishna Ashrama, Calcutta
18. New Perspectives in Stress Management, 2014, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
19. Pranic Eneqization Technique,2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
20. Mind, Sound, Resonance Technique, 2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore

Semester-I
Skill Enhancement Courses (SEC-1)
 Title of the Course:
PHYSICAL EDUCATION AND YOGA
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester
1	28
Content of Practical Course	
<p>Unit 1:- Physical Education</p> <ul style="list-style-type: none"> ● General & Specific warm up exercises ● Recreation Games and Fitness ● Any 2 Major Game and one minor game <p>Unit 2:- Yoga</p> <ul style="list-style-type: none"> ● Shitalikarna Vyayama ● Suryanamaskara ● Basic Set of Yoga Asanas ● Basic Set of Pranayama & Meditation 	28Hrs

Note: The activities in the Curriculum shall be modified/redesigned at the BoS level of the concerned universities to benefit the Physically/ Visually Challenged students

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Practicals	Practical - 30 Marks Internal - 20 Marks
Total	50 Marks

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: Rashtrothanna Prakashana.
5. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States

Semester-I
Skill Enhancement Courses (SEC-2)
 Title of the Course:
HEALTH AND WELLNESS
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester
1	14
Content of Theory Course	
14 Hrs	
<p>Unit 1:- Introduction</p> <ol style="list-style-type: none"> 1. Meaning, Definition and dimensions of Health and Wellness (WHO/Yoga) 2. Factors affecting Fitness and Wellness 3. Role of Fitness in maintaining Health and Wellness 4. 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 2. Role of Yogasanas and Meditation in maintaining Health and Wellness 3. Nutrition for Health & Wellness <p>Unit 3: - Anxiety, Stress and Aging</p> <ol style="list-style-type: none"> 1. Meaning of Anxiety, Stress and Aging 2. Types and Causes of Stress 3. Stress relief through Exercise and Yoga 	
14	
Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Theory	Theory - 30 Marks Internal - 20 Marks
Total	50 Marks

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 Publishers, 2005
5. Dixit Suresh (2006) SwasthyaShiksha 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
“DahikaSikshanadaParichaya” Louis publications. Mangalore

Semester-II
Skill Enhancement Courses (SEC-1)
 Title of the Course:
PHYSICAL EDUCATION AND SPORTS
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester (Inclusive of Theory & Practical's)
1	28
Content of Theory & Practical Course	
`28Hrs	<p>Unit 1: - Physical Education & Sports</p> <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

Note: Due weightage in Assessment shall be given to Elite Sportsmen of the College

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Practicals	Practical - 30 Marks Internal - 20 Marks
Total	50 Marks

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 Athletics 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

**Semester-I
Open Elective Paper**

Title of the Course:

Self-Défense

(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
1	14	2	56
Content of Theory Course			
Theory <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. 			14
Practical Basic Skills for Self - Defense <ul style="list-style-type: none"> ● Martial Arts ● Kick Boxing and Wrestling ● Defensive Skills with and without sticks (Lathi) ● Report Preparation, Records and PPT 			56
Formative Assessment			
Assessment Occasion/ type	Weightage in Marks		
Theory	Theory - 30 Marks Internal - 20 Marks		
Practicals	Practical - 30 Marks Internal - 20 Marks		
Total	100 Marks		

Semester-I
Open Elective Paper
 Title of the Course:
Sports Event Management
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
2	28	1	28
Content of Theory Course			14 Hrs
Theory <ul style="list-style-type: none"> ● Meaning, Definition and importance of Sports Management ● Scope of Sports Event Management ● Principles of Sports Event Management ● Major and Minor Sports Events ● Traditional Games Management 			28
Practicals <ul style="list-style-type: none"> ● Organization of Indoor Sports and Games Events ● Project on Outdoor Sports and Games Events ● Visits to Sports Clubs, Sports Stadiums, IPL. KPL and League Tournaments ● Organization of Intramural - Sports Events, Sports Fests, Traditional Games Fest ● Report Preparation, Records and PPT 			28
Formative Assessment			
Assessment Occasion/ type	Weightage in Marks		
Theory	Theory - 30 Marks Internal - 20 Marks		
Practicals	Practical - 30 Marks Internal - 20 Marks		
Total	100 Marks		

Semester -1**Open Elective Paper**

Title of the Course

Yoga and fitness*(BA/BSc/BCom/BBA/BCA & all other UG Courses)*

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Content of Theory Course			
Theory <ul style="list-style-type: none"> ● Importance of Yoga and Fitness ● Types and Principles of Asanas ● Fitness Components ● General and Specific Conditioning and its importance ● Specific Exercises for Strength, Speed, Agility, Flexibility, Coordinative abilities ● Yoga, Fitness and Personality ● Nutrition for Fitness 			14
Practical's <ul style="list-style-type: none"> ● General and Specific Warm up ● Aerobics/Zumba/Dance ● Asanas ● Recreation for Fitness ● Report Preparation, Records and PPT 			56
Formative Assessment			
Assessment Occasion/ type	Weightage in Marks		
Theory	Theory - 30 Marks Internal - 20 Marks		
Practicals	Practical - 30 Marks Internal - 20 Marks		
Total	100 Marks		

Semester-II
Open Elective Paper
 Title of the Course
Adventurous Sports
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Content of Theory Course			
Theory(BA/BSc/BCom/BBA/BCA & all other UG Courses) <ul style="list-style-type: none"> ● Importance of Adventure Sports ● Types and Principles of Asanas ● Definition, Classification, History- Development, Scope, Importance and Objectives ● Types of Adventure Activities ● Mountaineering – Trekking, Rock Climbing, Single Rope, Water Sports –River Rafting, Cannoning, Boating ● Recent Trends in Adventure Sports ● Job Opportunities in Adventure Sports 			14
Practical's <ul style="list-style-type: none"> ● Fitness, Conditioning, Warming Up, Specific Exercises, Cooling Down ● Practical, teaching, demonstration, training, technical training ● Planning and Organising-Mountaineering, Trekking, Rock Climbing, Single Rope, Para Sailing, Water Sports, etc ● Report Preparation, Records and PPT 			56
Formative Assessment			
Assessment Occasion/ type	Weightage in Marks		
Theory	Theory - 30 Marks Internal - 20 Marks		
Practicals	Practical - 30 Marks Internal - 20 Marks		
Total	100 Marks		

Semester- II
Open Elective Paper
 Title of the Paper
Physical Fitness for Career
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Content of Theory Course			
Theory <ul style="list-style-type: none"> ● Importance of Yoga and Fitness ● Physical Standards: Men and Women ● Standard Fitness Tests: Fitness Tests for Defence Forces, PSI, Police Constable, Fire Force, Forest Department, Professional Courses-Sports & Physical Education ● General and Specific Conditioning and its importance ● Specific Tests for Strength Test, Speed Test, Agility Test, Flexibility Test, Coordinative abilities, etc Mode of Selections and Qualifying Standards 			14
Practical's <ul style="list-style-type: none"> ● General and Specific Warm up ● Training for Endurance, Speed, Strength, Agility, Flexibility etc ● Required Physical Fitness Tests: Strength Test, Speed Test, Agility Test, Flexibility Test, Coordinative abilities, etc 			56
Formative Assessment			
Assessment Occasion/ type	Weightage in Marks		
Theory	Theory - 30 Marks, Internal - 20 Marks		
Practicals	Practical - 30 Marks, Internal - 20 Marks		
Total	100 Marks		

Semester- II
Open Elective Paper
 Title of the Paper
Sports and Recreation
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Content of Theory Course			
Theory <ul style="list-style-type: none"> • Meaning, Definition and Concept of Fitness and Recreation • Objectives, Characteristics and Principles of Fitness and Recreation • Importance, Purpose, Benefits of Fitness and Recreation • Types of Recreation • Recreation through Sports and Games • Use of Leisure Time Activities and their educational values 			14
Practical <ul style="list-style-type: none"> • Traditional, Folk and Indigenous Games • Three Days outdoor camp and Hiking • Cycling, tie up with District/ State Association • Visit to Recreational Clubs 			56
Formative Assessment			
Assessment Occasion/ type	Weightage in Marks		
Theory	Theory - 30 Marks Internal - 20 Marks		
Practicals	Practical - 30 Marks Internal - 20 Marks		
Total	100 Marks		

Recommendations

1. The various papers in the subject of Physical Education, Sports and Yoga of undergraduate programmes, in core discipline, specific discipline elective, Health Education and Skill Enhancement Courses, shall be taught (theory and practicals) by Physical Education Faculty, qualified as per the UGC guidelines
2. The Committee recommends that from 2022-23 the Physical Education, Sports & Yoga Discipline Core Subject shall be considered under Science Stream (B.Sc.) as it is in other states.
3. Physical Education Faculty shall be Enriched with additional knowledge through short term courses/workshops/refresher/orientation/training programmes as per requirements.
4. The committee recommends inclusion of the subjects for the competitive examinations conducted for the civil services under the central and state level.
5. Health and Wellness (Value based paper under SEC) paper shall be taught by Physical Education Faculty only.
6. In addition to Practicals, one hour of theory (for Physical Education, Sports and Yoga) under Skill Enhancement Course shall be ensured at the first semester of all Under Graduate courses.
7. Appropriate Sporting and Yoga infrastructure and necessary Books/reference materials shall be ensured at all Higher Education Institutions (HEIs).
8. Recruitment of Faculty shall be ensured in all Government, Aided, Constituent and Private HEIs.

9. Open Elective Papers and Skill Enhancement Papers in Physical Education, Sports and Yoga shall be made available in all HEIs across all UG Programs (Arts, Science & Commerce, i.e.BA/BSc/BCom/BBA/BCA & all other UG Courses) starting from the academic year 2021-22. Board of Studies (BoS) & Board of Examination (BoE) shall be constituted immediately in all the universities.
10. The existing workload of the Physical Education Faculty for preparing college sports teams (training and coaching hours) for University/State/National level competitions shall also be considered along with the workload of papers made available.
11. HEIs shall be guided and empowered to align with NSQF (National Skills Qualification Framework) and enter into MoUs with NSDC (National Skill Development Corporation) and other organizations to ensure employability.
12. Along with Discipline Specific Core papers, appropriate measures shall be ensured to conduct practical and theory assessments for Open Electives and skill enhancement courses.
