



6th September 2021

## ***PREFACE***

“Education is the manifestation of the Perfection Already existing in Man” said Swami Vivekananda. The primary objective of education is overall personality development. Complimenting to this objective, the paradigms of Physical Education, Sports and Yoga are integrated under the National Education Policy (NEP) 2020. Physical Education, Sports and Yoga professionals, will contribute in bringing Health and Wellness at every aspect of one’s personality. Thus, developing and proposing the syllabus framework for Physical Education, Sports and Yoga was an interesting assignment for the committee.

We had to keep in mind the broad guidelines given by the UGC about making the citizens of 21<sup>st</sup> Century equipped with Critical Thinking, Problem Solving, Analytic Reasoning, Cognitive Skills, and Self-Directed Learning etc. The committee had several meetings to develop the curriculum framework and we have come out with a broad outline for the Colleges and Universities to take up the framework for Physical Education, Sports and Yoga.

The broad aim of this framework is to make Physical Education, Sports and Yoga accessible and available to masses by creation of professions in Physical Education, Sports and Yoga through the Higher Education Institutions. This will thereby help every citizen of India to be Healthy, Fit and Stay well.

It was my pleasure and honour to chair this committee of eminent professionals and educationists in the field of Physical Education, Sports and

Yoga, who have contributed significantly for the development of the curriculum frame work.

I, on behalf of all the committee members, take this opportunity to thank **Higher Education Department, Government of Karnataka** and **Karnataka State Higher Education Council** for providing us an opportunity to work for this noble cause.

**Dr. B R Ramakrishna,**  
Chairman,  
Subject Expert Committee: Physical Education, Sports and Yoga  
& Vice Chancellor  
SVYASA, Deemed - to be - University, Bengaluru

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**NEP 2020 - Subject Expert Committee  
Physical Education, Sports and Yoga**

	<b>Name</b>	<b>Designation and Address</b>	<b>Position</b>
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, Kavoor, 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
<b>* SI No: 5 was not present for the meetings.</b>			
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	

## PREAMBLE

India is growing rapidly as a global super-power. To face the challenges of the century and to keep up with the pace of the world, maintaining health is of prime importance. Giving thrust to healthy society, Physical Education, Sports and Yoga are of great significance in today's world. The Government of India insists on Physical Fitness, Mental Health and Overall Development of Personality for every citizen. In these lines, the Government has launched Fit India Movement, Khelo India, TOPS and National Sports Day, International Day of Yoga etc. These initiatives have given impetus and awareness among general public, professional and academicians. However, creating efficient and skilled human resource in the field of Physical Education, Sports and Yoga is identified as the need of the hour. Thus, the Governments of India and Government of Karnataka have included Physical Education, Sports and Yoga as a key area under the NEP 2020.

The Government of Karnataka, through the Karnataka State Higher Education Council constituted an expert committee to draft the curriculum framework for creating professionals in the area of Physical Education, Sports and Yoga at the Higher Education Institutions. Several meetings are conducted in both online and offline modes to discuss and prepare the Curriculum Framework. The curriculum framework is drafted for enhancing the skill development, value addition, overall personality development, entrepreneurship and employability. The courses proposed are Discipline Core, Elective and Skill Enhancement in nature and can be offered through HEIs.

The graduate level course in Physical Education, Sports and Yoga contains subjects varying from Foundation of Physical Education to Anatomy, Physiology, Kinesiology, Officiating & Coaching, Test & Measurement, Nutrition, Rehabilitation, Psychology, Sports Training, Sports Biomechanics,

Methods of Teachings, History, Principles and Practices of Yoga, Application of Yoga etc. which are aimed to give thorough knowledge and skills to the students. Students perusing physical education, sports and yoga courses are fit to join the jobs as physical and yoga trainers, coaches, game officials, referees, umpires, curators, gym trainers, life guards, personal trainers, yoga therapist etc. During their course of education the students also develop the expertise to establish their own business as entrepreneurs in the field of Fitness, Sports, Yoga, Recreation, Adventure Sports, Camping, Event Management etc. The graduates who are interested can also pursue research in the field of Physical Education, Sports and Yoga.

The first meeting of the expert committee was held on 22<sup>nd</sup> August 2021 in Online mode. This was followed by Offline meetings at S-VYASA Deemed to be University headquarters on 27<sup>th</sup> and 28<sup>th</sup> August, and 8<sup>th</sup> and 9<sup>th</sup> September at KSHEC. Another Online meeting was conducted on 13<sup>th</sup> September and Offline meeting at KSHEC on 16<sup>th</sup> September to finalize the First & Second Semester Curriculum Framework.

## Model Curriculum

***Name of the Degree Program: BA/BSc***

***Discipline Core: Physical Education Sports & Yoga***

***Total Credits for the Program (I & II Semesters):***

***Discipline Core: 12 Credits***

***Open Electives: 06 Credits***

***Skill Enhancement Courses: 03 Credits***

***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.

## Assessment

### *Weightage for Assessments*

<b>Semester-I</b>				
<b>Discipline Specific Core-1</b>				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	<b>INTRODUCTION TO PHYSICAL EDUCATION, SPORTS AND YOGA</b>	4	4	100 (70+30)
DSC-1 Practicals		2	4	50 (35+15)
<b>Total</b>		<b>6</b>	<b>8</b>	<b>150</b>
<b>Open Elective</b>				
Course	Papers	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-1 Theory	<b>Yoga &amp; Fitness/ Self Defense/ Sports Event Management</b> <i>Note: Universities shall design required OEs.</i>	2	2	60 (40+20)
OE-1 Practicals		1	2	40 (25+15)
<b>Total</b>		<b>3</b>	<b>4</b>	<b>100</b>
<b>Semester-1</b>				
<b>Skill Enhancement Courses (SEC)</b>				
<b>Value Based-1 Physical Education and Yoga-1</b>				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
SEC-1 Practical	<b>Physical Education and Yoga-1</b>	1	2	50 (30+20)
<b>Total</b>		1	2	50
<b>Skill Enhancement Courses (SEC)</b>				
<b>Value Based-2 Health and Wellness</b>				
SEC-2 Theory	<b>Health and Wellness</b>	1	1	50(30+20)
<b>Total</b>		<b>1</b>	<b>1</b>	<b>50</b>
<b>Grand Total</b>		<b>2</b>	<b>3</b>	<b>100</b>
<i>Note: For effective teaching, learning and coaching, the Committee recommends that the above two papers shall be combined together (Physical Education &amp; Yoga + Health &amp; Wellness) (1+1=2 Credits) and make it compulsory with One Hour Theory &amp; Two Hours of Practical's.</i>				

## Assessment

### Weightage for Assessments

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

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

**Total Credits for the Program (I & II Semester):**

**Starting year of implementation: 2021-22**

**Name of the Degree Program: BA/B.Sc**

**Discipline/Subject: Physical Education, Sports & Yoga**

**Program Articulation Matrix**

**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	<b>Introduction to Physical Education, Sports &amp; Yoga</b>	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 <sup>th</sup> / +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	<b>Life Style Management</b>	<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>		The course shall be taught through Lecture, Practicals, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramurals	<p>Theory 100 (70+30)</p> <p>Practicals 50 (35+15)</p>

## **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**

<b>Number of Theory Credits</b>	<b>Number of lecture hours/ semester</b>	<b>Number of practical Credits</b>	<b>Number of practical hours/ semester</b>
<b>4</b>	<b>52 - 56</b>	<b>2</b>	<b>52 - 56</b>
<b>Content of Theory Course-1</b>			
<b>Unit- I Introduction</b>			<b>14</b>
<ol style="list-style-type: none"> <li>1. Meaning and definition of Physical Education, Sports and Yoga.</li> <li>2. Aims, Objectives and Importance of Physical Education, Sports and Yoga.</li> <li>3. History of Physical Education, Sports and Yoga.</li> <li>4. Modern trends of Physical Education, Sports and Yoga.</li> <li>5. Brief concept of Education in relation to Physical Education, Sports and Yoga.</li> </ol>			
<b>Unit- II Yoga &amp; Fitness Training</b>			<b>14</b>
<ol style="list-style-type: none"> <li>1. Importance of Yoga &amp; Fitness</li> <li>2. Fundamentals Principles of Yoga &amp; Fitness Training</li> <li>3. Components of Fitness and Fitness Equipments</li> <li>4. Types of Yoga Practices - Asanas, Pranayama and Meditation</li> <li>5. Introduction to Balanced Diet for Fitness</li> </ol>			

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



## Content of Practical Course 1: 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
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
<b>Total</b>	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.
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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.
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13. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States
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15. Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama.
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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**

<b>Number of Theory Credits</b>	<b>Number of lecture hours/semester</b>	<b>Number of practical Credits</b>	<b>Number of practical hours/ semester</b>
<b>4</b>	<b>52 - 56</b>	<b>2</b>	<b>52 - 56</b>
<b>Content of Theory Course 2</b>			
<b>Unit – 1 INTRODUCTION TO LIFE STYLE &amp; PHYSICAL FITNESS</b>			
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			12
<b>Unit - 2 PRINCIPLES OF YOGIC PRACTICES</b>			
1. Jnana Yoga, 2. Karma Yoga, 3. Bhakthi Yoga, 4. Raja Yoga/ Astanaga Yoga 5. Yogic Life Style: Ahara, Vihara, Vichara, Achara, Vyavahara			14

<b>Unit - 3 DIET, FITNESS, WELLNESS &amp; LIFE STYLE MANAGEMENT</b>	
<ol style="list-style-type: none"> <li>1. Meaning and Definitions of Wellness &amp; Lifestyle.</li> <li>2. Dimensions/Components of Wellness and Lifestyle</li> <li>3. Relationship between Diet and Fitness</li> <li>4. Components of Balance Diet and its importance – Carbohydrates, Protein, Fat, Vitamins &amp; Minerals, Water</li> <li>5. Healthy Lifestyle through Diet and Fitness</li> </ol>	16
<b>Unit - 4 PHYSICAL LITERACY</b>	
<ol style="list-style-type: none"> <li>1. Meaning, Definition and Importance of Physical Literacy.</li> <li>2. Core Elements of Physical Literacy</li> <li>3. Fundamental Movements</li> <li>4. Art of Walking, Running, Jumping and Throwing.</li> <li>5. Locomotor and Balance Stability skills /Tactical Movements</li> </ol>	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. Sampoorna 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

<b>Formative Assessment</b>	
<b>Assessment Occasion/ type</b>	<b>Weightage in Marks</b>
Theory	Theory-70 Marks Internal-30 Marks
Practicals	Practical - 35 Marks Internal - 15 Marks
<b>Total</b>	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, 5<sup>th</sup> 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, 4<sup>th</sup> Edition, Thomas D.Fahey, Paul M.Insel, Walton T.Roth, Mayfield Publishing company, Mayfield Publishing Company, London
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11. “Nutrition Education”, Anjali Pattanaik, (2004), Published by Chaman Enterprises, Patoudi House, New Delhi
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13. Abels, K. & Bridges, J. M. (2010) Teaching Movement Education: Foundations for active lifestyles. Human Kinetics
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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**

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

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Practicals	Practical - 30 Marks Internal - 20 Marks
<b>Total</b>	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**

Number of Credits	Number of lecture hours/ semester
<b>1</b>	<b>14</b>
<b>Content of Theory Course</b>	
<b>14 Hrs</b>	
<p><b>Unit 1:- Introduction</b></p> <ol style="list-style-type: none"> <li>1. Meaning, Definition and dimensions of Health and Wellness (WHO/Yoga)</li> <li>2. Factors affecting Fitness and Wellness</li> <li>3. Role of Fitness in maintaining Health and Wellness</li> <li>4. Importance of Health Education and Wellness</li> </ol> <p><b>Unit 2:- Methods to Maintain Health and Wellness</b></p> <ol style="list-style-type: none"> <li>1. Role of Physical Activities and Recreational Games for Health and Wellness</li> <li>2. Role of Yogasanas and Meditation in maintaining Health and Wellness</li> <li>3. Nutrition for Health &amp; Wellness</li> </ol> <p><b>Unit 3: - Anxiety, Stress and Aging</b></p> <ol style="list-style-type: none"> <li>1. Meaning of Anxiety, Stress and Aging</li> <li>2. Types and Causes of Stress</li> <li>3. Stress relief through Exercise and Yoga</li> </ol>	
<b>14</b>	

<b>Formative Assessment</b>	
<b>Assessment Occasion/ type</b>	<b>Weightage in Marks</b>
Theory	Theory - 30 Marks Internal - 20 Marks
<b>Total</b>	<b>50 Marks</b>

## 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 ( 5<sup>th</sup> 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 : 6<sup>th</sup> 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**

Number of Credits	Number of lecture hours/ semester (Inclusive of Theory & Practical's)
<b>1</b>	<b>28</b>
Content of Theory & Practical Course	
<b>Unit 1: - Physical Education &amp; Sports</b> <ul style="list-style-type: none"> <li>● Conditioning exercises</li> <li>● Aerobics &amp; Calisthenics</li> <li>● One Major Game and One Indigenous Game (Basic Skills)</li> <li>● One Track/Field Event</li> <li>● Intramural Competitions</li> </ul>	<b>28</b>

*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
<b>Total</b>	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 Defence**

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
<b>1</b>	<b>14</b>	<b>2</b>	<b>56</b>
<b>Content of Theory Course</b>			
<b>Theory</b> <ul style="list-style-type: none"> <li>● Importance and need of self-defense.</li> <li>● Types of Defensive Skills</li> <li>● Conditioning Exercises - General and Specific Exercises</li> <li>● Development of Strength and Speed</li> <li>● Development of coordinative abilities.</li> </ul>			<b>14</b>
<b>Practical</b> Basic Skills for Self - Defense <ul style="list-style-type: none"> <li>● Martial Arts</li> <li>● Kick Boxing and Wrestling</li> <li>● Defensive Skills with and without sticks (Lathi)</li> <li>● Report Preparation, Records and PPT</li> </ul>			<b>56</b>

<b>Formative Assessment</b>	
Assessment Occasion/ type	Weightage in Marks
Theory	Theory - 30 Marks Internal - 20 Marks
Practicals	Practical - 30 Marks Internal - 20 Marks
<b>Total</b>	<b>100 Marks</b>

**Semester-I**  
**Open Elective Paper**  
 Title of the Course:  
**Sports Event Management**

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

**Semester-I**  
**Open Elective Paper**  
 Title of the Course:  
**Yoga and Fitness**

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



**Semester-II**  
**Open Elective Paper**  
 Title of the Course:  
**Adventurous Sports**

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

**Semester-I**  
**Open Elective Paper**  
 Title of the Course:  
**Physical Fitness for Careers**

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

**Semester-I**  
**Open Elective Paper**  
 Title of the Course:  
**Sports and Recreation**

<b>Number of Theory Credits</b>	<b>Number of lecture hours/semester</b>	<b>Number of Practical Credits</b>	<b>Number of Practical hours/ semester</b>
<b>1</b>	<b>14</b>	<b>2</b>	<b>56</b>
<b>Content of Theory Course</b>			
<b>Theory</b> <ul style="list-style-type: none"> <li>• Meaning, Definition and Concept of Fitness and Recreation</li> <li>• Objectives, Characteristics and Principles of Fitness and Recreation</li> <li>• Importance, Purpose, Benefits of Fitness and Recreation</li> <li>• Types of Recreation</li> <li>• Recreation through Sports and Games</li> <li>• Use of Leisure Time Activities and their educational values</li> </ul>			<b>14</b>
<b>Practical</b> <ul style="list-style-type: none"> <li>• Traditional, Folk and Indigenous Games</li> <li>• Three Days outdoor camp and Hiking</li> <li>• Cycling, tie up with District/ State Association</li> <li>• Visit to Recreational Clubs</li> </ul>			<b>56</b>
<b>Formative Assessment</b>			
<b>Assessment Occasion/ type</b>	<b>Weightage in Marks</b>		
Theory	Theory - 30 Marks Internal - 20 Marks		
Practicals	Practical - 30 Marks Internal - 20 Marks		
<b>Total</b>	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 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) starting from the academic year 2021-22.
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 under NEP.
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.