

PHYSICAL EDUCATION & SPORTS MANAGEMENT

Programme Structure

Course Code	Course Title	Lecture (L) Hours Per Week	Tutorial (T) Hours Per Week	Practical (P) Hours Per Week	Total Credits
PED2151	Health Education and Sports Science	2	-	2	3
PED2251	Human Anatomy and Exercise	2	-	2	3
PED2351	Sports Training and Conditioning	2	-	2	3
PED2451	Basics of Sports Management	2	-	2	3
PED2551	Sports Psychology	2	-	2	3
PED2651	Sports Medicine	2	-	2	3
	TOTAL				18

PHYSICAL EDUCATION & SPORTS MANAGEMENT

Syllabus - Semester First

HEALTH EDUCATION AND SPORTS

Course Code: PED2151

Credit Units: 03

Course Objective: - The aim of the course is to teach students about the rules for the preservation and development of their physical, mental and emotional health, which will be help to improve the standard of health and fitness status of the individual/community/society.

Part-A

Module I: Health Education

- 1.1. Introduction of Health Education
- 1.2. Safety and Security (Hygiene and Precaution)
- 1.3. Individual and Family Health
- 1.4. Food and Nutrition

Module-II Physical Fitness and Wellness

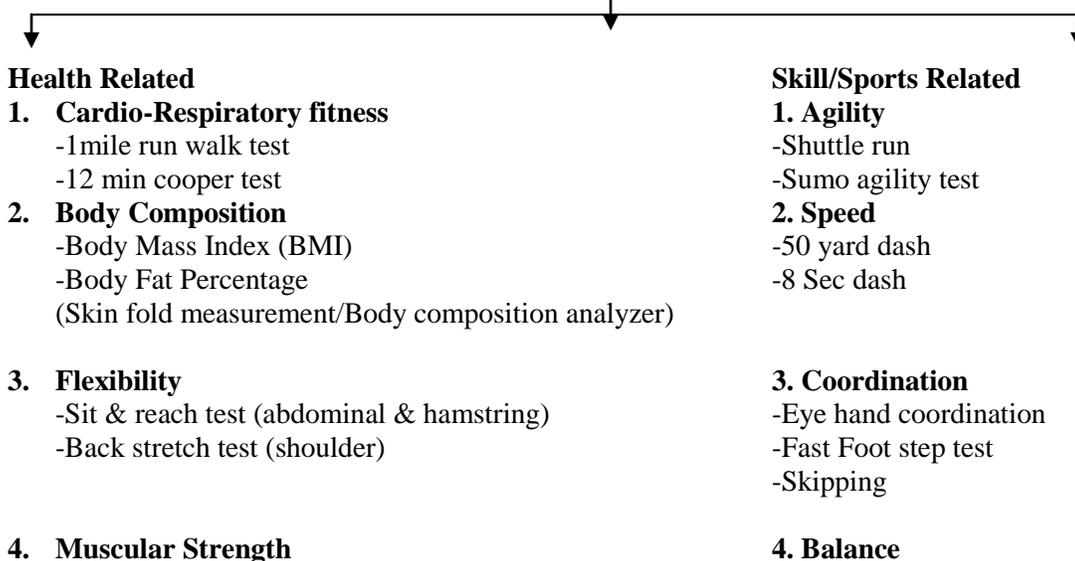
- 2.1. Meaning and Definition of Physical fitness and wellness
- 2.2. Types of Physical Fitness and Wellness
- 2.3. Importance of Physical fitness and Wellness
- 2.4. Healthy diet schedule (Pre-Match-Post)

Module-III Human Posture

- 4.1 What is a good Posture
- 4.2. Posture deformities
- 4.3. Types of Posture deformity
- 4.4. Remedies of Posture deformities by exercise and Yoga

Part-B

Fitness Assessment (Practical)



- Pull ups or pushups with weight (boys)
- Flex arm hang (girls)
- Grip Strength Test
- Bench press

- Static Balance Test
- Dynamic Balance Test

5. Muscular Endurance

- Sit-ups
- Pull ups and push ups

5. Power

- Standing Broad Jump

6. Reaction Time

- Nelson Scale test

Fundamental Skills of Game/Sport

Basketball

- ❖ History, Rule and Regulation of Sports
- ❖ Basic and Specific Skills
- ❖ Techniques and Tactics

Examination Scheme:

Components	FA	CA	CP	A	EE
Weightage	10	10	5	5	70

Internal Assessment: 30

{FA=Fitness Assessment (10 Marks), CA=Competition Assignment (10Marks), CP=Class Presentation (5Marks), A=Attendance (5Marks)}

External Assessment: 70

Part-A: Theory = 35

Part-B: Practical Examination = 35

- (1) General Fitness Test (5 marks)
- (2) Sports Specific Test (10 Marks)
- (3) Project File (10 Marks)
- (4) Viva (10 Marks)

Syllabus - Semester Second

HUMAN ANATOMY AND EXERCISE

Course Code: PED2251

Credit Units: 03

Course Objective: - The aim of the course is to provide the knowledge of cell, tissues, organs and systems, microscopic structure of cell, Human body and their internal system and the effect of sports or exercise on their system.

Part –A

Module -I Introduction of Various Human Systems

- 1.1. Meaning and concept of anatomy, need and importance of anatomy for the athlete/non-athlete
- 1.2. Brief introduction of various systems cell, tissues, organs and systems, microscopic structure of cell,

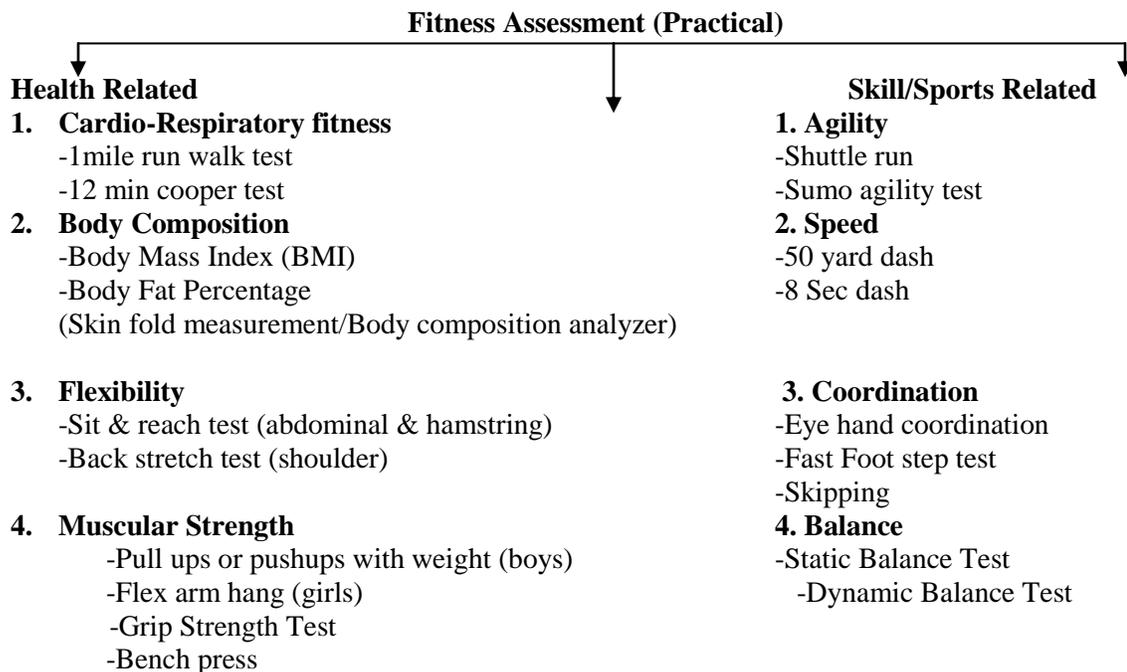
Module -II Effect of Exercise on various systems

- 1.1. Muscular System, Cardio-vascular system, Respiratory system, Nervous system, Reproductive system, Urinary system, Digestive system)

Module-III Fatigue

- 3.1. Concept, cause and systems of fatigue
- 3.2. Remedial measure to overcome fatigue
- 3.3. Importance of Warming-up in sports
- 3.4. Importance of Limber down in sports

Part-B



5. Muscular Endurance

- Sit-ups
- Pull ups and push ups

5. Power

- Standing Broad Jump

6. Reaction Time

- Nelson Scale test

Fundamental Skills of Game/Sport

Football

- ❖ History, Rule and Regulation
- ❖ Basic and Specific Skills
- ❖ Techniques and Tactics

Examination Scheme:

Components	FA	CA	CP	A	EE
Weightage	10	10	5	5	70

Internal Assessment: 30

{FA=Fitness Assessment (10 Marks), CA=Competition Assignment (10Marks), CP=Class Presentation (5Marks), A=Attendance (5Marks)}

External Assessment: 70

Part-A: Theory = 35

Part-B: Practical Examination = 35

- (1) General Fitness Test (5 marks)
- (2) Sports Specific Test (10 Marks)
- (3) Project File (10 Marks)
- (4) Viva (10 Marks)

Syllabus - Semester Third

SPORTS TRAINING AND CONDITIONING

Course Code: PED2351

Credit Units: 03

Course Objective: - The aim of the course to provide the scientific knowledge of sports training and conditioning which help to the athlete or non athlete for develop their physical efficiency and performance.

Part-A

Module-I Introduction

- 1.1. Introduction of Sports Training
- 1.2. Meaning and Definition of Sports Training
- 1.3. Principle of Sports Training
- 1.4. Significance of Sports Training

Module-II Motor Components

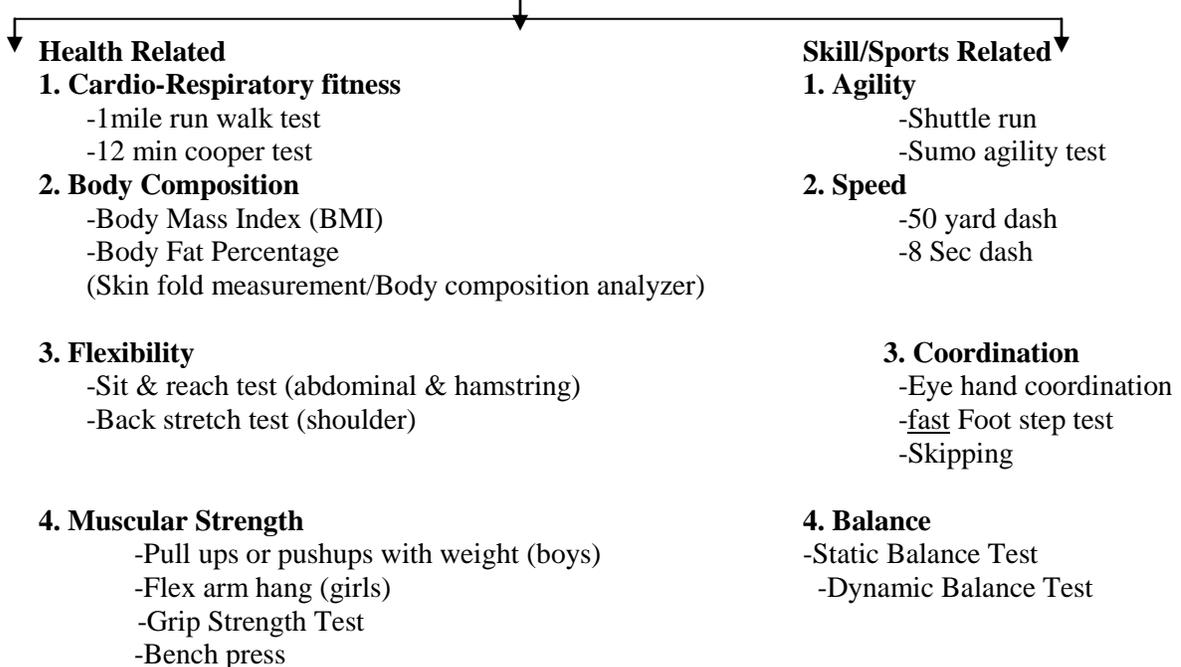
- 2.1. Introduction
- 2.2. Speed
- 2.3. Strength
- 2.4. Endurance
- 2.5. Flexibility and Coordination

Module-III Methods to develop various motor components

- 3.1. Development of Speed
- 3.2. Development of Strength
- 3.3. Development of Endurance.
- 3.4. Development of Flexibility and Coordination.

Part-B

Fitness Assessment (Practical)



5. Muscular Endurance

Sit-ups
Pull ups and push ups

5. Power

-Standing Broad Jump

6. Reaction Time

-Nelson Scale test

b. Fundamental Skills of Game/Sport

Athletics

- ❖ History, Rule and Regulation
- ❖ Basic and Specific Skills
- ❖ Techniques and Tactics

Examination Scheme:

Components	FA	CA	CP	A	EE
Weightage	10	10	5	5	70

Internal Assessment: 30

{FA=Fitness Assessment (10 Marks), CA=Competition Assignment (10Marks), CP=Class Presentation (5Marks), A=Attendance (5Marks)}

External Assessment: 70

Part-A: Theory = 35

Part-B: Practical Examination = 35

- (1) General Fitness Test (5 marks)
- (2) Sports Specific Test (10 Marks)
- (3) Project File (10 Marks)
- (4) Viva (10 Marks)

Syllabus - Semester Fourth

BASICS OF SPORTS MANAGEMENT

Course Code: PED2451

Credit Units: 03

Course Objective: - The aim of this course is to provide the management and organizational skill to the students for organizes any sports/competition or events by giving the practical assignments.

Part -A

Module-I Sports management and planning in sports

- 1.1 Brief introduction of Sports Management
- 1.2 Management of Intramural and extramural competition
- 1.3. Types of Planning
- 1.4. Principle of planning
- 1.5. Importance of Effective Planning

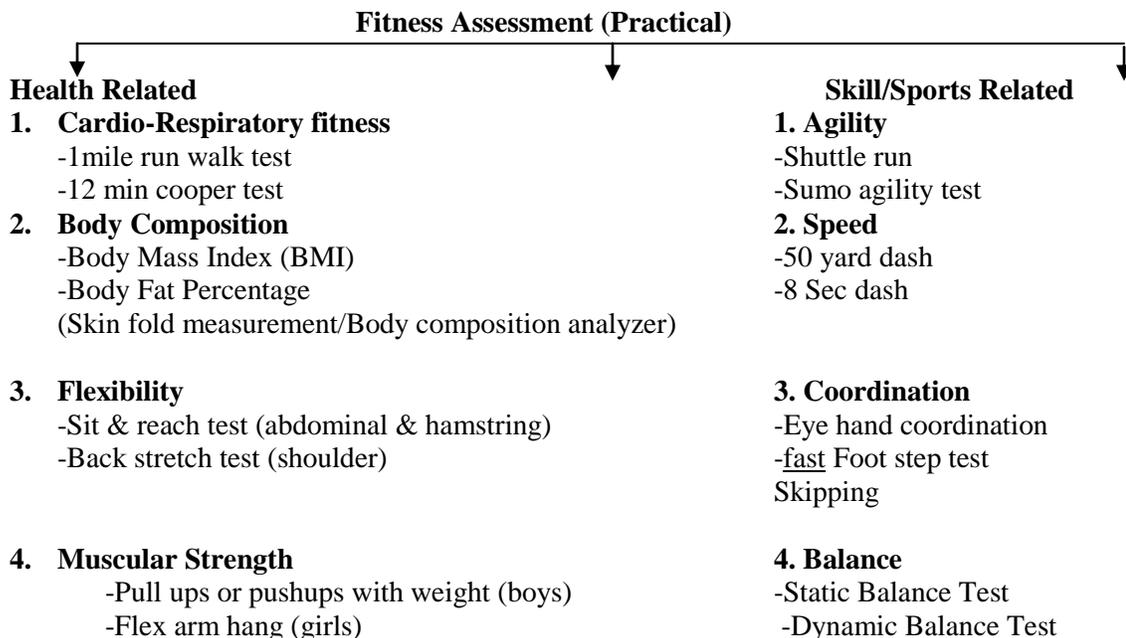
Module-II Controlling

- 2.1. Introduction of Controlling
- 2.2. Definition and Nature of Controlling
- 2.3. Steps of Controlling
- 2.4 Principle of Effective Control
- 2.5. Importance of Controlling in Physical Education and Sports

Module-III Budgeting and Stocking in Sports

- 2.1. Introduction
- 2.2. Definition of Budget and Stocking
- 2.3. Principles of Effective Budget
- 2.4. Steps in Constructing/ Preparation of Budget in Physical Education and Sports
- 2.5. Presentation of Budget Maintenance of Stocks
- 2.6. Financial Management

Part-B



- Grip Strength Test
- Bench press

5. Muscular Endurance

- Sit-ups
- Pull ups and push ups

5. Power

- Standing Broad Jump

6. Reaction Time

- Nelson Scale test

Fundamental Skills of Game/Sport

Volleyball & Throw Ball

- ❖ History, Rule and Regulation of
- ❖ Basic and Specific Skills
- ❖ Techniques and Tactics

Examination Scheme:

Components	FA	CA	CP	A	EE
Weightage	10	10	5	5	70

Internal Assessment: 30

{FA=Fitness Assessment (10 Marks), CA=Competition Assignment (10Marks), CP=Class Presentation (5Marks), A=Attendance (5Marks)}

External Assessment: 70

Part-A: Theory = 35

Part-B: Practical Examination = 35

- (1) General Fitness Test (5 marks)
- (2) Sports Specific Test (10 Marks)
- (3) Project File (10 Marks)
- (4) Viva (10 Marks)

Syllabus - Semester Fifth

SPORTS PSYCHOLOGY

Course Code: PED2551

Credit Units: 03

Course objective: - The objective of this course is to facilitate the understanding of how psychological factors influence involvement and performance in sports setting. The course will explore such topics as Achievement motivation, Goal setting in sports.

Part-A

Module-I Introduction of Sports Psychology

- 1.1. Meaning, nature and scope of Sports Psychology in Physical Education and Sports
- 1.2. Importance of Sports Psychology in Physical Education and Sports

Module-II Achievement Motivation

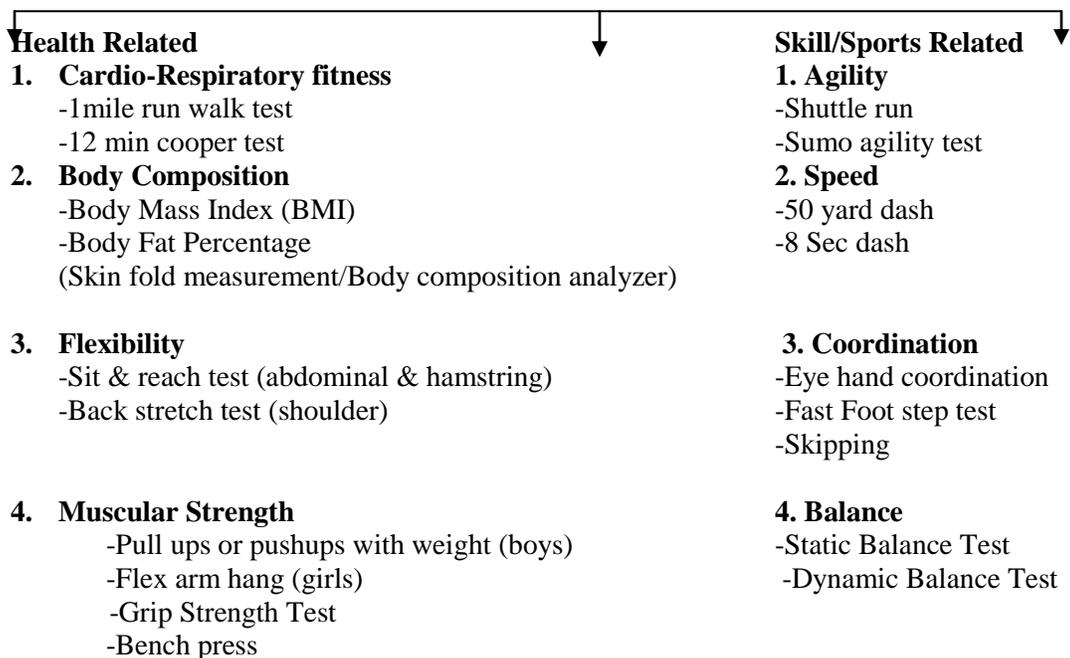
- 2.1. Meaning and definition of achievement motivation
- 2.2. Types of Motivation
- 2.3. Significance of achievement motivation in the field of Physical Education and Sports

Module-III Goal Setting

- 3.1. Introduction
- 3.2. Types of Goal Setting
- 3.3. Significance of Goal Setting in the field of Physical Education and Sports

Part-B

Fitness Assessment (Practical)



5. Muscular Endurance

Sit-ups
Pull ups and push ups

5. Power

-Standing Broad Jump

6. Reaction Time

-Nelson Scale test

1. Fundamental Skills of Game/Sport

Cricket

- ❖ History, Rule and Regulation of
- ❖ Basic and Specific Skills
- ❖ Techniques and Tactics

Examination Scheme:

Components	FA	CA	CP	A	EE
Weightage	10	10	5	5	70

Internal Assessment: 30

{FA=Fitness Assessment (10 Marks), CA=Competition Assignment (10Marks), CP=Class Presentation (5Marks), A=Attendance (5Marks)}

External Assessment: 70

Part-A: Theory = 35

Part-B: Practical Examination = 35

- (1) General Fitness Test (5 marks)
- (2) Sports Specific Test (10 Marks)
- (3) Project File (10 Marks)
- (4) Viva (10 Marks)

Syllabus - Semester Sixth

SPORTS MEDICINE

Course Code: PED2651

Credit Units: 03

Course objective: - The aim of the course is to provide scientific knowledge of sports medicine, care of sports injuries, rehabilitation process and prevention of drugs in sports. This course also enhance the visibility of athletes by provide the comprehensive, diverse and educational experience in the field of sports medicine.

Part-A

Module –I First-Aids

- 1.1. Basic of First-Aids
- 1.2. Preparing to respond to a health emergency –location and availability to your sports arena
- 1.3. Preparing to respond to a health emergency –location and availability to your work place

Module –II Sports Injuries & Rehabilitation

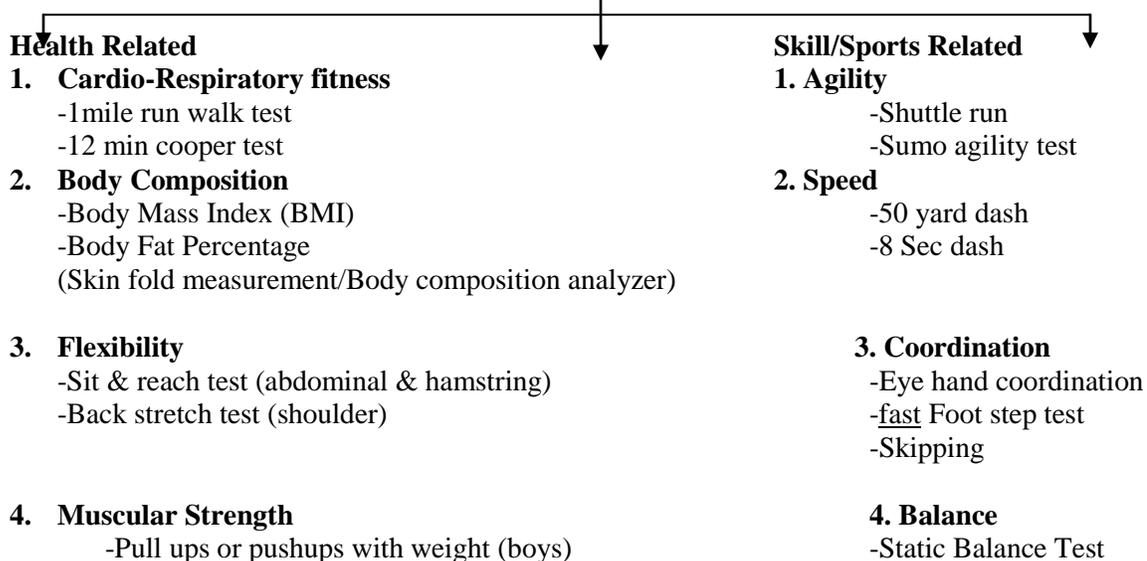
- 2.1. Introduction
- 2.2. Types of Sports Injuries
- 2.3. Cause of Sports Injuries
- 2.4. Rehabilitation of Sports Injuries
 - Prevention and Management of Sports injuries by therapeutic modalities and Massage

Module –III Drug Abuse in Sports

- 3.1. Introduction
- 3.2. Meaning and Definition of Doping
- 3.3. Classification of Doping
- 3.4. Doping Method
- 3.5. The prevention of Doping in Sports

Part-B

Fitness Assessment (Practical)



-Flex arm hang (girls)
Test

-Grip Strength Test
-Bench press

5. Muscular Endurance

Sit-ups
Pull ups and push ups

-Dynamic Balance

5. Power

-Standing Broad Jump

6. Reaction Time

-Nelson Scale test

Fundamental Skills of Game/Sport

Racquet Sports

- ❖ History, Rule and Regulation of
- ❖ Basic and Specific Skills
- ❖ Techniques and Tactics

Examination Scheme:

Components	FA	CA	CP	A	EE
Weightage	10	10	5	5	70

Internal Assessment: 30

{FA=Fitness Assessment (10 Marks), CA=Competition Assignment (10Marks), CP=Class Presentation (5Marks), A=Attendance (5Marks)}

External Assessment: 70

Part-A: Theory = 35

Part-B: Practical Examination = 35

- (1) General Fitness Test (5 marks)
- (2) Sports Specific Test (10 Marks)
- (3) Project File (10 Marks)
- (4) Viva (10 Marks)