

Common Pool of Generic Electives (GEs) offered by

Department of Physical Education

GE Paper: FITNESS & WELLNESS SEMESTER-I

GE : FITNESS & WELLNESS

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
Fitness & Wellness	04	3	0	1	XII class pass	NIL

Learning Objectives:

1. To impart the knowledge and practices about the fitness components and health.
2. The learner will learn and practice about the subject and their health benefits for normal and challenged population.
3. To develop the practical knowledge of learners, with applications and analysis of various laboratory testing, physiological testing, stress management, survey project for fitness and wellness of the local community and nutritional diet analysis.

Learning Outcomes:

1. The learners will be able to analyze and correlate the components of physical fitness, principles of physical fitness and benefits of fitness programmes.
2. The learners will be able to apply the knowledge regarding causes and prevention of obesity; and weight management guidelines to lead a better quality of life.
3. The learner will be able to analyze, correlate and evaluate in regard to fitness profile, development and maintenance of the player including types of motor components, principles of physical fitness, benefits of fitness program, causes and prevention of obesity and weight management.
4. The learner will be able to identify, apply and correlate different aspects of wellness including identifying dimensions of wellness, achieving and maintenance of wellness, identifying stressors and managing stress, relationship of wellness towards positive lifestyle and benefits of wellness.
5. The learner will be able to describe, apply, correlate and measure different aspects of behavior modification in regard to barriers to change, six stages of SMART, technique of change & smart goal setting with healthy lifestyle approach adaptation.
6. The learner will be able to describe, apply, correlate and measure different aspects of daily schedule of achieving quality of life and wellness in regard to daily schedule (based upon one's attitude, gender, age & occupation), basic module (time split for rest, sleep, diet, activity & recreation), principles to achieve quality of life including positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.

THEORY SYLLABUS

- UNIT – I** INTRODUCTION **(8 hrs lectures)**
- 1.1 Concept and meaning of fitness and wellness
 - 1.2 Components of fitness and their description
 - 1.3 Components of wellness and their description
 - 1.4 Significance of fitness and wellness in present scenario.
 - 1.5 Fitness and wellness for life
- UNIT – II** FITNESS PROFILE, DEVELOPMENT AND MAINTAINENCE OF FOLLOWING **(10 hrs lecture)**
- 2.1 Types :- physical (cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related (cardio-respiratory, flexibility, body composition, muscular strength and endurance) motor skill related (speed, power, agility, coordination, endurance, balance)
 - 2.2 Principals of physical fitness
 - 2.3 Benefits of fitness programme
 - 2.4 Obesity (causes and prevention)
 - 2.5 Weight management (role of diet & exercise in maintenance of ideal weight)
- UNIT – III** WELLNESS **(12 hrs lectures)**
- 3.1 Identifying dimensions of wellness, achieving and maintenance of wellness
 - Adopting healthy & positive lifestyle.
 - Identifying stressors and managing stress
 - Staying safe & preventing injuries
 - Knowledge of Nutrition & its implication on healthy lifestyle
 - Factors leading to eating disorders
 - Hazards of substance abuse (smoking, alcohol & tobacco)
 - Adoption of spirituality principals & their remedial measures
 - Yogic practices for achieving health and fitness
 - Worthwhile use of leisure time.
 - Sexuality – preventive measures for sexual transmitted diseases.
 - Emphasis on proper rest & sleep.
 - Prevention of cancer, cardio-vascular disorders & other diseases.
 - 3.2 Relationship of wellness towards positive lifestyle
 - 3.3 Benefits of wellness
- UNIT – IV** BEHAVIOR MODIFICATION **(7 hrs lectures)**
- 4.1 Barriers to change
 - 4.2 Process of change (6 stages) SMART
 - 4.3 Technique of change & smart goal setting.
 - 4.4 Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases)
- UNIT – V** DAILY SCHEDULE OF ACHIEVING QUALITY OF LIFE & WELLNESS **(8 hrs lecture)**
- 5.1 Daily schedule based upon one's attitude, gender, age & occupation.
 - 5.2 Basic – module: - Time split for rest, sleep, diet, activity & recreation.
 - 5.3 Principles to achieve quality of life:- positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.

PRACTICAL SYLLABUS

30 hrs

1. FITNESS LABS: Various labs testing related to cardio-vascular endurance, flexibility, muscular strength and body composition.
2. PHYSIOLOGICAL TESTING: - Blood pressure, VO₂ max, vital capacity, pulse rate.
3. STRESS MANAGEMENT :- Yogic practices (asanas, pranayam and meditation)
4. SURVEY PROJECT: - Fitness & wellness assessment of local community.
5. NUTRITIONAL DIET ANALYSIS :- Given diet

Suggested Readings:

1. Anderson, B., Stretch Yourself for Health & Fitness, Delhi : UBSPD, 2002.
2. Austin and Noble, Swimming For Fitness, Madras: All India Pub., 1997.
3. Bean, Anita, Food For Fitness, London : A & C Black, 1999.
4. Callno Flood, D.K., Practical Math For Health Fitness, New Delhi, 1996.
5. Cox, Corbin, C.B & Indsey, R., Concepts of Physical Fitness, WC Brown, 1994.
6. Difiore, Judy, Complete Guide to Postnatal Fitness, London : A & C Black, 1998.
7. Giam, C.K & The, K.C., Sport Medicine Exercise and Fitness, Singapore : P.G. Medical Book, 1994.
8. Gosselior, C., The Ultimate Guide to Fitness, London: Vermilion, 1995.
9. Harrison, J.C., Hooked on Fitness, NY: Parker Pub. Com., 1993.
10. Hoeger, W.K. and S.A., Principles and Labs for Physical Fitness, Englewood Morton, 1999.
11. Kirtani, Reema, Physical Fitness, Delhi : KheI Sahitya, 1998.
12. Maud, J.R. and Foster, C., Physiology Assessment of Human Fitness, New Delhi, 1995.
13. Mcglynn, G., Dynamics of Fitness, Madison : W.C.B Brown, 1993.
14. Muller, J. P., Health, Exercise and Fitness Delhi : Sports, 2000.
15. Muller, J.P., Health Exercise and Fitness, Delhi: Sports, 2003.
16. Saggar, S.K., Physical Fitness, New Delhi : Rupa Co., 1994.
17. Sharkey, B.J., Physiology of Fitness, Human Kinetics Book, 1990.
18. Thani, Lokesh, Rules of Games and Games and Fitness, Delhi: Sports, 2003.

Department of Physical Education
GE Paper : GYM MANAGEMENT
SEMESTER-I

GE : GYM MANAGEMENT

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
Gym Management	04	3	0	1	XII class pass	NIL

Learning Objective

1. The learner will acquire knowledge, understanding and practices with applications and skills required for gym management.
2. The learner will develop understanding of the gym essentials including publicity, policy, registration, location and establishment of gym, procurement, placement & maintenance of gym equipment. Learner will be able to apply the understanding of the same for marketing, clientage, enrolments, record keeping, social activities, and public relations.
3. The learner will be able to acquire skills and competencies required for becoming a gym instructor.
4. The learner will acquire practical skills (in laboratory and field setup) in regard to calculating BMI, flexibility test (Sit and reach test, hip bend and toe touch), strength test (Bend knee sit ups, leg raise for minimal strength), cardiovascular endurance test (Harvard step test, cooper 12/9 min. run), self-evaluation (personal health and well-being), asana, aerobic schedule, weight management of the subjects. The learner will be able to compare, correlate and analyze the above learnings in real life situation.

Learning Outcome:-

1. The learner will be able to apply safety procedures to be followed in the gym.
2. The learner will develop the skills required for handling different gym equipment as well as management and utilization of the same.
3. The learner will be able to test, take measurements, analyze and interpret different components with the help of different equipment and tests (flexibility, strength, cardiovascular endurance).
4. The learner will be equipped with personal health and well-being for self-evaluation and of others.
5. The learner will be skilled to handle gym management economics (costing, balance sheet, promotional plans).

THEORY SYLLABUS

UNIT-I

GYM ESSENTIALS

(09 hrs lecture)

- Location and Establishment of gym (Publicity, policy, reception, information, Registration, offer of programmes), Procurement, placement & maintenance of gym Equipments
- Marketing, clientage, Enrolments, record keeping, social activities, Public Relations,
- Individualized/group grooming programme, basic concepts of financial management

UNIT-II

GYM INSTRUCTOR

(09 hrs lecture)

- Gym-instructor – qualification, qualities, pay-roll, Performance – evaluation, grooming and presentation
- Safety procedures to be followed in the gym.

- UNIT-III** GYM-EQUIPMENTS (09 hrs lecture)
- Introduction to different exercise equipment
 - Floorings and equipments required for aerobic- Understanding of various forms of aerobics- floor aerobics, step – aerobics, weight
 - Aerobics and aqua aerobics
- UNIT-IV** EQUIPMENTS FOR FITNESS EVALUATION AND ASSESSMENTS (09 hrs lecture)
- Measurement of Weight and Height, Calculating BMI (Body Mass Index)
 - Measurement of Fitness Components –
 - Flexibility (Sit and Reach Test, Hip Bend and Toe Touch)
 - Strength (Sit-Ups, Leg-Raise for Minimal Strength)
 - Cardiovascular Endurance (One-mile run, Physical Efficiency test, Harvardstep test)
 - Self- evaluation –Personal Health and Well-being
- UNIT-V** GYM MANAGEMENT ECONOMICS (09 hrs lecture)
- Costing, Balance sheet, Promotional plans

PRACTICAL SYLLABUS - 30 hrs

1. Calculating BMI
2. Flexibility Test (Sit and reach test, hip bend and toe touch)
3. Strength Test (Bend knee sit ups, leg raise for minimal strength)
4. Cardiovascular endurance test (Harvard step test, cooper 12/9 min. run)
5. Self evaluation- (Personal health and well being)
6. Any five asanas
7. Aerobic schedule
8. Weight management

Suggested Readings:

1. Alexandria, Virginia, “The Gym Workout” Published by Time Life Books.
2. Ann Goodsell “Your Personal Trainer, 1994.
3. Carol Kennedy Armbruster. Mary M. Yoke “ Methods of Group Exercise Instruction”, 2009.
4. Philip Mazzurco “Exerstyle”, 1985.
5. Refus, Inc, “The Body in Motion” Published by Time Life Books.
6. Sheela Kumari , Fitness, Aerobics & Gym Operations, New Delhi, Khel Sahitya Kendra, 2009.
7. Sunil Bharihoke, The Gym” , 2002.
8. Time life books, Gym workout, London times life books, 2004
9. Time life books, staying flexible, London, time life books, 2005
10. Time life books, super firm tough workouts, London times life books, 2005
11. Wayne L. Westcott, Thomas R. Bachle, “ Strength Training”, 2007.

Common Pool of Generic Electives (GEs) offered by

Department of Physical Education

SEMESTER-II

GE paper- PROFESSIONAL PREPARATION AND CAREER AVENUES IN PHYSICAL EDUCATION ANDSPORTS

GE : PROFESSIONAL PREPARATION AND CAREER AVENUES IN PHYSICAL EDUCATION ANDSPORTS

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
Professional Preparation and Career Avenues in Physical Education and Sports	04	3	0	1	XII class pass	NIL

Learning Objectives:

1. To develop an understanding of the professional preparation in physical education.
2. To develop skills to meet professional requirements.
3. To understand the need for professional development.
4. To acquire skill and competencies for professional development.
5. To gain knowledge of curriculum development.
6. To acquire skill to analyze, develop and evaluate curriculum

Learning Outcomes:

1. The learner will be able to demonstrate professional preparation in physical education and compare the same with other countries for exploring best possibilities.
2. The learner will develop skills to meet professional requirements for best applications and analysis.
3. The learner will be able to do comparative analysis of professional preparation program in U.S., Europe and China as well as to compare the same with India.
4. The learner will acquire skill and competencies for professional development to relate courses available in physical education and sports and role of physical education teacher and institutes in professional preparation programmes.
5. The learner will be able to develop curriculum to correlate career avenues after under graduation and post-graduation and research degrees, planning for a career: self-assessment, motivational dynamics, decision making, counseling and guidance, challenges and opportunities in physical education.
6. The learner will acquire skills to analyze, develop and evaluate curriculum to correlate career avenues after under graduation and post-graduation and research degrees, planning for a career: self-assessment, motivational dynamics, decision making, counseling and guidance, challenges and opportunities in physical education.

THEORY SYLLABUS

FUNDAMENTALS OF PROFESSIONAL PREPARATION

UNIT-I

HISTORICAL PERSPECTIVE

(09 hrs lecture)

- Professional Preparation in India
 - Pre Independence perspective
 - Post Independence perspective

- Comparative analysis of professional preparation program in U.S., Europe and China

UNIT-II PROFESSIONAL PREPARATION PROGRAMMES (09 hrs lecture)

- Foundation: need, objectives and characteristic of professional preparation programmes
- Courses available in physical education and sports.
- Role of physical education teacher and institutes in professional preparation programmes

UNIT-III PHYSICAL EDUCATION AND PROFESSIONALISM (09 hrs lecture)

- Concept and meaning of Profession, Professional and Professionalism.
- Physical education as a profession.

UNIT-IV CAREER AVENUES & JOB OPPORTUNITIES IN PHYSICAL EDUCATION & SPORTS (09 hrs lecture)

- Career avenues after under graduation and post graduation and research degrees.
- Planning for a career : self-assessment, motivational dynamics, decision making, counseling and guidance

UNIT-V EXPLORING AND VENTURING INTO NEW AVENUES (09 hrs lecture)

- Challenges and opportunities in physical education
- Inter-relationship among various careers in physical education and sports

PRACTICAL SYLLABUS :

30 hrs

1. Case study on national sports policy/national education policy

Suggested Readings:

1. Adams William C. Foundation of Physical Education Exercise and Sports Sciences, Philadelphia, 1991
2. Gupta Rakesh, Sharma Akhilesh, and Sharma Santosh, Professional Preparation and Curriculum Design in Physical Education & sports Sciences, New Delhi, Friends Publications, 2004
3. Hoover. Kenneth H., The Professional Teacher's Handbook, Boston, Allyn and Bacon, 1972
4. Krik David, Physical Education and Curriculum Study, Kent, Croom Helm, 1988
5. Sandhu Kiran, Professional Preparation and Career Development in Physical Education, New Delhi, Friends Publications, 2004
6. Sandhu Kiran, Trends and Development in Professional Preparation in Physical Education, New Delhi, Friends Publication, 2006
7. Wessel Janet A, and Kelly Luke, Achievement-Based Curriculum Development in Physical Education, Philadelphia, Lea and Febiger, 1986
8. Zeigler E.F, Professional and Scholarly Foundation of Physical Education and Kinesiology, Sports Educational Technologies, 2007

Semester II
GE-Paper: STRESS MANAGEMENT

GE : STRESS MANAGEMENT

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
Stress Management	04	3	1	0	XII class pass	NIL

Learning Objectives:

1. To acquaint the learner with the knowledge, practices and understanding of anger, stress and its management and other related aspects important to sports persons.
2. The learners will be introduced with the basic concepts of stress and anger, causes and effects of stress and anger, main emotions of stress-fear and anger, daily life stressors, process of stress, anger and psycho physiology of stress.
3. The learner will gain knowledge and concept of self-awareness and stress management, muscular tension reduction, emotional tension reduction, stress free living, stress free examination, stress management through physical activity and stress management through recreation activities.
4. The learner will gain knowledge of anger management- Redford William's 12 steps of anger management, stress management- behavior modification, time management, coping strategy & intervention skills. It also helps to learn relaxation technique- diaphragmatic breathing, meditation, progressive muscle relaxation, Yoga, mental imagery, music therapy, and massage therapy.

Learning Outcomes:

1. The learner will be able to apply the knowledge, learning and understanding to the concept of anger, stress and how to manage it.
2. The learner will be able to correlate the concepts and practices of the stress and anger.
3. The learner will be able to understand and adapt to stress - reframing of habitual stress resistance, types of stress, personal and social stress, occupational stress, peer stress / learners stress, family stress, stress & elderly and Stress & drug abuse. It helps to know about the stress related diseases- sleep disorder, eating disorder, sexual and emotional disorder, other stress related diseases, stress & spirituality.
4. The learner will be able to correlate the concepts and practices for best management of stress.

THEORY SYLLABUS:

Unit-I

(15 hrs Lectures)

Definition of stress and anger, Causes and effects of stress and anger, two main emotions of stress-fear and anger, Daily life stressors, Process of stress and anger- Psycho Physiology of stress.

Unit-II

(15 hrs Lectures)

Adaptation to stress-Reframing of habitual stress resistance, types of stress-personal and social stress Occupational stress, Peer stress / Students stress, Family stress, Stress & elderly and Stress & drug abuse.
Stress related diseases- i) Sleep disorder, ii) Eating disorder, iii) Sexual and emotional disorder, iv) Other stress related diseases, v) Stress & Spirituality.

Unit-III (15 hrs Lectures)

Self-awareness and stress management, Muscular tension reduction, Emotional tension reduction, Stress free living, Stress free examination, Stress management through physical activity, Stress management through recreation.

Unit-IV (15 hrs Lectures)

Anger management- Redford William's 12 steps of anger management

Stress management- behavior modification, time management, coping strategy & intervention skills.

Relaxation technique- i) Diaphragmatic breathing, ii) Meditation, iii) Progressive muscle relaxation, iv) Yoga, v) Mental imagery, vi) Music therapy, vii) Massage therapy

SUGGESTED READINGS

1. Adrain F & Herrick E. and Sharp P (1998). Anger Management. Routledge Publishing. Florence. Kentucky. U.S.A.
2. Allen E (2008). Stress Management for Dummies. For Dummies Publishers. U.S.A.
3. Davis M. et al (2008). The Relaxation and Stress Reduction workbook. Harbinger Publications, USA.
4. Greenberg J.S. (2008). Comprehensive stress management. McGraw Hill, USA
5. Hipp E. (2008). Fighting Invisible Tigers: Stress Management for Teens. Free Spirit Publishing, USA.
6. Mac W. (2007). Anger and Stress Management. God's Way. Calvary Press, USA.
7. Petee F (2006). Anger Management. Pentagon. Press. New York. U.S.A.
8. Swate Y B (2009). Anger Management. Sage Publication. New Delhi.
9. NCERT & CBSE publication and reading for stress management.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- Unit I	The students will be introduced with the basic concepts of stress and anger, causes and effects of stress and anger, main emotions of stress- fear and anger, daily life stressors, process of stress, anger and psycho physiology of stress.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	The students will develop the understanding and knowledge of adaptation to stress- reframing of habitual stress resistance, types of stress, personal and social stress, occupational stress, peer stress / students stress, family stress, stress & elderly and Stress & drug abuse. It helps to know about the stress related diseases- sleep disorder, eating disorder, sexual and emotional disorder, other stress related diseases, stress & spirituality.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month- UNIT-III	The students will gain knowledge and concept of self-awareness and stress management, muscular tension reduction, emotional tension reduction, stress free living, stress free examination, stress management through physical activity and stress management through recreation activities.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month- UNIT-IV	The Students will gain knowledge of anger management- Redford William's 12 steps of anger management, stress management- behavior modification, time management, coping strategy & intervention skills. It also helps to learn relaxation technique- diaphragmatic breathing, meditation, progressive muscle relaxation, Yoga, mental imagery, music therapy, and massage therapy.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar



REGISTRAR

SEMESTER-II
BSc-PE-GE-2 (4)-101: FITNESS & WELLNESS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
FITNESS & WELLNESS	4	3	0	1	Class XII pass	NIL

Learning Objectives: To impart the knowledge and practices about the sports, play, recreation, games and motivational factors towards sports, their fitness components and health.

Learning Outcomes:

1. The learner will learn and practice about the sports and recreation, and their health benefits for normal and challenged population.
2. The learner will be able to analyze, correlate and evaluate in regard to fitness profile, development and maintenance of the player including types of motor components, principles of physical fitness, benefits of fitness program, causes and prevention of obesity and weight management.
3. The learner will be able to identify, apply and correlate different aspects of wellness including identifying dimensions of wellness, achieving and maintenance of wellness, identifying stressors and managing stress, relationship of wellness towards positive lifestyle and benefits of wellness.
4. The learner will be able to describe, apply, correlate and measure different aspects of behavior modification in regard to barriers to change, six stages of SMART, technique of change & smart goal setting with healthy lifestyle approach adaptation.
5. The learner will be able to describe, apply, correlate and measure different aspects of daily schedule of achieving quality of life and wellness in regard to daily schedule (based upon one's attitude, gender, age & occupation), basic module (time split for rest, sleep, diet, activity & recreation), principles to achieve quality of life including positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.
6. The learner will have practical knowledge with applications and analysis of various laboratory testing, physiological testing, stress management, survey project for fitness and wellness of the local community and nutritional diet analysis.

UNIT – I INTRODUCTION (09 hrs Lectures)

- Concept and meaning of fitness and wellness
- Components of fitness and their description
- Components of wellness and their description
- Significance of fitness and wellness in present scenario.
- Fitness and wellness for life

UNIT – II FITNESS PROFILE, DEVELOPMENT AND MAINTAINENCE OF FOLLOWING (09 hrs Lectures)

- Types :- physical (cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related (cardio-respiratory, flexibility, body composition, muscular strength and endurance) motor skill related (speed, power, agility, coordination, endurance, balance)
 - Principals of physical fitness
 - Benefits of fitness programme
 - Obesity (causes and prevention)
 - Weight management (role of diet & exercise in maintenance of ideal weight)
- UNIT – III WELLNESS (09 hrs Lectures)
- Identifying dimensions of wellness, achieving and maintenance of wellness
 - Adopting healthy & positive lifestyle.
 - Identifying stressors and managing stress
 - Staying safe & preventing injuries
 - Knowledge of Nutrition & its implication on healthy lifestyle
 - Factors leading to eating disorders
 - Hazards of substance abuse (smoking, alcohol & tobacco)
 - Adoption of spirituality principals & their remedial measures
 - Yogic practices for achieving health and fitness
 - Worthwhile use of leisure time.
 - Sexuality – preventive measures for sexual transmitted diseases.
 - Emphasis on proper rest & sleep.
 - Prevention of cancer, cardio-vascular disorders & other diseases.
 - Relationship of wellness towards positive lifestyle
 - Benefits of wellness
- UNIT – IV BEHAVIOR MODIFICATION (09 hrs Lectures)
- Barriers to change
 - Process of change (6 stages) SMART
 - Technique of change & smart goal setting.
 - Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases)
- UNIT – V DAILY SCHEDULE OF ACHIEVING QUALITY OF LIFE & WELLNESS (09 hrs Lectures)
- Daily schedule based upon one's attitude, gender, age & occupation.
 - Basic – module: - Time split for rest, sleep, diet, activity & recreation.
 - Principles to achieve quality of life:- positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.

PRACTICAL (30 Hrs.)

1. FITNESS LABS: Various labs testing related to cardio-vascular endurance, flexibility, muscular strength and body composition.
2. PHYSIOLOGICAL TESTING: - Blood pressure, VO2 max, vital capacity, pulse rate.
3. STRESS MANAGEMENT :- Yogic practices (asanas, pranayam and meditation)
4. SURVEY PROJECT: - Fitness & wellness assessment of local community.
5. NUTRITIONAL DIET ANALYSIS :- Given diet

Suggested Readings:

1. Anderson, B., Stretch Yourself for Health & Fitness, Delhi : UBSPD, 2002.
2. Austin and Noble, Swimming For Fitness, Madras: All India Pub., 1997.
3. Bean, Anita, Food For Fitness, London : A & C Black, 1999.
4. Callno Flood, D.K., Practical Math For Health Fitness, New Delhi, 1996.
5. Cox, Corbin, C.B & Indsey, R., Concepts of Physical Fitness, WC Brown, 1994.
6. Difiore, Judy, Complete Guide to Postnatal Fitness, London : A & C Black, 1998.
7. Giam, C.K & The, K.C., Sport Medicine Exercise and Fitness, Singapore : P.G. Medical Book, 1994.
8. Gosselior, C., The Ultimate Guide to Fitness, London: Vermilion, 1995.
9. Harrison, J.C., Hooked on Fitness, NY: Parker Pub. Com., 1993.
10. Hoeger, W.K. and S.A., Principles and Labs for Physical Fitness, Englewood Morton, 1999.
11. Kirtani, Reema, Physical Fitness, Delhi : Khel Sahitya, 1998.
12. Maud, J.R. and Foster, C., Physiology Assessment of Human Fitness, New Delhi, 1995.
13. Mcglynn, G., Dynamics of Fitness, Madison : W.C.B Brown, 1993.
14. Muller, J. P., Health, Exercise and Fitness Delhi : Sports, 2000.
15. Muller, J.P., Health Exercise and Fitness, Delhi: Sports, 2003.
16. Saggar, S.K., Physical Fitness, New Delhi : Rupa Co., 1994.
17. Sharkey, B.J., Physiology of Fitness, Human Kinetics Book, 1990.
18. Thani, Lokesh, Rules of Games and Games and Fitness, Delhi: Sports, 2003.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

SEMESTER-II
BSc-PE-GE-2 (4)-102: GYM MANAGEMENT

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
GYM MANAGEMENT	4	3	0	1	Class XII pass	NIL

Learning Objective: - The learner will acquire knowledge, understanding and practices with applications and skills required for gym management.

Learning Outcome:-

1. The learner will develop understanding of the gym essentials including publicity, policy, registration, location and establishment of gym, procurement, placement & maintenance of gym equipment. Learner will be able to apply the understanding of the same for marketing, clientage, enrolments, record keeping, social activities, and public relations.
2. The learner will be able to acquire skills and competencies required for becoming a gym instructor as well as the learner will be able to apply safety procedures to be followed in the gym.
3. The learner will develop the skills required for handling different gym equipment as well as management and utilization of the same.
4. The learner will be able to test, take measurements, analyze and interpret different components with the help of different equipment and tests (flexibility, strength, cardiovascular endurance).
5. The learner will be equipped with personal health and well-being for self-evaluation and of others.
6. The learner will be skilled to handle gym management economics (costing, balance sheet, promotional plans).
7. The learner will acquire practical skills (in laboratory and field setup) in regard to calculating BMI, flexibility test (Sit and reach test, hip bend and toe touch), strength test (Bend knee sit ups, leg raise for minimal strength), cardiovascular endurance test (Harvard step test, cooper 12/9 min. run), self-evaluation (personal health and well-being), asana, aerobic schedule, weight management of the subjects. The learner will be able to compare, correlate and analyze the above learnings in real life situation.

UNIT-I GYM ESSENTIALS

(09 hrs Lectures)

- Location and Establishment of gym (Publicity, policy, reception, information, Registration, offer of programmes), Procurement, placement & maintenance of gym Equipments
- Marketing, clientage, Enrolments, record keeping, social activities, Public Relations,
- Individualized/group grooming programme, basic concepts of financial management

UNIT-II GYM INSTRUCTOR (09 hrs Lectures)

- Gym-instructor – qualification, qualities, pay-roll, Performance – evaluation, grooming and presentation
- Safety procedures to be followed in the gym.

UNIT-III GYM-EQUIPMENTS (09 hrs Lectures)

- Introduction to different exercise equipment
 - Floorings and equipments required for aerobic- Understanding of various forms of aerobics- floor aerobics, step – aerobics, weight
 - Aerobics and aqua aerobics

UNIT-IV EQUIPMENTS FOR FITNESS EVALUATION AND ASSESSMENTS (09 hrs Lectures)

- Measurement of Weight and Height, Calculating BMI (Body Mass Index)
- Measurement of Fitness Components –
 - Flexibility (Sit and Reach Test, Hip Bend and Toe Touch)
 - Strength (Sit-Ups, Leg-Raise for Minimal Strength)
 - Cardiovascular Endurance (One-mile run, Physical Efficiency test, Harvard step test)
- Self- evaluation –Personal Health and Well-being

UNIT-V GYM MANAGEMENT ECONOMICS (09 hrs Lectures)

Costing, Balance sheet, Promotional plans

PRACTICALS

30 hrs.

1. Calculating BMI
2. Flexibility Test (Sit and reach test, hip bend and toe touch)
3. Strength Test (Bend knee sit ups, leg raise for minimal strength)
4. Cardiovascular endurance test (Harvard step test, cooper 12/9 min. run)
5. Self evaluation- (Personal health and well being)
6. Any five asanas
7. Aerobic schedule
8. Weight management

Suggested Readings:

- Alexandria, Virginia, “The Gym Workout” Published by Time Life Books.
- Ann Goodsell “Your Personal Trainer, 1994.
- Carol Kennedy Armbruster. Mary M. Yoke “ Methods of Group Exercise Instruction”, 2009.
- Philip Mazzurco “Exerstyle”, 1985.
- Refus, Inc, “The Body in Motion” Published by Time Life Books.
- Sheela Kumari , Fitness, Aerobics & Gym Operations, New Delhi, Khel Sahitya Kendra, 2009.
- Sunil Bharihoke, The Gym” , 2002.
- Time life books, Gym workout, London times life books, 2004
- Time life books, staying flexible, London, time life books, 2005
- Time life books, super firm tough workouts, London times life books, 2005
- Wayne L. Westcott, Thomas R. Bachle, “ Strength Training”, 2007.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

SEMESTER-II

**BSc-PE-GE-2 (4)-103: PROFESSIONAL PREPARATION AND CAREER AVENUES IN
PHYSICAL EDUCATION AND SPORTS**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
PROFESSIONAL PREPARATION AND CAREER AVENUES IN PHYSICAL EDUCATION AND SPORTS	4	3	0	1	Class XII pass	NIL

Learning Objectives:

1. To develop an understanding of professional preparation in physical education.
2. To develop skills to meet professional requirements.
3. To understand the need for professional development.
4. To acquire skill and competencies for professional development.
5. To gain knowledge of curriculum development.
6. To acquire skill to analyze, develop and evaluate curriculum

Learning Outcomes:

1. The learner will be able to develop an understanding of professional preparation in physical education and compare the same with other countries for exploring best possibilities.
2. The learner will develop skills to meet professional requirements for best applications and analysis.
3. The learner will understand the need for professional development to do comparative analysis of professional preparation program in U.S., Europe and China.
4. The learner will acquire skill and competencies for professional development to relate courses available in physical education and sports and role of physical education teacher and institutes in professional preparation programmes.
5. The learner will gain knowledge of curriculum development to correlate career avenues after under graduation and post-graduation and research degrees, planning for a career: self-assessment, motivational dynamics, decision making, counseling and guidance, challenges and opportunities in physical education.
6. The learner will acquire skills to analyze, develop and evaluate curriculum to correlate career avenues after under graduation and post-graduation and research degrees, planning for a career: self-assessment, motivational dynamics, decision making, counseling and guidance, challenges and opportunities in physical education.

FUNDAMENTALS OF PROFESSIONAL PREPARATION

UNIT-I HISTORICAL PERSPECTIVE

(09 hrs

Lectures)

- Professional Preparation in India
 - Pre Independence perspective
 - Post-Independence perspective
- Comparative analysis of professional preparation program in U.S., Europe and China

UNIT-II Lectures)	PROFESSIONAL PREPARATION PROGRAMMES	(09 hrs
	<ul style="list-style-type: none"> • Foundation: need, objectives and characteristic of professional preparation programmes • Courses available in physical education and sports. • Role of physical education teacher and institutes in professional preparation programmes 	
UNIT-III Lectures)	PHYSICAL EDUCATION AND PROFESSIONALISM	(09 hrs
	<ul style="list-style-type: none"> • Concept and meaning of Profession, Professional and Professionalism. • Physical education as a profession. 	
UNIT-IV	CAREER AVENUES & JOB OPPORTUNITIES IN PHYSICAL EDUCATION & SPORTS	
	(09 hrs Lectures)	
	<ul style="list-style-type: none"> • Career avenues after under graduation and post-graduation and research degrees. • Planning for a career : self-assessment, motivational dynamics, decision making, counseling and guidance 	
UNIT-V Lectures)	EXPLORING AND VENTURING INTO NEW AVENUES	(09 hrs
	<ul style="list-style-type: none"> • Challenges and opportunities in physical education • Inter-relationship among various careers in physical education and sports 	

PRACTICALS :

30 hrs

1. Case study on national sports policy/national education policy

Suggested Readings:

1. Adams William C. Foundation of Physical Education Exercise and Sports Sciences, Philadelphia, 1991
2. Gupta Rakesh, Sharma Akhilesh, and Sharma Santosh, Professional Preparation and Curriculum Design in Physical Education & sports Sciences, New Delhi, Friends Publications, 2004
3. Hoover. Kenneth H., The Professional Teacher's Handbook, Boston, Allyn and Bacon, 1972
4. Krik David, Physical Education and Curriculum Study, Kent, Croom Helm, 1988
5. Sandhu Kiran, Professional Preparation and Career Development in Physical Education, New Delhi, Friends Publications, 2004
6. Sandhu Kiran, Trends and Development in Professional Preparation in Physical Education, New Delhi, Friends Publication, 2006
7. Wessel Janet A, and Kelly Luke, Achievement-Based Curriculum Development in Physical Education, Philadelphia, Lea and Febiger, 1986
8. Zeigler E.F, Professional and Scholarly Foundation of Physical Education and Kinesiology, Sports Educational Technologies, 2007

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

Semester II
BSc-PE-GE-2 (4)-104: STRESS MANAGEMENT

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
STRESS MANAGEMENT	4	3	0	1	Class XII pass	NIL

Learning Objective: - To acquaint the learner with the knowledge, practices and understanding of anger, stress and its management and other related aspects important to sports persons.

Learning Outcome: -

1. The learner would be able to apply the knowledge, learning and understanding to the concept of anger, stress and how to manage it.
2. The learners will be introduced with the basic concepts of stress and anger, causes and effects of stress and anger, main emotions of stress-fear and anger, daily life stressors, process of stress, anger and psycho physiology of stress. The learner will be able to correlate the concepts and practices of the above.
3. The learner will develop the understanding and knowledge of adaptation to stress- reframing of habitual stress resistance, types of stress, personal and social stress, occupational stress, peer stress / learners stress, family stress, stress & elderly and Stress & drug abuse. It helps to know about the stress related diseases- sleep disorder, eating disorder, sexual and emotional disorder, other stress related diseases, stress & spirituality. The learner will be able to correlate the concepts and practices of the above.
4. The learner will gain knowledge and concept of self-awareness and stress management, muscular tension reduction, emotional tension reduction, stress free living, stress free examination, stress management through physical activity and stress management through recreation activities. The learner will be able to correlate the concepts and practices of the above for best management of stress.
5. The learner will gain knowledge of anger management- Redford William's 12 steps of anger management, stress management- behavior modification, time management, coping strategy & intervention skills. It also helps to learn relaxation technique- diaphragmatic breathing, meditation, progressive muscle relaxation, Yoga, mental imagery, music therapy, and massage therapy. The learner will be able to correlate the concepts and practices of the above for best management of stress.

THEORY SYLLABUS:

Unit-I

15 hrs. Lectures

Definition of stress and anger, Causes and effects of stress and anger, two main emotions of stress-fear and anger, Daily life stressors, Process of stress and anger- Psycho Physiology of stress.

Unit-II

15 hrs. Lectures

Adaptation to stress-Reframing of habitual stress resistance, types of stress-personal and social stress Occupational stress, Peer stress / Students stress, Family stress, Stress & elderly and Stress & drug abuse.
Stress related diseases- i) Sleep disorder, ii) Eating disorder, iii) Sexual and emotional disorder, iv) Other stress related diseases, v) Stress & Spirituality.

Unit-III

15 hrs. Lectures

Self-awareness and stress management, Muscular tension reduction, Emotional tension reduction, Stress free living, Stress free examination, Stress management through physical activity, Stress management through recreation.

Unit-IV

15 hrs. Lectures

Anger management- Redford William's 12 steps of anger management

Stress management- behavior modification, time management, coping strategy & intervention skills.

Relaxation technique- i) Diaphragmatic breathing, ii) Meditation, iii) Progressive muscle relaxation, iv) Yoga, v) Mental imagery, vi) Music therapy, vii) Massage therapy

SUGGESTED READINGS

- Adrain F & Herrick E. and Sharp P (1998). Anger Management. Routledge Publishing. Florence. Kentucky. U.S.A.
- Allen E (2008). Stress Management for Dummies. For Dummies Publishers. U.S.A.
- Davis M. et al (2008). The Relaxation and Stress Reduction workbook. Harbinger Publications, USA.
- Greenberg J.S. (2008). Comprehensive stress management. McGraw Hill, USA
- Hipp E. (2008). Fighting Invisible Tigers: Stress Management for Teens. Free Spirit Publishing, USA.
- Mac W. (2007). Anger and Stress Management. God's Way. Calvary Press, USA.
- Petee F (2006). Anger Management. Pentagon. Press. New York. U.S.A.
- Swate Y B (2009). Anger Management. Sage Publication. New Delhi.
- NCERT & CBSE publication and reading for stress management.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time

Pool of Generic Electives
Semester III
GE-3(4)-301 Olympic Education

GE-3(4)-301
4 Credits (3 THz+1 Tutorial)

Sr. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
1	Olympic Education	4	3	1	0	XII	---

Objective: To impart the knowledge, practices and applications about the Olympism its functions through the various International sports federation, National committees and IOC commissions.

Learning Outcome: Students will learn the deep knowledge about ancient and modern Olympics, administration, organisation of Olympics Games and functions of IOC.

After the Completion of First Month:

The students will develop the understanding practices, applications and knowledge of Concept of Olympics movement, the ancient Olympic Games and the Modern Olympic Games and its movement. It also helps to know about the aims and symbols of the Olympic movement and International Olympic Committee (IOC).

After the Completion of Second Month:

The students will develop the understanding practices, applications and knowledge of The National Olympic Committee (NOC), International Sports Federations (IFs), National Sports Federations (NFs), Volunteerism and Olympics games.

After the Completion of Third Month:

The students will gain understanding practices, applications and knowledge of the Organization of Olympics games, international bid process for selecting sites / city for the games, Participation in Olympic Games and about Women & sports.

After the Completion of Fourth Month:

The students will gain knowledge, practices, applications and understanding of the Olympic museum, Olympic academy and Olympic solidarity programme, Paralympics games and concept of Sports for all. It also helps to know about Culture, Olympism, winning, participation and universality of the games, drug abuse and doping in sports and games.

THEORY SYLLABUS: (60 Hours/Lectures)

UNIT-I THE OLYMPIC MOVEMENT

(15 Hours/Lectures)

- 1 Concept of Olympics movement, the ancient Olympic games and the Modern Olympic games and its movement.
- 2 Aims and symbols of the Olympic movement.
- 3 The International Olympic Committee (IOC).

UNIT-II STRUCTURE OF THE OLYMPIC MOVEMENT

(15 Hours/Lectures)

1. The National Olympic Committee (NOC).
2. The International Sports Federations (IFs).
3. The National Sports Federations (NFs).
4. Volunteerism and Olympics games.

UNIT-III THE OLYMPIC GAME

(15 Hours/Lectures)

1. Organization of Olympics games.
2. The international bid process for selecting sites / city for the games.
3. Participation in Olympic Games.
4. Women and sports.

UNIT-IV IOC PROGRAMMES

(15 Hours/Lectures)

1. Olympic museum, Olympic academy and Olympic solidarity program.
2. Paralympics games and concept of Sports for all.
3. Culture, Olympism, winning, participation and universality of the games.
4. Drug abuse and doping.

SUGGESTED READING:

- Carto, J.E.L. And Calif, S.D. (1984). *Medicine & Sport Science: Physical Structure of OlympicAthletes*. London: Karger.
- Cliw, Gifford, (2004). *Summer Olympic*.
- Daw, Anderson. (2008). *The Story of the Olympics*.
- Kumar, Pardeep. (2008). *Historical Development of Track & Field*. Friends Publication. New Delhi.
- Maranirs David, *Rome 1960: The Olympics that changed the world*, 2008.
- Osbome, Manpope, *Ancient Greece and the Olympic*, 2004.
- Oxlade, chris., *Olympic*, 1999.
- Perrottet, tony, *The Naked Olympics: the true story of the Ancient Games*, 2004.
- Toropove, Brandon., *The Olympic for Beginners*, 2008.
- Wallechineley, Davi, *The Complete Book of the Olympic*, 1992.

SEMESTER- IV
BSc-PE-GE-4 (4)-304:
YOGA AND STRESS MANAGEMENT
GE

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
1	YOGA AND STRESS MANAGEMENT	04	3	0	1	XII Pass	NIL

Learning objective:

The objective of this course is to provide the understanding of Yoga and stress management through practical knowledge skill and practices with enough scope of creativity/Innovations.

Learning outcomes:

At the end of the syllabus the student will be able to-

1. Understand the concept of stress management through various practises like yoga.
2. Demonstrate different asanas to achieve healthy lifestyle.
3. Apply Pranayama and Shat karmas to reduce day to day stress in our life.
4. Management of Stress by using different yogic relaxation techniques.
5. Develop Physical Fitness Program to manage stress. Based on yoga

PART – A Theory Syllabus

SYLLABUS

Unit-1: INTRODUCTION

(9 hrs. Lectures)

- 1.1 Meaning, Definition and Importance of Yoga.
- 1.2 Origin and Historical development of Yoga.
- 1.3 Concept of the importance of Yogic Diet.

Unit-II: YOGA-ASANAS

(9 hrs. lectures)

- 2.1 Ashtanga Yoga (Maharishi Patanjali): Meaning and importance.
- 2.2 Supine Position Asanas (Ardh-Halasan, Sarvangasana, Pawanmuktasana); Prone Position Asanas (Bhujangasana, Salabhasana, Dhanurasana)

2.3 Sitting Asanas (Ardh Matsyendrasana, Paschimotanasana, SuptaVajrasana); Standing Asanas (Utkatasana, , Trikonasana and Tadasana).

Unit-III: PRANAYAMAS AND SHAT KARMAS (9 hrs. lectures)

3.1 Meaning, Procedure, Precautions and Benefits of the following Pranayamas: Anulom-Vilom, Suryabhedan, Bhrameri, Sheetal, Sheekari Pranayamas.

3.2 Meaning, Procedure, Precautions and Benefits of the following Shatkarmas: Kapalbhathi, Trataka and Neti (Jal and sutra).

3.3 Relevance of yoga for holistic health development in the society.

Unit-IV: STRESS MANAGEMENT (9 hrs. lectures)

3.1 Concept, Causes and Effects of Stress.

3.2 Non-communicable diseases (due to stress), Stress prevention and good health.

3.3 Stress Management through relaxation techniques (autogenic training and progressive muscle relaxation, deep breathing, meditation), and sports, recreational, adventure sports, physical activities and developing healthy relationships as coping strategies.

Unit V: HOLISTIC HEALTH DEVELOPMENT AND STRESS MANAGEMENT

(9 hrs. lectures)

5.1 Physiology of stress and mind.

5.2 Holistic well-being and dimensions of holistic health: physical, emotional, social, mental, spiritual, and environmental.

5.3 Planning and maintaining a Personal Fitness Program.

PART – B Practical Syllabus

(30 Hours)

1. Suryanamaskar and any four asanas.
2. Pranayamas (any one).
3. Practice Meditation for 10-15 minutes.
4. Assessment of stress (Questionnaire-PSQ)

Suggested Readings:

1. Arora S., Agarwal M. (2022), “Yoga & Stress Management”, Khel Sahitya Kendra ISBN: 978-93-90461-38-7.
2. Pawar,B., Gosain,N., Sharma,S.(2021), “Yoga & Stress Management”, Friends Publications. New Delhi (India) ISBN-978-81-7216-579-6.

3. Saini, N. (2020). **“Yoga & Stress Management”**, Friends Publications. New Delhi. ISBN: 978-93-88457-58-3
4. Arora S., Agarwal M. (2020), **“Yoga Skills”**, Khel Sahitya Kendra ISBN: 978-81-947808-4-7.
5. Pahuja M., Pahuja S., Panda S. (2020), **“Yoga & Stress Management”**, Friends Publications. New Delhi (India) ISBN-978-8195365593.
6. Gupta, B., Chakravortty, S.K., Chakravortty, Munesh., (2019) **“Yoga & Stress Management”**, Friends Publications. New Delhi (India) ISBN-978-81-7216-568-0.
7. **“Anger and Stress Management”**. God’s Way. Calvary Press, USA.
8. Swate Y B (2009). **“Anger Management”**. Sage Publication. New Delhi.
9. NCERT & CBSE publication and reading for stress management.
10. Davis M. et al (2008). **“The Relaxation and Stress Reduction”** workbook. Harbinger Publications, USA
11. Greenberg J.S. (2008). **“Comprehensive Stress Management”**. McGraw Hill, USA
12. HippE. (2008). **“Fighting Invisible Tigers: Stress Management for Teens”**. Free Spirit Publishing, USA.
13. Petee F (2006). **“Anger Management”**. Pentagon. Press. New York. U.S.A.
14. Gupta Rashmi (2015), **“Yoga and Pranayam Exercise”**. Aryan Publication.
15. Gupta Rashmi (2016), **“Yogaasana and pranayama abhayas”**. Aryan Publication.
16. Shaw D. (2018) **“Fundamental Statistics in Physical Education and Sports Sciences”** Sports Publication, ISBN: 81-86190-57-0.
17. Shaw D. (2020) **“Physical Education Practical Manual for Class XI”** Prachi Publication, ISBN : 978-8193-7698-0-5.
18. Shaw D. (2020) **“Physical Education for Class XII”** Prachi Publication, ISBN : 978-81-7730-848-8.
19. Shaw D. (2020) **“Physical Education for Class XI”** Prachi Publication, ISBN : 978-81-7730-847-1.
20. Shaw D. (2020) **“Physical Education Practical Manual for Class XII”** Prachi Publication, ISBN : 978-81-937698-1-2.
21. Shaw D. (2020) **“Parable Global English Hindi Dictionary of Physical Education & Sports Sciences”** Khel Sahitya Kendra, ISBN : 978-93-90461-18-9.
22. Shaw D. (2020) **“Yoga Asanas and their Benefits”** Sports Publication, ISBN : 978-81-9436-11-9-0.

SEMESTER- IV
BSc-PE-GE- 4(4)-303:
INJURY PREVENTION AND REHABILITATION IN ATHLETICS

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/ Practice		
2	INJURY PREVENTION AND REHABILITATION IN ATHLETICS	04	3	0	1	XII Pass	NIL

Learning objective:

The objective of this course is to provide the understanding, skill and practices related to injury prevention and rehabilitation in athletics along with enough scope of creativity/Innovations.

Learning outcomes:

At the end of the syllabus the student will be able to-

1. Understand the concept of injury prevention and rehabilitation in athletes.
2. Apply the principles of rehabilitation for fast and better recovery in collaborative work of athlete, coaches and medical professionals.
3. Identify and classify the particular injury in order to deal or suggest to apply suitable exercise and other related aids.
4. Practice related modalities (e.g., heat therapy, cold therapy, electrical stimulation) used in rehabilitation.
5. Apply functional training and return-to-play criteria

PART – A Theory Syllabus

SYLLABUS

Unit-1: INTRODUCTION TO INJURY PREVENTION AND REHABILITATION (9 hrs. Lectures)

- 1.1 Overview of injury prevention and rehabilitation in athletes
- 1.2 Importance of injury prevention and rehabilitation in sports
- 1.3 Principles of injury prevention and rehabilitation

1.4 Role of athletes, coaches, and medical professionals in injury prevention and rehabilitation

Unit-II: COMMON SPORTS INJURIES (9 hrs. lectures)

2.1 Identification and classification of common sports injuries

2.2 Causes and risk factors associated with sports injuries

2.3 Understanding the mechanisms of injury

2.4 Assessment and diagnosis of sports injuries

2.5 Introduction to treatment modalities for different types of injuries

Unit-III: INJURY PREVENTION STRATEGIES (9 hrs. lectures)

3.1 Pre-season preparation and conditioning programs

3.2 Warm-up and cool-down protocols

3.3 Proper technique and form to minimize injury risk

3.4 Equipment selection and fitting for injury prevention

3.5 Nutritional considerations for injury prevention

Unit-IV: REHABILITATION TECHNIQUES (9 hrs. lectures)

4.1 Overview of the rehabilitation process

4.2 Goals of rehabilitation and its stages.

4.3 Rehabilitation exercises and techniques for specific injuries (e.g., sprains, strains, fractures)

4.4 Modalities used in rehabilitation (e.g., heat therapy, cold therapy, electrical stimulation)

4.6 Functional training and return-to-play criteria

Unit V: PSYCHOSOCIAL ASPECTS OF INJURY PREVENTION AND REHABILITATION

(9 hrs. lectures)

5.1 Psychological impact of sports injuries

5.2 Strategies for coping with injury and promoting mental resilience

5.3 Role of social support in the recovery process

5.4 Injury prevention and rehabilitation education for athletes, coaches, and parents

5.5 Ethical considerations in injury prevention and rehabilitation

PART – B Practical Syllabus

(30 Hours)

1. Preparation of first aid box.
2. Application of PRICE and sports massage.
3. Demonstration of functional training.
4. Development of rehabilitation / Exercise Programme.
5. Preparation of warming up and cooling down exercise to prevent injury in general context.
6. Preparation of warming up and cooling down exercise to prevent injury in specific context.

Suggested Readings:

1. Brukner, P., & Khan, K. (2017). *Clinical sports medicine*. McGraw-Hill Education.
2. Sherry, M. A., & Best, T. M. (2004). A comparison of 2 rehabilitation programs in the treatment of acute hamstring strains. *Journal of Orthopaedic & Sports Physical Therapy*, 34(3), 116-125.
3. Myer, G. D., Faigenbaum, A. D., Chu, D. A., Falkel, J., & Ford, K. R. (2011). Integrative training for children and adolescents: Techniques and practices for reducing sports-related injuries and enhancing athletic performance. *The Physician and Sportsmedicine*, 39(1), 74-84.
4. Bahr, R., & Holme, I. (2003). Risk factors for sports injuries—a methodological approach. *British Journal of Sports Medicine*, 37(5), 384-392.
5. Lephart, S. M., Ferris, C. M., Riemann, B. L., & Myers, J. B. (2002). Gender differences in strength and lower extremity kinematics during landing. *Clinical Orthopaedics and Related Research*, 401, 162-169.
6. Myer, G. D., Ford, K. R., Brent, J. L., & Hewett, T. E. (2006). The effects of plyometric versus dynamic stabilization and balance training on lower extremity biomechanics. *The American Journal of Sports Medicine*, 34(3), 445-455.
7. Petersen, J., Thorborg, K., Nielsen, M. B., Budtz-Jørgensen, E., & Hölmich, P. (2011). Preventive effect of eccentric training on acute hamstring injuries in men's soccer: a cluster-randomized controlled trial. *The American Journal of Sports Medicine*, 39(11), 2296-2303.
8. Hewett, T. E., Myer, G. D., & Ford, K. R. (2004). Anterior cruciate ligament injuries in female athletes: Part 1, mechanisms and risk factors. *The American Journal of Sports Medicine*, 32(2), 396-408.
9. Hootman, J. M., & Dick, R. (2004). Agel J. Epidemiology of collegiate injuries for 15 sports: summary and recommendations for injury prevention initiatives. *Journal of Athletic Training*, 39(3), 311-319.
10. Shaw, D. (2021). *Athletic Care and Rehabilitation (A Sports Medicine Perspective)*. Sports Publication.
11. Soligard, T., Steffen, K., Palmer, D., Alonso, J. M., Bahr, R., Lopes, A. D., ... & Engebretsen, L. (2016). Sports injury and illness incidence in the Rio de Janeiro 2016 Olympic Summer Games: A prospective study of 11274 athletes from 207 countries. *British Journal of Sports Medicine*, 51(17), 1265-1271.

SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)

SEMESTER- V

B.A.-PE-GE- 5 (4)

YOGA AND STRESS MANAGEMENT

GE

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
1.	YOGA AND STRESS MANAGEMENT	04	3	0	1	XII Pass	NIL

GE-5 (4)-YOGA AND STRESS MANAGEMENT

Learning objective:

The objective of this course is to provide the understanding through practical knowledge and practices with enough scope of creativity/Innovations.

Learning outcomes:

1. Understand the concept of yoga.
2. Demonstrate different asanas to achieve healthy lifestyle.
3. Apply Pranayama and Shat karmas to reduce day to day stress in our life.
4. Management of Stress by using different yogic relaxation techniques.
5. Develop Physical Fitness Program.

SYLLABUS

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

Unit-1: INTRODUCTION

(9 hrs. Lectures)

1.1 Meaning, Definition and Importance of Yoga.

1.2 Origin and Historical development of Yoga.

1.3 Concept of the importance of Yogic Diet.

Unit-II: YOGA-ASANAS

(9 hrs. lectures)

2.1 Ashtanga Yoga (Maharishi Patanjali): Meaning and importance.

2.2 Supine Position Asanas (Ardh-Halāsana, Sarvangāsana, Pawanmuktāsana); Prone Position Asanas (Bhujangāsana, Salabhasana, Dhanurasana)

2.3 Sitting Asanas (Ardh Matsyendrasana, Paschimotanasana, SuptaVajrasana); Standing Asanas (Utkatasana, , Trikonasana and Tadasana).

Unit-III: PRANAYAMAS AND SHAT KARMAS (9 hrs. lectures)

3.1 Meaning, Procedure, Precautions and Benefits of the following Pranayamas: Anulom-Vilom, Suryabhedan, Bhrameri, Sheetalī, Sheetkari Pranayamas.

3.2 Meaning, Procedure, Precautions and Benefits of the following Shatkarmas: Kapalbhāti, Tratakā and Neti (Jal and sutra).

3.3 Relevance of yoga for holistic health development in the society.

Unit-IV: STRESS MANAGEMENT (9 hrs. lectures)

3.1 Concept, Causes and Effects of Stress.

3.2 Non-communicable diseases (due to stress), Stress prevention and good health.

3.3 Stress Management through relaxation techniques (autogenic training and progressive muscle relaxation, deep breathing, meditation), and sports, recreational, adventure sports, physical activities and developing healthy relationships as coping strategies.

Unit V: HOLISTIC HEALTH DEVELOPMENT AND STRESS MANAGEMENT

(9 hrs. lectures)

5.1 Physiology of stress and mind.

5.2 Holistic well-being and dimensions of holistic health: physical, emotional, social, mental, spiritual, and environmental.

5.3 Planning and maintaining a Personal Fitness Program.

Practicals (30 hrs.)

1. Suryanamaskar and any four asanas.
2. Pranayams (any one).
3. Practice Meditation for 10-15 minutes.
4. Assessment of stress (Questionnaire-PSQ)

Suggested Readings:

1. Arora S., Agarwal M. (2022), **“Yoga & Stress Management”**, Khel Sahitya Kendra ISBN: 978-93-90461-38-7.
2. Pawar,B., Gosain,N., Sharma,S.(2021), **“Yoga & Stress Management”**, Friends Publications. New Delhi (India) ISBN-978-81-7216-579-6.
3. Saini, N. (2020). **“Yoga & Stress Management”**, Friends Publications. New Delhi. ISBN: 978-93-88457-58-3
4. Arora S., Agarwal M. (2020), **“Yoga Skills”**, Khel Sahitya Kendra ISBN: 978-81-947808-4-7.
5. Pahuja M., Pahuja S., Panda S. (2020), **“Yoga & Stress Management”**, Friends Publications. New Delhi (India) ISBN-978-8195365593.
6. Gupta, B., Chakravorty,S.K., ., Chakravorty, Munesh.,(2019) **“Yoga & Stress Management”**, Friends Publications. New Delhi (India) ISBN-978-81-7216-568-0.
7. **“Anger and Stress Management”**. God’s Way. Calvary Press, USA.
8. Swate Y B (2009). **“Anger Management”**. Sage Publication. New Delhi.
9. NCERT & CBSE publication and reading for stress management.
10. Davis M. et al (2008). **“The Relaxation and Stress Reduction”** workbook. Harbinger Publications, USA
11. Greenberg J.S. (2008). **“Comprehensive Stress Management”**. McGraw Hill, USA
12. HippE. (2008). **“Fighting Invisible Tigers: Stress Management for Teens”**. Free Spirit Publishing, USA.
13. Petee F (2006). **“Anger Management”**. Pentagon. Press. New York. U.S.A.
14. Gupta Rashmi (2015), **“Yoga and Pranayam Exercise”**. Aryan Publication.
15. Gupta Rashmi (2016), **“Yogaasana and pranayama abhayas”**. Aryan Publication.
16. Shaw D. (2018) **“Fundamental Statistics in Physical Education and Sports Sciences”** Sports Publication, ISBN: 81-86190-57-0.
17. Shaw D. (2020) **“Physical Education Practical Manual for Class XI”** Prachi Publication, ISBN : 978-8193-7698-0-5.
18. Shaw D. (2020) **“Physical Education for Class XII”** Prachi Publication, ISBN : 978-81-7730-848-8.
19. Shaw D. (2020) **“Physical Education for Class XI”** Prachi Publication, ISBN : 978-81-7730-847-1.
20. Shaw D. (2020) **“Physical Education Practical Manual for Class XII”** Prachi Publication, ISBN : 978-81-937698-1-2.
21. Shaw D. (2020) **“Parable Global English Hindi Dictionary of Physical Education & Sports Sciences”** Khel Sahitya Kendra, ISBN : 978-93-90461-18-9.
22. Shaw D. (2020) **“Yoga Asanas and their Benefits”** Sports Publication, ISBN : 978-81-9436-11-9-0.

SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)

SEMESTER- VI

B.A.-PE-GE-6 (4)

OBESITY AND WEIGHT MANAGEMENT

GE

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
1.	Obesity and Weight Management	04	3	0	1	XII Pass	NIL

GE-6(4)-OBESITY AND WEIGHT MANAGEMENT

Learning Objective:

The objective of this course is to provide the understanding through practical knowledge and practices with enough scope of creativity/Innovations.

Learning Outcomes:

1. The learner will learn about the concept of obesity and its causes.
2. The learner will practice and manage the ways to prevent obesity.
3. The learner can assess the obesity (Basic methods).
4. The learner can practice and maintain healthy weight.
5. The learner can make behaviour modification to control weight through diet and physical activities.
6. The learner can design the balance diet chart for his/her own requirements.

SYLLABUS

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

Unit-I: OBESITY & IT'S ASSESSMENT

(9 hrs. lectures)

1.1 Concept and Causes of Obesity.

1.2 Health Risks Associated with Obesity.

1.3 Assessment of Obesity-Body Mass Index (BMI), Waist-Hip Ratio, Waist-Height ratio, Skinfold Thickness (Abdomen, triceps, thigh, Suprailliac).

Unit-II: MANAGEMENT OF OBESITY THROUGH DIET

(9 hrs. lectures)

- 2.1 Nutrition and Balanced Diet.
- 2.2 Dietary Aids and Gimmicks.
- 2.3 Obesity and weight management through diet.

Unit- III: WEIGHT MANAGEMENT (9 hrs. lectures)

- 3.1 Concept of weight, Importance of weight Management in Life.
- 3.2 Cultural and social aspect, Life style patterns in contemporary system.
- 3.3 Goal setting and goal accomplishment, Self-control skills for weight management.

Unit-IV: WEIGHT MANAGEMENT THROUGH PHYSICAL ACTIVITIES AND BEHAVIOUR MODIFICATION (9 hrs. lectures)

- 4.1 Importance of maintaining Healthy Weight; Weight Management and Energy Balance.
- 4.2 Principles of weight management; Aerobic & Anaerobic activities.
- 4.3 Behaviour Modification techniques for weight management.

Unit- V METABOLISM AND WEIGHT CONTROL (9 hrs. lectures)

- 5.1 Metabolism and factors affecting metabolism, Basal Metabolic Rate and Methods for Measuring BMR.
- 5.2 Strategies for weight control, concept of weight loss and fat loss
- 5.3 Weight control for special population.

Practical (30hrs.)

- 1. Use BMI to identify the actual body weight status and desirable body weight status of at least ten students.
- 2. Calculate Waist-Hip ratio, waist-height ratio of ten persons.
- 3. Suggested exercises for Obesity (Jogging, Running, Aerobics and calisthenics exercises)
- 4. Development of a Diet chart for a sportsperson

Suggested Reading

1. Pawar,B., Joshi.A., Chaudhary,V.(2022), **“Practical Manual for Physical Education”**, Friends Publications. New Delhi (India) ISBN-978-93-95829-30-4.
2. Kumar, P (2022). **“Assessment & Management of Obesity”**. Friends Publication (India)
3. Saini N.,Suri.M., (2020) **“ Sports Psycho-Physiology”**, Friends Publication, New Delhi (India) ISBN-978-93-88457-58-3.
4. **“Sports Nutrition and Weight Management”**, ISBN : 978-93-88269-53-7, Year 2019, published by Sports Publication , DaryaGanj, New Delhi-110002
5. Anspaugh, D. J., Hamrick, M. H., &Rosato, F. D. (2006). **“Wellness: Concepts and applications”**. McGraw-Hill Companies.
6. Caliendo, M. A. (1981). **“Nutrition and preventive health care”**. Macmillan.
7. Hales, D. (2006). **“An invitation to health”**. Cengage Learning.
8. Hoeger, W. W. K., &Hoeger, S. A. (2007). **“Fitness & Wellness.Belmont”**, USA: Thomson Wadsworth
9. Howley, E. T., & Franks, B. D. (1986). **“Health/Fitness Instructor's Handbook”**. Human Kinetics Publishers, Inc., Marketing Director, Box 5076, Champaign,Il.
10. Kansal D.K. (2012). **“Test Measurement and Evaluation”**. Sports Spiritual Sciences Publications, New Delhi.
11. Kumari, S. S., Rana, A., &Kaushik, S. (2008). **“Fitness, Acrobics & Gym Operations”**. New Delhi: KhelSahitya Kendra
12. Sharma K. et. al. (2014), **“Fitness Aerobics & Gym Operations”**, Jyoti Enterprises, Delhi.
13. Tiwari S. (1999). **“Exrcise Physiology”**, Sports Publications, Delhi.
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