

<b>Semester: III</b>					
<b>PHYSICAL EDUCATION (SPORTS &amp; ATHLETICS) – I</b>					
<b>Course Code</b>	<b>:</b>	BPEK359		<b>CIE</b>	<b>:</b> 100 Marks
<b>Credits: L:T:P</b>	<b>:</b>	0:0:1			
<b>Total Hours</b>	<b>:</b>	30 P			
<p><b>Course Outcomes:</b> At the end of the course, the student will be able to</p> <ol style="list-style-type: none"> <li>1. Understand the fundamental concepts and skills of Physical Education, Health, Nutrition and Fitness</li> <li>2. Familiarization of health-related Exercises, Sports for overall growth and development</li> <li>3. Create a foundation for the professionals in Physical Education and Sports</li> <li>4. Participate in the competition at regional/state / national / international levels.</li> <li>5. Create consciousness among the students on Health, Fitness and Wellness in developing and maintaining a healthy lifestyle.</li> </ol>					
<b>Module I : Orientation</b>				<b>5 Hours</b>	
<ol style="list-style-type: none"> <li>A. Lifestyle</li> <li>B. Fitness</li> <li>C. Food &amp; Nutrition</li> <li>D. Health &amp; Wellness</li> <li>E. Pre-Fitness test.</li> </ol>					
<b>Module II : General Fitness &amp; Components of Fitness</b>				<b>15 Hours</b>	
<ol style="list-style-type: none"> <li>A. Warming up (Free Hand exercises)</li> <li>B. Strength – Push-up / Pull-ups</li> <li>C. Speed – 30 Mtr Dash</li> <li>D. Agility – Shuttle Run</li> <li>E. Flexibility – Sit and Reach</li> <li>F. Cardiovascular Endurance – Harvard step Test</li> </ol>					
<b>Module III : Recreational Activities</b>				<b>10 Hours</b>	
<ol style="list-style-type: none"> <li>A. Postural deformities.</li> <li>B. Stress management.</li> <li>C. Aerobics.</li> <li>D. Traditional Games.</li> </ol>					

**Scheme and Assessment for auditing the course and Grades:**

Sl. No.	Activity	Marks
1.	Participation of student in all the modules	20
2.	Quizzes – 2, each of 15 marks	30
3.	Final presentation / exhibition / Participation in competitions/ practical on specific tasks assigned to the students	50
<b>Total</b>		<b>100</b>

<b>Semester: IV</b>						
<b>PHYSICAL EDUCATION (SPORTS &amp; ATHLETICS) – II</b>						
<b>Course Code</b>	:	BPEK459		<b>CIE</b>	:	<b>100 Marks</b>
<b>Credits: L:T:P</b>	:	0:0:1				
<b>Total Hours</b>	:	30 P				
<b>Course Outcomes:</b> At the end of the course, the student will be able to						
<ol style="list-style-type: none"> <li>1. Understand the ethics and moral values in sports and athletics</li> <li>2. Perform in the selected sports or athletics of student's choice.</li> <li>3. Understand the roles and responsibilities of organisation and administration of sports and games.</li> </ol>						
<b>Module IV : Ethics and Moral Values</b>						<b>5</b>
<b>Hours</b>						
<ol style="list-style-type: none"> <li>A. Ethics in Sports</li> <li>B. Moral Values in Sports and Games</li> </ol>						
<b>Module V : Specific Games ( Any one to be selected by the student)</b>						<b>20 Hours</b>
<ol style="list-style-type: none"> <li>A. Volleyball – Attack, Block, Service, Upper Hand Pass and Lower hand Pass.</li> <li>B. Throwball – Service, Receive, Spin attack, Net Drop &amp; Jump throw.</li> <li>C. Kabaddi – Hand touch, Toe Touch, Thigh Hold, Ankle hold and Bonus.</li> <li>D. Kho-Kho – Giving Kho, Single Chain, Pole dive, Pole turning, 3-6 Up.</li> <li>E. Table Tennis – Service (Fore Hand &amp; Back Hand), Receive (Fore Hand &amp; Back Hand), Smash.</li> <li>F. Athletics (Track / Field Events) – Any event as per availability of Ground.</li> </ol>						
<b>Module VI : Role of Organisation and administration</b>						<b>5 Hours</b>

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1.	Participation of student in all the modules	20
2.	Quizzes – 2, each of 15 marks	30
3.	Final presentation / exhibition / Participation in competitions/ practical on specific tasks assigned to the students	50
<b>Total</b>		<b>100</b>