

Physical Education (Sports and Athletics) syllabus

Semester: III						
PHYSICAL EDUCATION (SPORTS & ATHLETICS) – I						
Course Code	:	1BPE309		CIE	:	100 Marks
Credits: L:T:P	:	0:0:1				
Total Hours	:	15 P				
Course Outcomes: At the end of the course, the student will be able to						
1. Understand the fundamental concepts and skills of Physical Education, Health, Nutrition and Fitness 2. Familiarization of health-related Exercises, Sports for overall growth and development 3. Create a foundation for the professionals in Physical Education and Sports 4. Participate in the competition at regional/state / national / international levels. 5. Create consciousness among the students on Health, Fitness and Wellness in developing and maintaining a healthy lifestyle. 6. Understand and practice of Traditional Games						
Module I : Orientation					4 Hours	
A. Lifestyle B. Health & Wellness C. Pre-Fitness test.						
Module II: General Fitness & Components of Fitness					4 Hours	
A. Warming up (Free Hand exercises) B. Strength – Push-up / Pull-ups C. Speed – 30 Mtr Dash						
Module III : Specific games (Any one to be selected by the student)					16 Hours	
1. Kabaddi – Hand touch, Toe Touch, Thigh Hold, Ankle hold and Bonus. 2. Kho-Kho – Giving Kho, Single Chain, Pole dive, Pole turning, 3-6 Up.						

Scheme and Assessment for auditing the course and Grades:

Sl. No.	Activity	Marks
1.	Participation of student in all the modules	20
2.	Quizzes /Assignment – 2, each of 20marks	40
3.	Final presentation / exhibition / Participation in competitions/ practical on specific tasks assigned to the students	40
Total		100