Physical Education (Sports and Athletics) syllabus

Semester: III						
PHYSICAL EDUCATION (SPORTS & ATHLETICS) –Phase- 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**