

ATMIYA UNIVERSITY

Faculty of **Physical education**

Department of **Physical education**

Part III		
Skill Enhancement Course (SEC) – II – Co-Curricular Courses (CoC)		
Sports (CoC)		
For the students admitted from A.Y. 2021-2022 & onwards		
Offered by: Department of Physical education	Offered to: (Please mark \checkmark as applicable)	
	<input type="checkbox"/>	Students across the University other than the offering department.
	<input checked="" type="checkbox"/>	Students across the University including the offering department. (The course should not be a part of regular curriculum of the offering department.)
Semester : I, II, III & IV (2 year programs)		
Course Code	Course Title	Course Credit and Hours
	Sports	1 Credit - 4 hrs / wk

Objective of the course:

1. All around development
2. To equip the students with the scientific knowledge of body response to various types of exercise.
3. Maintenance of fitness for optimal health and well being
4. Attainment of knowledge and the growth of positive attitude towards physical activity and sports.

Target Skills (Course outcomes) :

1. Compare the relationship between general education and physical education
2. Understand knowledge about the theory and practice of yoga and its nature, scope, development of yoga through ages
3. Plan training program for athletes engaged in different sports activities to achieve high performance in sports
4. Develop skills to establish daily caloric requirement and to design diet plan
5. Do officiate, supervise various sports tournaments and orient them in organizing sports events at all level

Justification:

Physical Education is normally referred to as the science that aims to develop all-inclusive aspects of human personality through physical and sports activities. It caters to the need for developing capability of the students on physical, mental and social aspects. Physical education is not only concerned with the physical outcome that accrue from participation in physical activities but also the development of knowledge and attitude conducive to lifelong learning and participation in motor activities

Course Description:

- Physical Education and Sports contains subjects varying from History and foundation of Physical Education to Nutrition, Sports Training, yoga, sports gk etc which are aimed to give thorough knowledge and skills to the students The course aims to address SDG 3 good health and well being

Course Content		Hours
Semester - 1		
Module-I: History and foundation of physical education		50 hrs
Theory	<ul style="list-style-type: none"> • Introduction of physical education • Historical development of physical education in india • Philosophical foundation of physical education • Foundation of physical education 	20
Practical	<ul style="list-style-type: none"> • Volleyball, Basketball, Handball, Badminton • Basic skills • Techniques and Tactics • Ground marking • Officiating 	30
Semester - 2		
Module-II : yoga		50 hrs
Theory	<ul style="list-style-type: none"> • History of yoga • Exercise yoga • Meditation yoga • Importance of yoga in our life 	20

Practical	<ul style="list-style-type: none"> • yoga • Hockey, Kho-Kho, Judo, swimming • Basic skills • Technique and tactics • Officiating <p>Ground marking</p>	30
Semester - 3		
Module-III : Sports training		50 hrs
Theory	<ul style="list-style-type: none"> • Introduction of sports training • Training components • Load • Training program and planning • 	20
Practical	<ul style="list-style-type: none"> • Kabbadi , Cricket , Rifle shooting , • Basic skills • Technique and tactics • Officiating • Ground marking • 	30
Semester - 4		
Module-IV : Nutrition		40 hrs
Theory	<ul style="list-style-type: none"> • Nutrients: ingestion to energy metabolism • Nutrition and weight management • Before game • During Game • After game 	10
Practical	<ul style="list-style-type: none"> • Football , Lawn tennis, Athletics • Basic skills • Technique and tactics • Officiating <p>Ground marking</p>	30
Module-V : sports GK		10hrs
Theory	<ul style="list-style-type: none"> • All Individual sports • All Team sports 	10hrs

Suggested laboratory experiments / other activities:

- 1.
- 2.
- 3.

Pedagogic tools:

1. Chalk & Board
2. Sports equipment
3. videos

Reference Books:

- History of sports and physical education , c.s.tomar ,khel sahitya Kendra.(2009)
- Sports health and physical education, mandeep singh , khel sahitya Kendra.(2009)
- Science of sports training, hardayal singh, d.v.s publication.(1991)
- Officiating and coaching, sunil chaturvedi, khel sahitya Kendra.(2013)
- Physical education encyclopedia, amit arjun budhhe, laxmi punblication (2013)

Suggested reading / E-resources

- 1.

Suggested MOOCs:

- 1.

Methods of Assessment & Tools:

(Though the credit has to be awarded at the end of the course i.e. four semesters, it is recommended to consolidated assessment in two stages one at end of each semester. Components used for assessment can be different as per the nature of the course)

S.N.	Component	Content	Duration	Marks	Sub Total
1	Attendance	--	--	10	
	Assignment			10	
2	Practical Skill Assessment (Continuous Assessment during the semester)	--	--	40 (20 Marks for Each Semester)	
3	Course Mid Examination			20	
4	Course End Examination			20	
Total				100	100

At the end of the course no marks are given, only remarks are given as follows:

REMARKS:

Range of Marks	Remarks
90-100	Excellent
75-89	Very Good
60-74	Good
40-59	Fair
< 40	Not Completed