

# **Curriculum and Credit Framework for Undergraduate Programme (Single Major) as per NEP-2020**

## **B.Sc. Physical Health and Sports Education (*Four-Year Undergraduate Programme*)**

**1<sup>st</sup> & 2<sup>nd</sup> Semesters  
For Batch w.e.f. Session: 2023-24**



**University School for Graduate Studies,  
Chaudhary Devi Lal University  
Sirsa-125055, Haryana  
2023**



**BSc Physical, Sports & Health education**  
**Table 1: Exit options and Credit requirements**

<b>Exit with</b>	<b>Credit requirement</b>
<p><b>Certificate in BSc Physical Education Sports &amp; Health education:</b>            After successful completion of First year (Two semesters) of the Four-Year Undergraduate Degree Programme.</p>	<p style="text-align: center;">48            Including internship of 4 Credit</p>
<p><b>Diploma in BSc Physical Education Sports &amp; Health education:</b>            After successful completion of Two years (Four semesters) of the Four-Year Undergraduate Degree Programme.</p>	<p style="text-align: center;">94            Including internship of 4 Credit</p>
<p><b>Bachelor of BSc Physical Education Sports &amp; Health education:</b>            After successful completion of Three years (Six semesters) of the Four-Year Undergraduate Degree Programme.</p>	<p style="text-align: center;">136</p>
<p><b>Bachelor of BSc Physical Education Sports &amp; Health education (Honours/Honours with Research)</b>            After successful completion of Four Years (Eight semesters) of the Undergraduate Degree Programme.</p>	<p style="text-align: center;">184</p>

**Table 3: Course code and Title along with credit details**

SEMESTER-I								
Course Category	Course Code	Course Title	Credits			Marks		
			L	P	Total	Int	Ext	Total
1. DSC	BSc/Physical/SM/1/DSC/101	Foundation in Physical Education	4	-	<b>4</b>	30	70	<b>100</b>
	BSc/Physical/SM/1/DSC/102	Elementary Anatomy & Physiology	4	-	<b>4</b>	30	70	<b>100</b>
2. MIC	BSc/Physical/SM/1/MIC/101	Game – Kabaddi & Kho-Kho, Drills- Mass P.T & March Past		4	<b>4</b>	30	70	<b>100</b>
3. MDC	BSc/Physical/SM/1/MDC/101	Sports Journalism	3	-	<b>3</b>	25	50	<b>75</b>
4. AEC	ENG/AEC/101	English-I	2	-	<b>2</b>	15	35	<b>50</b>
5. SEC	BSc/Physical/SM/1/SEC/101	Athletics Teaching- Track Events	-	3	<b>3</b>	25	50	<b>75</b>
6. VAC	CDLU/VAC/104	Universal Human Values	2	-	<b>2</b>	15	35	<b>50</b>
					<b>22</b>			<b>550</b>
SEMESTER-II								
1. DSC	BSc/Physical/SM/2/DSC/103	Officiating & Coaching in Physical Education and Sports	4	-	<b>4</b>	30	70	<b>100</b>
	BSc/Physical/SM/2/DSC/104	Organization & Administration in Physical Education and Sports	4	-	<b>4</b>	30	70	<b>100</b>
2. MIC	BSc/Physical/SM/2/MIC/102	Game – Football & Handball, Gymnastic Techniques- Front Roll, Dive	-	4	<b>4</b>	25	75	<b>100</b>
3. MDC	BSc/Physical/SM/2/MDC/102	SPORTS NUTRITION	3	-	<b>3</b>	25	50	<b>75</b>
4. AEC	HINDI/AEC/101	Hindi-I	2	-	<b>2</b>	15	35	<b>50</b>
5. SEC	BSc/Physical/SM/2/SEC/102	Athletics Teaching – Throws	-	3	<b>3</b>	25	50	<b>75</b>
6. VAC	EVS/VAC/101	EVS-I	2	-	<b>2</b>	15	35	<b>50</b>
					<b>22</b>			<b>550</b>

**Note: -it is necessary to go on National level study Tour & State level study tour for every year.**

# **FIRST SEMESTER**

B.Sc. Physical, Sports and Health education

BSc/Physical/SM/1/DSC/101

**Foundation of Physical Education**

**DURATION: 3 HOURS**

**CREDIT: 04**

**MAXIMUM MARKS: 100**

**(EXTERNAL: 70, INTERNAL: 30)**

**Note:** Note for the Paper Setter: The question paper will consist of nine questions in all. The first question will be compulsory and will consist of seven short questions of 2 marks each covering the whole syllabus. In addition, eight more questions of 14 marks each will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt one compulsory question and four more questions selecting one question from each unit.

**UNIT-I**

- (i) Definition, Meaning and Scope of Physical Education
- (ii) Aim & objectives, need of Physical Education
- (iii) Meaning of the terms: Physical Culture, Physical Training, , Gymnastics, Athletics, Aquatics

**UNIT-II**

- (i) Foundation of Physical Education
  - a) Biological activity, its need, Principles of use and disuse
  - b) Growth and Development
  - c) Age and Sex differences
  - d) Classification of Physique
- (ii)
  - a) Principles of motor learning skills
  - b) Development of Social qualities through Physical Education

**UNIT-III**

- (i) History of Physical Education in India, Greece, Germany, Sweden.
- (ii) The Historical development of Ancient Olympic games
- (iii) The origin and development of Modern Olympic games
- (iv) Modern Trends of Physical Education in India: I.O.A, National Associations/Federations  
Awards: Arjun-award, Daronacharya-award, Rajiv Gandhi Khel Ratan award.

**UNIT-IV**

- (i) The development of Asian Games, National Games
- (ii) Common-wealth games
- (iii) Awards: Arjuna-award, Daronacharya-award, Rajiv Gandhi Khel Ratan award, and Policies for developing Physical Education and Sports
- (iv) S.A.I., and its schemes

**REFERENCES**

- (i) Bhatia K.K. and Narang Principles of Education (Methods and Techniques) Ludhiana Parkash Brothers Educational Publishers.
- (ii) Gupta Rakesh, Akhlesh, Santosh Sharma, Professional preparation and curriculum Design in Physical Education.
- (iii) M.L. Kamlesh & M.S. Sangral: Principles & History of Physical Education
- (iv) Harold M.Barrow: Man and His Movements Principles of Physical Education.

## BSc Physical Education Sports & Health education

BSc/Physical/SM/1/DSC/102

### Elementary Anatomy & Physiology

**DURATION: 3 HOURS**

**CREDIT: 04**

**MAXIMUM MARKS: 100**

**(EXTERNAL: 70, INTERNAL: 30)**

**Note:** Note for the Paper Setter: The question paper will consist of nine questions in all. The first question will be compulsory and will consist of seven short questions of 2 marks each covering the whole syllabus. In addition, eight more questions of 14 marks each will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt one compulsory question and four more questions selecting one question from each unit.

#### Unit -I

- i) Meaning of Anatomy, Definition and Importance in the field of Physical Education.
- ii) Roll of Anatomy in Physical Education
- iii) Cell structure & properties of living matter
- iv) Tissue, Organs & system

#### Unit -II

- i) General description of skeleton.
- ii) Anatomy of Bone, types of Bone
- iii) Types of Joints
- iv) Description of Diarthroses Joint (synarial joint)

#### Unit – III- Circulatory system

- i) Anatomy of Heart conduction of heart
- ii) Systematic Pulmonary and coronary circulation
- iii) Heart Rate, stroke volume, cardiac output
- iv) Anatomy of Digestive system, digestion as food

#### Unit – IV

- i) Excretory system.
- ii) Structure of kidney Function of Kidney
- iii) Skin & lungs As a Excretory organ

#### Respiratory System

- i) Structure of Respiratory organ.
- ii) Mechanism of Respiration
- iii) Tissue & Pulmonary Respiration

#### Reference Books:

1. Pearee Evelyn, C. : Anatomy and Physiology for Nurses, London, Faber, Ltd., 1962.
2. Pavat, J. : Anatomy for Students and Teachers of Physical Education, London, Edward Arnold and Co., 1859.
3. Willion, J.F. : Anatomy and Physiology, London, W.B. Saunders.
4. Season Wright: Applied Physiology.
5. Best and Taylor : The Living Body, New Delhi, Asia Club House, 1960.
6. Smount, C.F.V. and : Physiotherapy, Occupational Therapy and  
McDonald, R.J.S. : Gymnastics Edward Arnold Pvt. Ltd. 1969.
7. Kiober Grey : Anatomy and Physiology
8. Stackpoles : Anatomy and Physiology (6<sup>th</sup> ed.)

**BSc Physical Education Sports & Health education**  
**BSc/Physical/SM /1/MIC/101**  
**Game – Kabaddi & Kho-Kho,**  
**Drills-Mass P.T & March Past**

The Course learning (Single Major) as per NEP-2020 out comes B.Sc. Physical Health and Sports Education, the students will be learning and able to do/perform the following.....

1. Defining the various skills of Kabaddi & Kho-Kho, Drills-Mass P.T & March Past
2. Demonstrating the various skills of Kabaddi & Kho-Kho, Drills-Mass P.T & March Past
3. Explaining the fundamental skills of Kabaddi & Kho-Kho, Drills-Mass P.T & March Past

**Evaluation Scheme For internal**

Assignment	Viva	Attendance	Skill	Total
5	5	5	15	30

**For External**

Assignment/ File work	Viva	Skill	Total
10	10	50	70



## **BSc Physical Education Sports & Health education**

BSc/Physical/SM /1/MDC/101

### **Sports Journalism**

**DURATION: 3 HOURS**

**CREDIT: 03**

**MAXIMUM MARKS: 75**

**(EXTERNAL: 50, INTERNAL: 25)**

**Note:** for the Paper Setter: The question paper will consist of seven questions in all. The first question will be compulsory and will consist of four short questions of 2 marks each covering the whole syllabus. In addition, six more questions of 14 marks each will be set unit-wise comprising of two questions from each of the three units. The candidates are required to attempt one compulsory question and three more questions selecting one question from each unit.

#### **UNIT- I - Introduction**

Meaning, scope and changing trends of journalism in sports. Role of journalism in sports promotion & vice-versa Historical development & role of print and electronic media in sports promotion Media, ethics and responsibilities of journalist & editor (social, legal and professional)

#### Writing Skills For Media

Language – vocabulary, spellings, figure of speech, dialect, grammar, punctuation.

Sports terminators and its use

Fundamentals of a sports story/ news

News- types, curtain – raiser, advance follow – up, news – analysis, box news

Design & make – ups: headings, front reading, layout & page making late stories, editorial tools, marks & skills

**UNIT- II** Organizational And Presentation Skills For Media Organizational set-up of a newspaper-printing, process sequences of operations in the printing of a newspaper/journals.

Introduction of various sports organization and agencies –Olympic Games, Asian games, commonwealth games, awards and trophies. Write-ups: feature, follow-ups, advance story, curtain raiser, flash bank, articles, filters, editorials, boxes, radio and T.V. commentary anchoring, interviews, group discussions, talk-shows, and reviews in sports. Development and maintenance of sports personal library Statistics, records and computers in sports.

**UNIT-III** Extended Relevant Dimensions Theory and principles of advertising in sports

Public relations in sports, press release, conferences Public relation Media – advertising, press release, conferences, exhibitions, fairs, street drama, public speaking, radio, televisions, newspapers, films, posters, pictures, and graphics

Sports photo feature and writing captions of photo Introduction to photo journalism in reference to sports

#### REFERENCES

##### Journalism

Ahuja, B.N., Theory and Practice of Journalism, Delhi: Surjeet, 1988

Aster, J.J., Art. of Modern Journalism

# COMMUNICATIVE ENGLISH-I

ENG/AEC/101

Credits 02

Time allowed: 2Hours

Total Marks: 50

Theory:35

Internal Assessment: 15

**Course Objective:** The course aims to introduce students to the theory, fundamentals and tools of communication and to develop effective communication skills for personal, social and professional interactions. Besides, the students shall learn the basics of English grammar and language.

**Course Learning Outcomes:**

- i) They will learn the importance and basics of communication
- ii) They will learn to receive, comment and respond to correspondences in English language.
- iii) They will learn to use English in their life practically.

**Note for the Paper Setter:** The question paper will consist of **five** questions in all. The **first** question will be compulsory and will consist of **seven** short questions of **1** mark each covering the whole syllabus. In addition, **four** more questions of **14** marks each will be set unit-wise comprising of **two** questions from each of the **two** units. The candidates are required to attempt **one** compulsory question and **two** more questions selecting at least **one** question from each unit.

## Unit - I: Listening, Reading and Speaking Skills

Definition, The Listening Process; Importance of Listening; Basic Types of Listening; Barriers to Effective Listening, Reading Comprehension, Intonation, Group Discussion, Interview

## Unit II: Writing Skills:

- Report Writing
- Paragraph Writing
- Letter Writing
- E-Mail
- Resume
- Blogs and Comments on Social Media

## Suggested Reading:

- I) Kumar, Sanjay and Pushp Lata. 2015. *Communication Skills*. Second Edition, New Delhi: Oxford University Press (OUP).
- II) Sethi, J. and P.V. Dhamija. 2006. *A Course in Phonetics and Spoken English*. Second Edition. New Delhi: Prentice-Hall of India.
- III) Balasubramanian. T. *A Text Book of English Phonetics for Indian Students*. Chennai: Macmillan Publishers India Ltd., 1981.
- IV) *On Track: English Skills For Success* by Orient Blackswan (Board of Editors, Solapur University).

# **BSc Physical Education Sports & Health education**

## **Practical Course**

### **Athletics Teaching- Track Events**

#### **Course Code- BSc/Physical/SM /1/SEC/101**

The Course learning (Single Major) as per NEP-2020 out comes B.Sc. Physical Health and Sports Education, the students will be learning and able to do/perform the following.....

#### **PART-A (Athletics) Unit – 1 Running Event**

1.1 Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.

1.2 Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug

1.3 Races: Short, Medium & Long distance

1.4 Hurdles

1.4.1 Fundamental Skills- Starting, Clearance and Landing Techniques.

#### **Unit – 2 Relays: Fundamental Skills**

2.1 Various patterns of Baton Exchange

2.2 Understanding of Relay Zones

#### **Evaluation Scheme For internal**

Assignment	Viva	Attendance	Skill	Total
5	5	5	10	25

For External

Assignment/ File work	Viva	Skill	Total
5	5	40	50

# Universal Human Values

## CDLU/VAC/104

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**Credits: 2 (Theory)**

**Max. Marks: 50**

**Lectures: 30**

**Final Term Exam: 35**

**Duration of Exam: 2 Hrs.**

**Internal Assessment: 15**

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### **COURSE OBJECTIVES**

- Describe the meaning, purpose, and relevance of universal human values.
- Understand the importance of values in individual, social, career, and national life.

### **LEARNING OUTCOMES**

- Develop integral life skills with values.
- Inculcate and practice them consciously to be good human beings.
- Realize their potential as human beings.

### **Unit-1**

**Love and Compassion (Prem and Karuna):** Introduction, love and its forms: love for self, parents, family, friend, spouse, community, nation, humanity and other beings—living and non-living. Love and compassion and inter-relatedness; The faculty member needs to explain the relationship between love and compassion and other related feelings and emotions like empathy, sympathy, and non-violence. Individuals who are remembered in history or collective memory for practising compassion and love; (such as the Buddha, and Jesus Christ) Narratives and anecdotes from history, literature, including local folklore.

**Truth (Satya):** What is truth? A Universal truth, truth as value (artha), truth as fact (satya) (veracity, sincerity, honesty among others), Individuals who are remembered in history for practising this value; (Raja Harishchandra, Dharmaraja Yudhishtira, Gautama Buddha, Socrates, and Mahatma Gandhi, among others), Narratives and anecdotes about truth from history, collective memory, and literature including local folklore.

**Non-Violence (Ahimsa):** What is non-violence and its need? Love, compassion, empathy, and sympathy are prerequisites for non-violence. Ahimsa is non-violence and non-killing. Individuals and organizations that are known for their commitment to non-violence. Narratives and anecdotes about non-violence from history and literature including local folklore.

**Righteousness (Dharma):** What is righteousness? Righteousness and dharma, righteousness and propriety. Individuals who are remembered in history for practising righteousness. Narratives and anecdotes from history and literature, including local folklore.

### **Unit-2**

**Peace (Shanti):** What is peace and its need? Peace, harmony and balance. Individuals and organizations that are known for their commitment to peace (Mahatma Gandhi, United Nations). Narratives and anecdotes about peace from history and literature including local folklore.

**Service (Seva):** What is service? Forms of service: for self, parents, spouse, family, friends, community, persons in distress, nation, humanity and other living and non-living things. Individuals who are remembered in history for practising this value. Narratives and anecdotes dealing with instances of service from history and literature including local folklore.

**Renunciation Sacrifice (Tyaga):** What is renunciation? Renunciation and sacrifice. Greed is the main obstruction in the path of renunciation. Self-restraint and other ways of overcoming greed. Renunciation with action as true renunciation. Individuals who are remembered in history for practicing this value\* footnote (The faculty member may suggest names of local characters or leaders that could be relevant.) like: Sri Rama, Bhishma, Gautama Buddha, Mahavira, Jesus Christ, Guru Govind Singh, Bhagat Singh, and Mahatma Gandhi.) Narratives and anecdotes from history and literature, including local folklore about individuals who are remembered for their sacrifice and renunciation.

**Constitutional Values, Justice and Human Rights:** contains fundamental values enshrined in our Constitution, which were practised even during the time of the Buddha in democratic city states in ancient

India. comprises associated fundamental rights which are guaranteed not only in our Constitution but also in the Universal Declaration of Human Rights (1948), Enumerates the Fundamental Duties of Indian Citizens, Patriotism, pride and gratitude for the nation.

**Suggested Readings:** Follow Curriculum and Guidelines for Life Skills (Jeevan Kaushal) 2.0 at UGC website:

[https://www.cdlu.ac.in/assets/admin/miscellaneous/Implementation%20of%20Curriculum%20and%20Guidelines%20on%20Life%20Skills%20\(Jeevan%20Kaushal\)%202.0.pdf](https://www.cdlu.ac.in/assets/admin/miscellaneous/Implementation%20of%20Curriculum%20and%20Guidelines%20on%20Life%20Skills%20(Jeevan%20Kaushal)%202.0.pdf)

**Note for the Paper Setter:** *The question paper will consist of **five** questions in all. The first question will be compulsory and will consist of **seven** short questions of **1** marks each covering the whole syllabus. In addition, **four** more questions of **14 marks each** will be set unit-wise comprising of **two** questions from each of the **two** units. The candidates are required to attempt **one compulsory question** and **two more questions** selecting at least one question from each unit.*

# **SEMESTER-II**

# **BSc Physical Education Sports & Health education**

BSc/Physical/SM/2/DSC/103

## **Officiating & Coaching in Physical Education**

**DURATION: 3 HOURS**

**MAXIMUM MARKS: 100**

**CREDIT: 04**

**(EXTERNAL: 70, INTERNAL: 30)**

**Note:** Note for the Paper Setter: The question paper will consist of nine questions in all. The first question will be compulsory and will consist of seven short questions of 2 marks each covering the whole syllabus. In addition, eight more questions of 14 marks each will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt one compulsory question and four more questions selecting one question from each unit.

### **Unit - I**

- i) Meaning, importance and principle of officiating
- ii) Qualities of a good official
- iii) Duties of official pre-game, during game and post-game
- iv) Relationship of official with management, Player, Coaches and Spectators.

### **Unit –II**

- i) Meaning and Principle of Coaching.
- ii) Qualities and Qualification of a coach
- iii) Responsibility of a good coach.
- iv) concept of Coaching.

### **Unit – III**

- i) Methods of conditioning – Circuit, Fartlak, Interval, Repetition and weight training.
- ii) Warming up, cool down and their effect on body
- iii) Dopping and its effect on performance
- iv) Factor affect sports performance

### **Unit – IV**

- i) Dimensions/Lay out of the following games & Athletics Events.
- ii) Games:- Badminton, Basketball, Cricket, Football, Handball, Kabaddi, Kho-Kho, Hockey, Volley Ball, Table Tennis, Lawn Tennis.  
Track:- Sprint, Middle and Long Races and Relay Races,  
Throw:- Javelin, Shot put, Discus  
Jump:- Long jump, High Jump, Triple Jump
- iii) Competition Rule & its interpretation of above games & Athletic
- iv) Eligibility rule for Inter College/School Tournaments.

### **REFERENCES**

- i) Dick, F.W., Sports Training Principles
- ii) Singh Hardyal- Sports Training, NSNIS, Patiala
- iii) Bunn J.W- Scientific Principles of coaching, Englewood cliffs prentice Hall
- iv) Singh Shamsher, An Introduction to Training and Coaching, Friends Publication, New Delhi, 2006.
- v) Rule Books of respective Federations

## **BSc Physical Education Sports & Health education**

BSc/Physical/SM/2/DSC/104

### **Organization and Administration in Physical education & Sports**

**DURATION: 3 HOURS**

**MAXIMUM MARKS: 100**

**CREDIT: 04**

**(EXTERNAL: 70, INTERNAL: 30)**

**Note:** Note for the Paper Setter: The question paper will consist of nine questions in all. The first question will be compulsory and will consist of seven short questions of 2 marks each covering the whole syllabus. In addition, eight more questions of 14 marks each will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt one compulsory question and four more questions selecting one question from each unit.

#### **UNIT- I**

- i. Meaning, Definition, Scope and Importance of methods in Physical Education.
- ii. Types of methods – By part, whole part, command, imitations, Discussion, Demonstration methods
- iii. Factors influence methods of teaching in Physical Education.

#### **UNIT-II**

- i. Classification of pupils, Physical activities, methods of classification, lesson planning.
- ii. Leadership and supervision.
- iii. Organization and conduct of competition – Athletic meet, Basket ball and Volley Ball games.
- iv. Tournament and their types.

#### **UNIT-III**

- i. Methods of Teaching, physical activity, calisthenics, games and sports, indigenous activities
- ii. Presentation of technique, personal preparation, technical preparation, steps of preparation, command & their techniques and types of class formation

#### **UNIT-IV**

- i. Principles of class management- lesson plan and its types of lesson
- ii. Objectives of different lesson plan
- iii. Skill activities & group work
- iv. Class activities recreational part, reassembly, revision, summarizations, dismissal
- v. Construction and laying out of the track and field and play grounds

#### **Reference books:**

- |      |                          |   |
|------|--------------------------|---|
| i.   | Sujan Singh              | : Methods in physical education                     |
| ii.  | Thiru Narayan & Hariharn | : Methods in physical education                     |
| iii. | J.P.Tomas                | : Principles and organisation of physical education |
| iv.  | R.L.Anand                | : Manual of play grounds                            |



**BSc Physical Education Sports & Health education**  
**Practical Course**  
**Game – Football & Handball, Gymnastic Techniques- Front Roll, Dive**  
**Course Code- BSc/Physical/SM/2/MIC/102**

The Course learning (Single Major) as per NEP-2020 out comes B.Sc. Physical Health and Sports Education, the students will be learning and able to do/perform the following.....

1. Defining the various skills of Football & Handball.
2. Demonstrating the various skills of Football & Handball.
3. Explaining the fundamental skills of Football & Handball.

Unit-1 Basic skills and their drills

1.1 Kicking the ball- Push Kick, Low Drive, Hip Shot, Volley, front Volley, side Volley.

1.2 Trapping the ball- Under the sole of the foot, Inside of the foot, Instep of the foot, Outside of the foot with shin, with thighs, with forehead.

1.3 Heading the ball- Deflection side way, Forward, Backward.

1.4 Dribbling & tackling- Running and controlling the ball, Block tackle, Slide tackles  
 1.5 Goal keeping- Post Play, Handling of high and low ball, Servicing of the ball, Clearance of the ball

Handball- Passing and Catching, Shooting, Blocking, Feinting

**(Gymnastics)**

Forward roll, diving forward roll

**Evaluation Scheme For internal**

Assignment	Viva	Attendance	Skill	Total
5	5	5	15	30

For External

Assignment/ File work	Viva	Skill	Total
10	10	50	70

# BSc Physical, Sports & Health Education

BSc/Physical/SM/2/MDC/102

## SPORTS NUTRITION

**DURATION: 3 HOURS**

**CREDIT: 03**

**MAXIMUM MARKS: 75**

**(EXTERNAL: 50, INTERNAL: 25)**

**Note:** for the Paper Setter: The question paper will consist of seven questions in all. The first question will be compulsory and will consist of four short questions of 2 marks each covering the whole syllabus. In addition, six more questions of 14 marks each will be set unit-wise comprising of two questions from each of the three units. The candidates are required to attempt one compulsory question and three more questions selecting one question from each unit.

### **Unit – I Introduction to Sports Nutrition**

- Meaning and Definition of Sports Nutrition
- Basic Nutrition guidelines
- Role of nutrition in sports
- Factor to consider for developing nutrition plan

### **Unit – II Nutrients: Ingestion to energy metabolism**

- Carbohydrates, Protein, Fat–Meaning, classification and its function
- Role of carbohydrates, Fat and protein during exercise
- Vitamins, Minerals, Water–Meaning, classification and its function
- Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.

### **Unit – III Nutrition and Weight Management**

- Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management
- Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss
- Obesity–Definition, meaning and types of obesity,
- Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.
- Nutrition–Daily calorie intake and expenditure, Determination of desirable body weigh
- Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle
- Weight management program for sporty child, Role of diet and exercise in weight management
- Design diet plan and exercise schedule for weight gain and loss

### **References:**

Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab*.93(6), 2027-2034.

DeMaria, E. J. (2007).Bariatric surgery for morbid obesity.*N Engl J Med*,356(21), 2176-2183.

Dixon, J.B., O'Brien, P.E., Playfair, J. Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323.

**Hindi -1**  
**हिंदी भाषा परिचय सामान्य :**  
**HINDI/AEC/101**

**Credit – 2**

**Duration:** 2 Hours per week

**परीक्षा समयघंटे 2 :**

**कुल अंक50 :**

लिखित परीक्षा :35 अंक

आंतरिक मूल्यांकन: 15 अंक

**Note for the Paper Setter:** The question paper will consist of five questions in all. The first question will be compulsory and will consist of seven short questions of 1 marks each covering the whole syllabus. In addition, four more questions of 14 marks each will be set unit-wise comprising of two questions from each of the two units. The candidates are required to attempt one compulsory question and two more questions selecting one question from each unit.

**पाठ्यक्रम के उद्देश्य:**

हिंदी भाषा की विकास करवाना परिचय से यात्रा-

**पाठ्यक्रम के अपेक्षित परिणाम**

1. हिंदी भाषा के विकास व उसकी बोलियों का ज्ञान होगा
2. हिंदी भाषा के विविध रूप व प्रयोजनमूलकता से परिचित होंगे

**खंड एक—**

हिंदी भाषाविकास एवं उद्भव :

हिंदी की उपभाषाएं एवं बोलियों का वर्गीकरण

ब्रज एवं परिचय सामान्य का बोली खड़ी और अवधि ,प्रवृत्तियाँ

**खंड दो-**

कंप्यूटर-परिभाषा, स्वरूप एवं महत्व

पारिभाषिक शब्दावली – बैंकिंग, वाणिज्य, मंत्रालय, उपक्रम, निगम, औद्योगिक क्षेत्र व मीडिया क्षेत्र

अनुवाद लेखन- अर्थ परिभाषा, स्वरूप, महत्व, प्रक्रिया प्रकार

टिप्पणी लेखन ,परिभाषा अर्थ -नियम, लेखन विधि, उदाहरण

**संदर्भ सूची:**

1. हिंदी भाषा का उद्भव एवं विकास तिवारी उदयनारायण ,
2. भाषा विज्ञान तिवारी भोलानाथ .डॉ ,
3. हिंदी भाषा का इतिहास वर्मा धीरेन्द्र लेखक ,
4. समसामयिक भाषा विज्ञाननारंग वैष्णा लेखक ,
5. हिंदी1965 इलाहबाद ,महल किताब ,बाहरी हरदेव ,विकास और उद्भव :

**BSc Physical Education Sports & Health education**  
**Practical Course**  
**Athletics Teaching- Throws**  
**Course Code- BSc/Physical/SM/2/SEC/102**

The Course learning (Single Major) as per NEP-2020 out comes B.Sc. Physical Health and Sports Education, the students will be learning and able to do/perform the following.....

**PART-A (Athletics) Throws**

1. Remembering the different phases of throwing events.
2. Understanding the concepts of various throwing events.
3. Demonstrating the various techniques of throwing events

1.1 Discus Throw, Javelin, Hammer throw, shot-put

1.2 Grip, Stance, Release, Reserve/ (Follow through action)

**Evaluation Scheme For internal**

Assignment	Viva	Attendance	Skill	Total
5	5	5	10	25

**For External**

Assignment/ File work	Viva	Skill	Total
5	5	40	50

## EVS/VAC/101: Environmental Studies – I

**Credits: 2**

**Duration of Examination: 2 hrs**

**Total Marks: 50**

**Internal Assessment: 15**

**Semester End Examination: 35**

**Objective:** The objective of this paper is to create the awareness among the students towards Environmental concepts and issues for smooth life of species and human at earth.

### UNIT I

Introduction to Environment: The multidisciplinary nature of environmental studies: Definition, scope and importance, need for public awareness. Environmental Ethics: anthropocentric and eco-centric perspective. Natural resources: Renewable and non-renewable resources: Natural resources and associated problems. Forest resources: use and over-exploitation, Deforestation, Timber extraction, mining, dams and their effects on forests and tribal people. Water resources: Use and over-utilization of surface and ground water, floods, drought, dams- conflicts over water and problems. Minerals resources: Use and exploitation, environmental effects of extracting and using minerals resources. Food resources: World food issues, changes caused by agriculture and overgrazing, effects of modern agriculture on agro ecosystem, agrochemical issues, water logging, salinity, Energy resources; Growing energy needs, renewable and non-renewable energy resources. Land resources: Land as resource: land degradation man induced landslides, soil erosion and desertification. Role of an individual in conservation of natural resources. Equitable use of resources for sustainable life style. Sustainable development: concept, initiatives for sustainable development: regional, state and global, Sustainable Development Goals.

### UNIT II

Ecosystem: Concept, Structure and Function. Producers, Consumers and Decomposers, Energy flow in the ecosystem, Concept and type of ecological succession, Food chains, food webs and Ecological pyramids, Introduction, types, characteristics features, structure and function of the following ecosystem: Forest ecosystem, Grassland ecosystem, desert ecosystem, Aquatic eco system (Ponds, streams, lakes, rivers, oceans, estuaries). Biodiversity and its conservation: Introduction-Definition: Genetic, species and Ecosystem diversity, Bio-geographical classification of India. Value of Biodiversity: consumptive use, productive use, social, ethical; aesthetic and optional. Biodiversity at local, National and Local levels. India as Mega-diverse a Nation. Hot spots of Biodiversity. Threats to biodiversity, Habitat loss, poaching of wildlife, man-wildlife conflicts. Endemic species, conservation of biodiversity: In situ and Ex-situ, conservation of biodiversity. Convention on biological diversity, Aichi targets. Water pollution: Natural and anthropogenic sources of water pollution and their effects. Marine pollution, Thermal pollution, Eutrophication, Ground water pollution. Air pollution: Sources, Classification and properties of air pollutants (Particulate matter, Inorganic gaseous pollutants, Organic gaseous pollutants), Smog, Acid rain, Ozone layer depletion, Green house effects, Global warming, Effects of air pollution on Human Health Soil pollution: Soil pollution from the use of agrochemicals (viz. Fertilizers and Pesticides), Heavy metals, Industrial effluents and Detrimental effects of soil pollutant, Remedial measures for soil pollution. Types and sources Solid waste, Electronic waste Radioactive and Noise pollution: Definition Sources of radioactive pollution, Radioactivity, effects of radioactive pollution, Sound pressure level, Frequency, noise monitoring and sound level meter, Sources and effects of noise pollution, Effects of noise pollution on human health. Role of individual in prevention of pollution.

### Suggested Readings:

1. Agarwal, K.C. 2001 *Environmental Biology*, Nidi Publ. Ltd. Bikaner.
2. BharuchaErach, *The Biodiversity of India*, Mapin Publishing Pvt. Ltd., Ahmedabad- 380013, India.
3. Clerk RS., *Marine Pollution*; Clanderson Press Oxford.
4. Down to Earth, Centre for Science and Environment.

5. Hawkins R.E., *Encyclopedia of Indian Natural History*, Bombay Natural History Society, Bombay.
6. Mhaskar A.K, *Matter Hazardous*, Techno-Science Publications.
7. Townsend C., Harper J, and Michael Begon, *Essentials ecology*, Blackwell Science.

**Note for the Paper Setter:** *The question paper will consist of **five** questions in all. The first question will be compulsory and will consist of **seven** short questions of **1** marks each covering the whole syllabus. In addition, **four** more questions of **14 marks each** will be set unit-wise comprising of **two** questions from each of the **two** units. The candidates are required to attempt **one compulsory question and two more questions** selecting at least one question from each unit.*