



RANI CHANNAMMA UNIVERSITY BELAGAVI

THE COURSE STRUCTURE & SYLLABUS OF UNDER GRADUATE COURSES

IN

PHYSICAL EDUCATION, SPORTS AND YOGA

FOR THE ACADEMIC YEAR 2022-23 AND ONWARDS

Revised on 11/10/2022

**FRAMED AS PER NATIONAL
EDUCATION POLICY-2020 KARNATAKA**

PREFACE

Physical Education is a movement education which plays an important role in Nation Building, through Fit India Movement, to keep one healthy and Fit. The institutions shall make provisions for the students to take part in Physical Education programme which has the different activities like Sports, Games, Yoga, Athletics, Aerobics and adventures activities.

The National education policy has given an opportunity to make physical education as an Academic, through which lot of opportunity are created for the students to develop, physical, mental emotional balance. Through active participation in movement exercises, sports & yoga.

In the present curriculum framework, the provisions were made based on the facilities available in the college, I am sure this is not the ultimate, this only a beginning, the mile run starts with first step..I take this opportunity to thank the Vice Chancellor and the authorities of the Rani Channamma university for giving me this opportunity, my sincere thanks to Srikanth Nodal officer, and to all the other members for their kind consideration.

Dr.Sundar Raj Urs,

Chairman,

SubjectExpertCommittee:PhysicalEducation,SportsandYoga
&Former Principal UCPE, & Dean of Education&Retired
Registrar evaluation Bengaluru North-University, Bengaluru.

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RCUB-NEP 2020-21 Subject Expert committee**Physical Education Sports and Yoga**

SL No	Name	Designation and Address	Position
1	Prof. SUNDAR RAJ URS	Former Principal UCPE, & Dean of Education And Retd Registrar Evaluation, Bengaluru North University, Bengaluru	Chairman
2	Prof. D M JYOTHI	Dept of Physical Education, Womens University, Vijaypur And NEP-2020 Expert Committee Member Karnataka State	Member
3	Dr SRIKANTH R	Nodal Officer, Dept of Collegiate Education And NEP-2020 Expert Committee Member Karnataka State	Member
4	Shri RAVI GOLA	Director of Physical Education, G P Porwal College, Shindagi, Vijaypur	Member
5	Shri S B CHALAGERI	Director of Physical Education, VNS College, Hunagund, Bagalkot.	Member
6	Dr.RAMKRISHNA N	Director of Physical Education, Rani Parvati Devi College, Belagavi	Member
7	Dr. RAMARAO C	Director of Physical Education, Lingaraj College, Belagavi	Member
8	Smt. SHARADA NIMBARAGI	Director of Physical Education, Govt First Grade College, Rampur.	Member
9	Dr. JAGADISH S GASTI	Director of Sports Rani Channamma University, Belagavi	Member Convenor

PREAMBLE

Our country is growing rapidly as a global super-power. To overcome the challenges of the century and to keep up with the pace of the world, maintaining health is of prime importance. Giving thrust to healthy society, Physical Education, Sports and Yoga are of great significance in today's world. The Rani Channamma University insists on Physical Fitness, Mental Health and Overall Development of Personality for every citizen. In these lines, the Government has launched Fit India Movement, Khelo India, TOP Sand National Sports Day, International Day of Yoga etc. These initiatives have given impetus and awareness among general public, professional and academicians. However, creating efficient and skilled human resource in the field of Physical Education, Sports and Yoga is identified as the need of the hour. Thus, the Governments of India and Rani Channamma University Belagavi, have included Physical Education, Sports and Yoga as a key area under the NEP 2020.

The Rani Channamma University Belagavi has constituted an expert committee to draft the curriculum framework for creating professionals in the area of Physical Education, Sports and Yoga at the Higher Education Institutions. Several meetings are conducted in online and modes to discuss and prepare the Curriculum Framework. The curriculum framework is drafted for enhancing the skill development, value addition, overall personality development, entrepreneurship and employability. The courses proposed are Elective and Skill Enhancement in nature and can be offered through HEIs.

The graduate level course in Physical Education, Sports and Yoga contains subjects varying from Principle sand Practices of Yoga, application of Yoga etc. which are aimed to give thorough knowledge and skills to the students. Students perusing physical education, sports and yoga courses are fit to join the jobs as physical and yoga trainers, coaches, game officials, referees, umpires, curators, gym trainers, life guards, personal trainers, yoga therapist etc. During their course of education the students also develop the expertise to establish their own business as entrepreneurs in the field of Fitness, Sports, Yoga, Recreation,

Adventure Sports, Camping, Event Management etc. The graduates who are interested can also pursue research in the field of Physical Education, Sports and Yoga.

The first meeting of RCUB NEP expert committee was held on 29nd September 2021 in online mode at 10:30 am. The syllabus was made by referring Karnataka State NEP Curricular framework for Physical Education, sports and Yoga. Then finalized the syllabus for I & II semester curriculum framework and submitted to the authority of Rani Channamma University, Belagavi.

In the continuation of first meeting the second meeting was held on 8th October 2022 on online mode at 5:00 pm and The revised syllabus was made by referring Karnataka State NEP Curricular framework, then after thorough discussion Prof. SUNDAR RAJ URS suggested minor changes in first and second semester Open Elective Subjects and then finalized the third semester OE subject as Fitness for career, and by considering RCU Circular for Skill Enhanced Course Value Based content was framed (Health and Wellness /Yoga / Physical Education , Sports & Games) and submitted to the authority of Rani Channamma University, Belagavi.

Curriculum

Name of the Degree Program: BA/BSc/BCom/BBA/BCA & all other UG Courses

1. Open Electives: 03 Credits each (BA/BSc/BCom/BBA/BCA & all other UG Courses)

***2. Skill Enhancement Courses (Value Based) : 02 Credits each
(BA/BSc/BCom/BBA/BCA & all other UG Courses)***

Starting Year of Implementation: 2021-22,

Aims & Objectives:

- To bring the Physical Education, Sports and Yoga awareness among the students.
- To encourage every student, to actively participate at least in any one form of physical activity.
- To work their optimal level of Physical Fitness.
- To develop the individual as a fit citizen in the society.
- To enhance the mass participation.
- To get knowledge in different sport, Games, Athletics and Yoga.
- To Develop the activities required for organizing Physical Education ,sports and Yoga.
- To acquire knowledge about yoga & physical exercises.
- To initiate job oriented training and certificate courses for students in various training program. (Gym instructor, yoga instructor, coaching of various sports/games etc.)

Program Out comes:

Physical Education, sports and Yoga are very wide subjects in which biological, psychological, physical, health and functional aspects of sports and body are studied. It is noteworthy that it is such a subject with the help of which human body both internally and externally can be kept healthy. Students will definitely be able to discharge duties towards themselves and society through these subjects. Under these subjects, the students can demonstrate excellently their skills and perfection particularly in sports ability, management, leadership, health plan, event management, sports budgeting, physiology, teaching methods, sports psychology and research along with getting information regarding to the importance of Physical Education, Sports and Yoga for Students.

Opportunities after completion of the course

1. Students acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development
2. Student will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently
3. Student acquire the knowledge of opted games, sports and yoga and also learn the technical and tactical experience of the same.
4. The students to be entrepreneur to start their own fitness center, gym, etc for different genders and age groups at all level
5. The students are enable to officiate, supervise and organize various sports events.
6. Student will learn to apply the knowledge of managing the fitness equipment's
7. Student will learn to apply knowledge of Physical fitness and exercise management to lead better quality life
8. The student will earn and contribute on fitness management and fitness diet.
9. Students will understand and learn different dimension of active lifestyle
10. The student will gain knowledge of professional preparation In Physical Education, Sports and Yoga
11. Students will be able to assess the Physical Fitness in Scientific way
12. The students will be able to continue professional courses and research in Physical Education, sports and yoga.

Assessment

Weightage for Assessments

Semester-I

Open Electives (BA/BSc/BCom/BBA/BCA & all other UG Courses)

Course Theory Instructions & Demonstration	Papers	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
PET-OE1-1	Sports & Recreation			
Theory		1	2	60(40+20)
PEP-OE1/2				
Practical's		2	3	40 (20+20)
Total		3	5	100

Note: For Open Electives the No: of Credits for Practical's & Theory shall be altered as per requirement.(1 Theory+2Practical or 2 Theory+1 Practical)

Assessment

Weightage for Assessments

Semester-II				
Open Electives (BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course Theory Instructions & Demonstration	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
PET-OE2-1	Sports Event Management			
Theory		1	2	60 (40+20)
PEP-OE2-2				
Practical's		2	3	40 (20+20)
Total		3	5	100

Assessment

Weightage for Assessments

Semester-III				
Open Electives (BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course Theory Instructions & Demonstration	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
PET-OE3-1	Physical Fitness For Career			
Theory		1	1	60 (40+20)
PEP-OE2-2				
Practical's		2	4	40 (20+20)
Total		3	3 (5)	100

Course Code	Theory/ Practical	Credits	No. Of Teaching Hours/Week	Total No. Of Teaching Hours	Duration of Exam in hrs	Internal Assessment Marks	Semester End Exam Marks	Total Marks
PET-OE1-1	Sports & Recreation	1	1	28	90 min	20	40	60
PET-OE1-2	Sports Event Management							
PET-OE1-3	Physical Fitness for Career							
PEP-OE1/2/3		2	4	28	3hrs	20	20	40
Total		3	5	56	-	40	60	100

Semester I
Open Elective Paper
Title of the Course:
Sports and Recreation
(BA/BSc/B.Com/BBA/BCA & all other UG Courses)

Content of Theory Course		56
Theory1 <ul style="list-style-type: none"> • Meaning, Definition and Concept of Fitness and Recreation • Objectives, Characteristics and Principles of Fitness and Recreation • Importance, Purpose, Benefits of Fitness and Recreation • Types of Recreation • Recreation through Sports and Games • Use of Leisure Time Activities and their educational values 		28
Practical <ul style="list-style-type: none"> • Traditional, Folk and Indigenous Games • Three Days outdoor camp and Hiking • Cycling ,tie up with District/State Association • Visit to Recreational Clubs 		28
Formative Assessment		
Assessment type	Weightage in Marks	
Theory	Theory - 40 Marks Internal-20 Marks	
Practicals	Practical - 20 Marks Internal-20 Marks	
Total	100Marks	

References

1. Bucher.C.A (1979) foundation of Physical Education (5th edition Missouri CV Mosby Co.)
2. Coalter, F. (2013) Sport for Development: What game are we playing? Routledge.
3. Puri .k. Chandra S.S (2005) "Health and Physical Education" New Delhi : Surjeet Publication
4. Thomas D Fahey and others. Fit and well : 6th Edition New York : McGraw Hill Publishers, 2005

Semester-II
Open Elective Paper

Title of the Course:

Sports Event Management

(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Content of Theory Course		56
Theory <ul style="list-style-type: none"> ● Meaning, Definition and importance of Sports Management ● Scope of Sports Event Management ● Principles of Sports Event Management ● Major and Minor Sports Events ● Traditional Games Management 		28
Practical's <ul style="list-style-type: none"> ● Organization of Indoor Sports and Games Events ● Project on Outdoor Sports and Games Events ● Visits to Sports Clubs, Sports Stadiums, IPL. KPL and League Tournaments ● Organization of Intramural - Sports Events, Sports Fests, Traditional Games Fest ● Report Preparation, Records and PPT 		28
Formative Assessment		
Assessment type	Weightage in Marks	
Theory	Theory - 40 Marks Internal-20Marks	
Practicals	Practical - 20 Marks Internal-20 Marks	
Total	100Marks	

1. Muller, J.P. (2000). Health, Exercise and Fitness. Delhi: Sports.
2. IAAF Manual
3. Vanaik, A. (2005) Play Field Manual, Friends Publication New Delhi
4. M.J. Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual, Silver Star Publication, Shimoga

Semester III
Open Elective Paper
Title of the Course:

Physical Fitness for Career
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Content of Theory Course		56
Theory <ul style="list-style-type: none"> ● Importance of Yoga and Fitness ● Physical Standards: Men and Women ● Standard Fitness Tests: Fitness Tests for Defence Forces, PSI, Police Constable, Fire Force, Forest Department, Professional Courses-Sports & Physical Education ● General and Specific Conditioning and its importance ● Specific Tests for Strength Test, Speed Test, Agility Test, Flexibility Test, Coordinative abilities, etc Mode of Selections and Qualifying Standards 		28
Practical's <ul style="list-style-type: none"> ● General and Specific Warm up ● Training for Endurance, Speed, Strength, Agility, Flexibility etc ● Required Physical Fitness Tests: Strength Test, Speed Test, Agility Test, Flexibility Test, Coordinative abilities, etc 		28
Formative Assessment		
Assessment type	Weightage in Marks	
Theory Physical Fitness for Careers	Theory - 40 Marks Internal - 20 Marks	
Practicals Physical Fitness Tests	Practical - 20 Marks Internal - 20 Marks	
Total	100 Marks	

1. AAPHERD "Health related Physical Fitness Test Manual." 1980
Published by Association drive Reston Virginia
2. Bucher.C.A (1979) foundation of Physical Education (5th edition Missouri CVM osby Co.)
3. Puri.k. Chandra S.S (2005) "Health and Physical Education " New Delhi: Surjeet Publication
4. Thomas D Fahey and others. Fit and well: 6th Edition New York: Mc Graw Hill Publishers, 2005

Semester- I to VI
Skill Enhanced Courses
Value Based

1. Health and Wellness
2. Yoga
3. Physical Education, Sports and Games
Pedagogy involves Lecture+Theory+Practical

**Note- Refer RCU Circular –RCU/Belagavi/UG Section/2022-23/2300
dated 02/09/2022**

Recommendations

1. The various papers in the subject of Physical Education, Sports and Yoga of undergraduate programmes, in core discipline, specific discipline elective, Health Education and Skill Enhancement Courses, shall be taught (theory and practicals) by Physical Education Faculty, qualified as per the UGC guidelines.
2. Physical Education Faculty shall be Enriched with additional knowledge through short term courses/workshops/refresher/orientation/training programmes as per requirements.
3. Health and Wellness/Yoga (Value based paper under SEC) paper shall be taught by Physical Education Faculty only.
4. Appropriate Sporting and Yoga infrastructure and necessary Books/reference materials shall be ensured at all Higher Education Institutions (HEIs).
5. Recruitment of Faculty shall be ensured in all Government, Aided, Constituent and Private HEIs.
6. Open Elective Papers and Skill Enhancement Papers in Physical Education, Sports and Yoga shall be made available in all HEIs across all UG Programs(Arts, Science & Commerce, i.e.BA/BSc/BCom/BBA/BCA & all other UG Courses) starting from the academic year 2021-22.
7. The existing work load of the Physical Education Faculty for preparing colleges sports teams (training and coaching hours) for University/State/National level competitions shall also be considered along with the workload of papers made available under NEP.
8. Along with Discipline Specific Core papers, appropriate measures shall be ensured to conduct practical and theory assessments for Open Electives and skill enhancement courses.
9. Physical Education as Discipline Specific Core (DSC) may be included next year in RCUB Curriculam

Model Question Paper
Scheme of Evaluation Open Elective

Maximum Marks: 40

Time : 90 Minutes

Instructions:

1. Answer any TEN questions in the Part-A,
2. Answer any FOUR questions in the Part-B,

each question carries 2 marks.
each question carries 5 marks.

PART – A

I. Answer any TEN questions

10x2 Marks = 20 Marks

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

PART – B

II. Answer any FOUR questions

4x5Marks = 20 Marks

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Theory Internal 20 Marks

Internal First Test	Internal Second Test	Attendance	Assignments
5 Marks	5 Marks	5 Marks	5 Marks

Practical External Examination 20 Marks

Attendance	Practical Skill Performance	VIVA	Journal/Field Visit Report
5 marks	5 marks	5 marks	5 marks

Practical Internal Marks 20 Marks

Attendance	Assignments	Practical Skill Performance
10 Marks	5 Marks	5 Marks

Semester-I to VI Skill Enhancement Courses Scheme of Evaluation as RCU Guidelines

Activity -1 25 Marks		Activity -2 25 Marks	
Performance	Attendance	Performance	Attendance
20	05	20	05
Grand total marks obtained for activities 1 & 2 for (Maximum 50 Marks) = 50			

Kindly recommend for BOS & BOE

NEP-RCUB