

YEAR/ PROGRAMME	SEME STER	Type of Course	COURSE CODE	PAPER/TITLE	CREDITS			Contact Hours (T+P)	Max. Marks				
					Theory	Practical	Total		Theory		Practical		Total
									External	Internal	External	Internal	
3/ Degree	5	Core Course - 5 Major Core Course - 9	24UN-PED-501	Sports Training	3	1	4	5 (3+2)	50	20	20	10	100
		Major Core Course - 10	24UN-PED-502	Sports Sociology	3	1	4	5 (3+2)	50	20	20	10	100
		Core Course Minor (Vocational) – 2	24UN-PED- VOC501	Basic Physiotherapy technique	2	2	4	6 (2+4)	35	15	35	15	100
		Discipline specific Elective -2	24UN-PED-503	Sports Journalism	3	1	4	5 (3+2)	50	20	20	10	100
			24UN-PED-504	Physical Literacy	3	1	4	5 (3+2)	50	20	20	10	100
		Discipline specific Elective – 3	24UN- PED-505	Wellness and Life Style	3	1	4	5 (3+2)	50	20	20	10	100
			24UN- PED-506	Kinesiology	3	1	4	5 (3+2)	50	20	20	10	100
		Skill Enhancement Courses	From available pool of Skill enhancement course as per NEP.										


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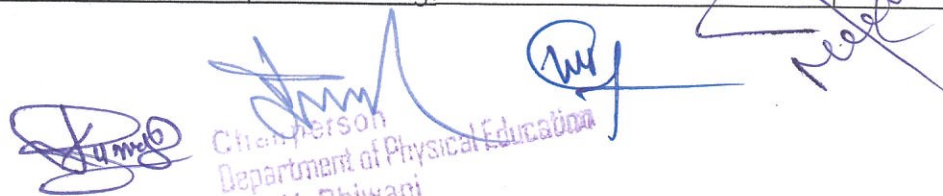
YEAR/ PROGRAMME	SEME STER	Type of Course	COURSE CODE	PAPER/TITLE	CREDITS			Contact Hours (T+P)	Max. Marks				
					Theory	Practical	Total		Theory		Practical		Total
									External	Internal	External	Internal	
3/ Degree	6	Core Course – 6 Major Core Course - 11	24UN-PED-601	Organisation and administration	3	1	4	5 (3+2)	50	20	20	10	100
			24UN-PED-602	Sports Medicine	3	1	4	5 (3+2)	50	20	20	10	100
			24UN-PED- VOC601	Sports for life	2	2	4	6 (2+4)	35	15	35	15	100
		Discipline specific Elective -4	24UN-PED-603	Stress Managem ent	3	1	4	5 (3+2)	50	20	20	10	100
			24UN-PED-604	Bio Mechanics	3	1	4	5 (3+2)	50	20	20	10	100
		Discipline specific Elective – 5	24UN- PED-605	Adapted Physical Education	3	1	4	5 (3+2)	50	20	20	10	100
24UN- PED-606	Test and Measurement in Physical Education		3	1	4	5 (3+2)	50	20	20	10	100		

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5th Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from
session 2024-25)

Core Course – 5
Major Core Course - 9

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	5 th Semester		
Name of the Course	Sports Training		
Course Code	24UN-PED-501		
Course Type:	Core Course - 5 Major Core Course - 9		
Level of the Course	300 - 399		
Pre-requisite (if any)	It is open for all		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: 1. Describe the meaning, aims and objectives of sports training. 2. Understand the Importance and Principles of sports training. 3. Enhance the Mean and types of Physical Fitness. 4. Provide knowledge about Meaning, types and factors affecting of training load. 5. Explain the meaning, types and principles of formulation of Training plans.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100 Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks) Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u> 1. There shall be Nine Questions in all. 2. The Question paper will be divided into five units. 3. Paper setter has to set 02 questions from each unit of syllabus given below (1st to IVth). A total of 08 questions from all 04 units. 4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus. it contains 05 short answer type questions of two marks each. 5. All Questions carry equal marks (10 marks each). 6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt.			
Unit	Topics		Contact Hours
I	Introduction to Sports Training: • Meaning, Definition and importance of Sports training. • Aim and Objectives of Sports Training. • Principles of Sports Training. • Characteristics of Sports Training.		12



II	Physical Fitness: - Physical Fitness: Meaning, definition and importance - Types of physical fitness. - Components of physical fitness.	10
III	Training load: - Meaning, definition and importance of Training load. - Types of Training Load - Factors affecting of Training Load. - Function of Training Load.	12
IV	Training Plans: Training Plans: Meaning and types (Macro, Meso, Micro and Training session plan). - Principles of Formulation of Training plans. - Factors affecting of Training plans.	11

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)

Internal Assessment:

Continuous Comprehensive Evaluation (CCE): 20 Marks
Class presentation = 5
Seminar/ Assignment/Quiz/class test, etc. = 5
Mid Term Test = 10

End Term Exam: 50 Marks Time = 3 hrs

One question of 10 marks from each Units I to IV = 40 Marks.
Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks

Part II – Practical

(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Assessment of Endurance – (Harvard step test)	10 Marks	10
II	Assessment of Flexibility- (Bend and Reach test)	10 Marks	10
III	Explosive Strength- (Standing Broad jump)	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File	End Term Exam: 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File	

Part C-Learning Resources

- Dick, W. F. (1980). *Sports training principles*. London: Lepus Books.
- Harre, D.(1982). *Principles of sports training*. Berlin: Sporulated.
- Jensen, R. C.& Fisher, A.G. (1979). *Scientific basis of athletic conditioning* Philadelphia:
- Lea and Fibiger, 2ndEdn.

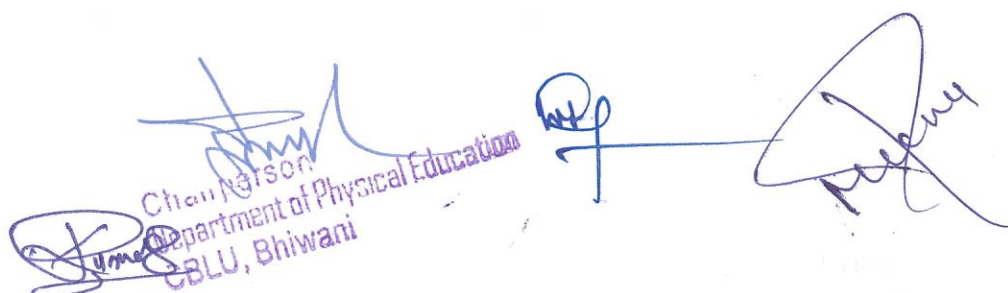





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5th Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from
session 2024-25)
Major Core Course - 10

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	5 th Semester		
Name of the Course	Sports Sociology		
Course Code	24UN-PED-502		
Course Type:	Major Core Course - 10		
Level of the Course	300 - 399		
Pre-requisite (if any)	It is open for all		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: 1. To Understand the Importance, Nature and scope of sports sociology. 2. To discuss the social issues like Gender and racial diversity in Sports sociology. 3. To understand about the role of sports in socialization of masses. 4. To Learn about Culture and civilization and their relationship with sports.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100 Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks) Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
Instructions for Paper- Setter: 1. There shall be Nine Questions in all. 2. The Question paper will be divided into five units. 3. Paper setter has to set 02 questions from each unit of syllabus given below (1st to IVth). A total of 08 questions from all 04 units. 4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each. 5. All Questions carry equal marks (10 marks each). 6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt.			
Unit	Topics		Contact Hours
I	Introduction to Sports Sociology • Meaning and Importance of Sports Sociology • Nature of Sociology. • Scope of Sports Sociology.		12



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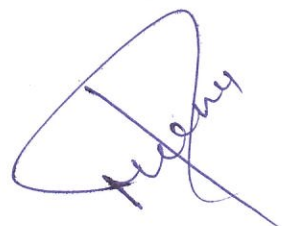
III	ASAAP (A Socio- Metric measure- Dr. S.L. Chopra, Lucknow.)	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File	End Term Exam: 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File	

Part C-Learning Resources

- Coakley, J. (2021). Sports in society: Issues and controversies (13th ed.). McGraw-Hill Education.
- Eitzen, D. S. (2016). Fair and foul: Beyond the myths and paradoxes of sport (6th ed.). Rowman & Littlefield Publishers.
- Maguire, J., Jarvie, G., Mansfield, L., & Bradley, J. (2002). Sport worlds: A sociological perspective. Human Kinetics.
- Giulianotti, R. (2015). Sport: A critical sociology (2nd ed.). Polity Press.
- Yobu, A. (2008) Sociology of Sports. Friends Publications.
- Jain.(2002), Sports Sociology, Heal Sahety Kendre Publishers.
- Jay Coakley (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.
- Coakley, J. (1990) Sport in Society: Issues and Controversies, (4thed.). St. Louis: Mosby


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	• Role and responsibilities of sports journalists	
II	Understanding the Sports Media Landscape • Impact of different types of sports media (print, broadcast, online) • Ethics in sports reporting: fairness, accuracy, and objectivity • Effective headline writing for sports articles • Elements of good writing	10
III	Sports Interviewing Skills • Meaning and need of interview in Sports Journalism • Techniques for conducting athlete interviews • Principles of effective sports interviews • Ethical considerations in sports interviews	12
IV	Multimedia Sports Reporting • Broadcasting meaning and its role in sports journalism • Elements of sports broadcasting and commentary • Multimedia and storytelling in sports journalism • Using photography and video in sports reporting	11

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)

Internal Assessment:

Continuous Comprehensive Evaluation (CCE): 20 Marks
 Class presentation = 5
 Seminar/ Assignment/Quiz/class test, etc. = 5
 Mid Term Test = 10

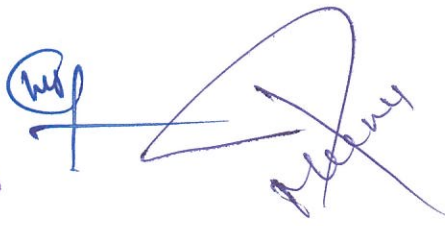
End Term Exam: 50 Marks Time = 3 hrs

One question of 10 marks from each Units I to IV
 = 40 Marks.
 Five Questions short answer from entire syllabus
 = 5 × 2 Marks = 10 Marks

Part II – Practical

(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Field Reporting	10 Marks	10
II	Interviews	10 Marks	10
III	Writing and producing News Articles.	10 Marks	10



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5th Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2024-25))

Vocational Course - 2

Part A – Introduction			
Subject:	Health & Physical Education		
Semester	5th Semester		
Name of the Course	Basic Physiotherapy Technique		
Course Code	24UN-PED-VOC501		
Course Type:	Vocational Course – 2		
Level of the Course	100 – 199		
Pre-requisite (if any)	It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Understand the concept and principles of Physiotherapy and Gross and Microscopic Structure of Skelton muscle 2. Acquire knowledge about the major muscles and main joints of human body 3. Develop an understanding about the nervous system and various mechanism of tissue healing. Explain concept of in Rehabilitation and Therapeutic Exercises 4. Assess the Range of motion on all joints. 5. Manually test muscle. Apply basic electrical components in electrotherapeutic equipments on various muscles. 6. Give massage to various muscles of upper limb, lower limb and back.		
Credits	Theory	Practical	Total
	2	2	4
Contact Hours	2 hours per week	4 hours per week (Size of practical group = 20 students)	6
Max. Marks: 100 Part I - Theory = 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks) Part II - Practical = 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u> The question paper will consist of five Units I, II, III and IV. Units I, II & III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 marks for each question.			
Unit	Topics		Contact Hours


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I	Introduction of First Aid - Meaning and definition of Physiotherapy - Purpose of Physiotherapy, Principles of Physiotherapy - Meaning of Anatomy and Physiology - Gross and Microscopic Structure of Skelton muscle - Basic Anatomy of Bones, Name and location of various bones present in the human body. - Types of bones present in human body.	10
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	- Meaning of Joint, Types of joints, - Types of Synovial joint, Structure of Synovial Joint	
II	Important Muscles and Joints - Name and locations of various muscles: Sternocleidomastoid muscle Latissimus Dorsi, Deltoid, Biceps, Triceps and Pectoralis Major Trap Rhomboid Major, Rectus Abdominal, Hamstrings group of Muscles, Quadriceps group of Muscles, Gastrocnemius Muscle. - Ligaments of Shoulder, Elbow and Knee, joints	10
III	Introduction to Rehabilitation and Therapeutic Exercises: - Meaning of rehabilitation, Guiding principles of rehabilitation of injuries - Description of Thermo therapy: Hot bag, Contrast bath and Whirlpool bath. - Description of Hydrotherapy: Cryotherapy, Ice pack and Ice wrap - Meaning and principles of therapeutic Exercises - Meaning of PRICE, Physiology of PRICE	10

Suggested Evaluation Methods:

Maximum Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)

Internal Assessment:

Continuous Comprehensive Evaluation (CCE): 15 Marks
 Class presentation = 5
 Seminar/ Assignment/Quiz/class test, etc. = 5
 Mid Term Test = 5

End Term Exam: 35 Marks Time = 3 hrs

One question of 10 marks from each Units I to III = 30 Marks.
 Five Questions short answer from entire syllabus = 5 × 1 Marks = 5 Marks.

Part II – Practical

(Internal Assessment - 15 Marks + End Term Exam – 35 Marks)

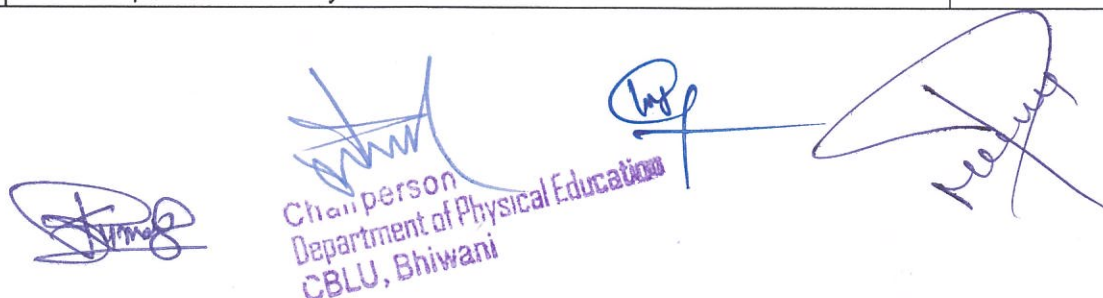
Unit	Topics	Marks distribution	Contact Hours
I	Range of motion (PROM, AROM, AAROM) exercises to all joints, Measurement of joint range using goniometer, Manual muscle testing of individual muscles	15 Marks	20
II	Identify basic electrical components in electrotherapeutic equipments, Stimulation of motor points, stimulation of individual muscle and group muscle,	10 Marks	20

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5th Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2024-25)

Discipline specific Elective - 3

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	5 th Semester		
Name of the Course	Wellness and Life Style		
Course Code	24UN-PED-504		
Course Type:	Discipline specific Elective - 3		
Level of the Course	300 - 399		
Pre-requisite (if any)	It is open for all		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: 1. Understand the concept of wellness and its components. 2. Understand the importance of healthy lifestyle. 3. To learn about the Mental and Emotional wellbeing of individuals. 4. To understand the role of social and environmental wellness on overall wellbeing.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100 Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks) Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
Instructions for Paper- Setter: 1. There shall be Nine Questions in all. 2. The Question paper will be divided into five units. 3. Paper setter has to set 02 questions from each unit of syllabus given below (I st to IV th). A total of 08 questions from all 04 units. 4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each. 5. All Questions carry equal marks (10 marks each). 6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9 th question (V th Unit) will be compulsory to attempt.			
Unit	Topics		Contact Hours
I	Introduction to Wellness and Lifestyle: • Concept of Wellness and its components. • Importance of Healthy lifestyle. • Formulation of Wellness goals. • Creating an Action Plan on goal.		12
II	Physical Wellness: • Importance of Physical wellness and exercise.		10

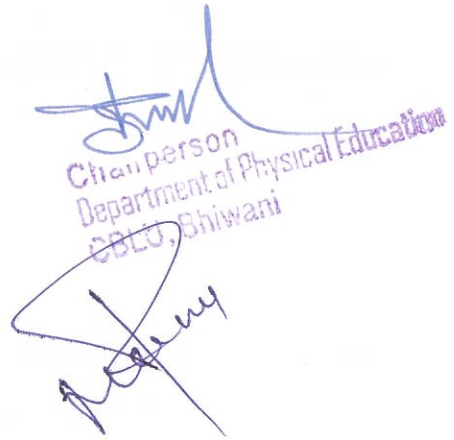


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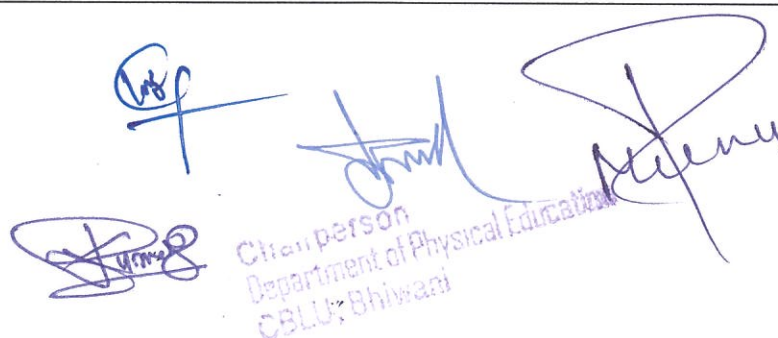
- McGlynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.
- David K. Miller & T. Earl Allen(1989), Fitness, A life time commitment, Surjeet Publication Delhi.
- Uppal A.K (1992), Physical Fitness, Friends Publications (India),
- Warner W.K. Oeger & Sharon A. Hoeger(1990) Fitness and Wellness, Morton Publishing Company.
- "Wellness Self-Assessment" UMasser Princeton University.
- Wellness Inventory, Ministry of Education 2012-2013
- Home - Guiding Wellness
- Home - Global Wellness Institute
- World Health Organization (WHO)
- American Heart Association | To be a relentless force for a world of longer, healthier lives
- ACE | Health and Fitness Education, Research, Career Support (acefitness.org)
- ACSM | American College of Sports Medicine
- Corbin's concepts of fitness and wellness: A Comprehensive lifestyle Approach
www.mheducation.com
- Concept of fitness & wellness- Open textbook library – open.umn.edu





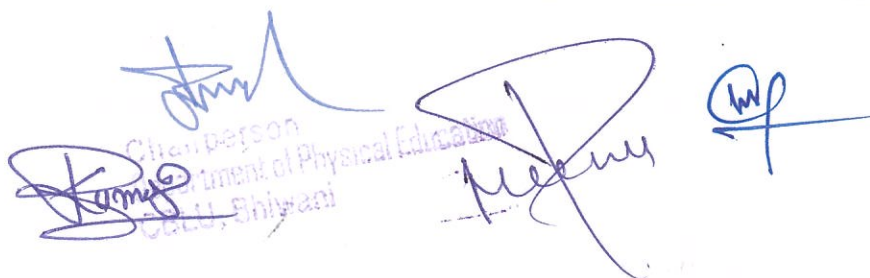

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	• Characteristics of Organization & Administration		
II	SPORTS EQUIPMENTS & FACILITIES: • Sports Equipments & Facilities: Meaning & Importance • Classification of Sports Equipments • Care & Maintenance of different types of Sports Equipments & Facilities. • Need of Sports Equipments & Facilities.	10	
III	TOURNAMENT: • Tournament: Meaning & Importance. • Types of Tournaments • Bye: Criteria for giving Byes • Fixtures on Knockout & Round Robin Tournament Basis	12	
IV	BUDGET PLANNING: • Budget: Meaning & Importance of Budget in Physical Education • Criteria of Good Budget • Preparation of Budget Planning • Format of Making Budget of a Institution.	11	
Suggested Evaluation Methods: Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Internal Assessment: Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10		End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks	
Part II – Practical (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
Unit	Topics	Marks distribution	Contact Hours
I	Methods of Issuing and Return of Sports Equipments	10 Marks	10
II	Methods of Care and maintenance of sports equipments and facilities.	10 Marks	10
III	Methods of storing various types of Sports Equipments.	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File	End Term Exam: 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File	
Part C-Learning Resources			


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6th Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from
session 2024-25)
Major Core Course - 12

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	6 th Semester		
Name of the Course	Sports Medicine		
Course Code	24UN-PED-602		
Course Type:	Major Core Course - 12		
Level of the Course	300 - 399		
Pre-requisite (if any)	It is open for all		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: 1. To learn about meaning, importance and scope of Sports medicine. 2. To learn about different types of sports Injuries and their causes. 3. To learn about the role of Physio-therapy in sports medicine. 4. To understand the various techniques of first-aid in sports injuries and conditions.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100 Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks) Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
Instructions for Paper- Setter:			
1. There shall be Nine Questions in all. 2. The Question paper will be divided into five units. 3. Paper setter has to set 02 questions from each unit of syllabus given below (Ist to IVth). A total of 08 questions from all 04 units. 4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus. it contains 05 short answer type questions of two marks each. 5. All Questions carry equal marks (10 marks each). 6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt.			
Unit	Topics		Contact Hours
I	Overview of Sports Medicine • Meaning and Importance of Sports medicine. • History and scope of Sports medicine. • Modern concept of Sports medicine • Qualifications of Sports medicine Practitioners		12
II	Sports Injuries:		10


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Prentice.

- Morris B. Million. (1998). Sports Injuries and Athletic Problem Surjeet Publication, New Delhi
- Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics.
- Conley, M. (2000). *Bioenergetics of exercise training*. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning Champaign, IL: Human Kinetics.
- David, R. M. (2005). *Drugs in sports*, (4th Ed). Routledge Taylor and Francis Group.
- Hunter, M. D. (1979). *A dictionary for physical educators*. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education Philadelphia: Lea & Febiger.
- Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
- Khanna, G.L., (1990). *Exercise physiology & sports medicine*. Delhi: Lucky Enterprises.
- Mathew, D.K. & Fox, E.L, (1971). *Physiological basis of physical education and athletics*. Philadelphia: W.B. Saunders Co.
- Pandey, P.K., (1987). *Outline of sports medicine*, New Delhi: J.P. Brothers Pub.
- Williams, J. G. P. (1962). *Sports medicine*. London: Edward Arnold Ltd.
- Pande R. S. (1998) Sports Medicine. Khel Sahitya Kendra, New Delhi




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	- Imagery: Mental imagery to enhance performance and manage stress. - Self-Talk: Importance of Self-talk in reducing stress and improving sports performance. - Progressive muscles relaxation and meditation as means of stress management.	
III	STRESS MANAGEMENT IN TEAM SPORTS: - Team cohesion: Meaning and its importance in managing stress. - Role of Team building in managing stress. - Communication and its role in Team cohesion. - Leadership: Role of leadership in managing stress in team sports.	12
IV	STRESS MANAGEMENT FOR COACHES: - Stress Management and its causes in coaches. - Stress Management techniques for coaches. - Coach- Athlete relationship: Role of Coach-Athlete relationship in managing stress. - Coach Education: Importance of coach education in stress management.	11

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)

Internal Assessment:

Continuous Comprehensive Evaluation (CCE): 20 Marks
 Class presentation = 5
 Seminar/ Assignment/Quiz/class test, etc. = 5
 Mid Term Test = 10

End Term Exam: 50 Marks Time = 3 hrs

One question of 10 marks from each Units I to IV = 40 Marks.
 Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

Part II – Practical

(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Yoga and Meditation	10 Marks	10
II	Self-Talk	10 Marks	10
III	Progressive Muscle Relaxation	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File	End Term Exam: 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File	

Part C-Learning Resources

Mellalieu, S.D., & Hanton, S. (2009). Intensity and direction of competitive anxiety as a function of sport type and experience. *Psychology of Sports and Exercise*, 10(6), 619-625.

Nicholls, A.R., & Polman, R.C., (2007), coping in sport: A Systematic review *Journal of Sports Sciences*, 25(1), 11-31.

Birrer, D., & Morgan, G. (2010), Psychological skills training as way to enhance an athlete's performance in high-intensity sports. *Scandinavian Journal of Medicine & Science in Sports*, 20(2), 78-87.

Hardy, J., Hall, C.R., Gibbs, C. & Greenslade, C. (2006), Self-talk and affective states in sport. *Psychology of sport and exercise*, 7(6), 561-575.

Heuze, J.P., & Fontayne, P. (2006). Team cohesion and performance in professional basketball, *International*

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6th Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25 (IIHS from session 2024-25))
Vocational Course - 3

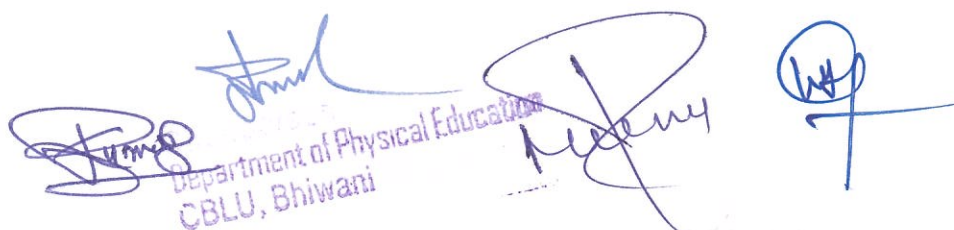
Part A – Introduction			
Subject:	Health & Physical Education		
Semester	6th Semester		
Name of the Course	Sports For Life		
Course Code	24UN-PED-VOC601		
Course Type:	Vocational Course – 3		
Level of the Course	100 – 199		
Pre-requisite (if any)	It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: To understand the philosophy of principles behind the sports To understand the stages of long term athlete development Role of Sports in promoting social inclusion and community development		
Credits	Theory	Practical	Total
	2	2	4
Contact Hours	2 hours per week	4 hours per week (Size of practical group = 20 students)	6
Max. Marks: 100 Part I - Theory = 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks) Part II - Practical = 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u> The question paper will consist of five Units I, II, III and IV. Units I, II & III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Sports for life - Philosophy and principles behind the sports for life. - Role of Sports in promoting physical literacy - Benefits of sports in promoting physical, mental and social wellbeing - Role of sports in Promoting community development and social inclusion		10


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6th Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2024-25)

Discipline specific Elective - 5

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	6 th Semester		
Name of the Course	Adapted Physical Education		
Course Code	24UN-PED-605		
Course Type:	Discipline specific Elective - 5		
Level of the Course	300 - 399		
Pre-requisite (if any)	It is open for all		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: 1. To Learn about Adapted Physical Education, its need, objectives, scope and factors affecting performance. 2. To Learn about different types of disabilities, their causes and characteristics. 3. To Learn about teachers competency and communication technology in Adapted Physical Education. 4. To Learn about Adapted Physical Education program for specific population.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100 Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks) Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
Instructions for Paper- Setter: 1. There shall be Nine Questions in all. 2. The Question paper will be divided into five units. 3. Paper setter has to set 02 questions from each unit of syllabus given below (Ist to IVth). A total of 08 questions from all 04 units. 4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each. 5. All Questions carry equal marks (10 marks each). 6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt.			
Unit	Topics		Contact Hours
I	AN OVERVIEW OF ADAPTED PHYSICAL EDUCATION: • Meaning and Need of Adapted Physical Education. • Aims & Objectives of Adapted Physical Education • Factors Affecting Performance in Adapted Physical Education. • Scope of Adapted Physical Education		12


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	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File	End Term Exam: 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File
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Part C-Learning Resources

Cowell, C.C. & Hazelton, H.W. (1965). *Curriculum design in Physical Education*. Englewood cliffs: N.J. Prentice Hall Inc.

Murthy, J.K. (2005). *Curriculum construction in Physical Education and Sports*. Ansari Road, Daryaganj, New Delhi: Commonwealth Publishers.

Pratt, D (1980) *Curriculum Design & Development*, New York: Harcourt, Brace and Jovanvich.

Tyler, R.S. (1976). *Curriculum Principles and Foundations*. London: Harper and Row Publishers.

Payne, D.A. (1973). *Curriculum Evaluation :Commentaries on purpose, Process and Product*. Boston: D.C. Heath.

Underwood, G.L. (1983). *The Physical Education Curriculum in Secondary School : Planning and implementation*. England: Taylor and Francis Ltd.

Cassidy, R. (1986). *Curriculum Development in Physical Education*. New York: Harper & Company.


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