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UNIVERSITY OF MYSORE

Estd. 1916

Vishwavidyanilaya Karyasoudha
Crawford Hall, Mysuru- 570 005

No.AC6/154/NEP/2020-21

Dated: 08-11-2021

Notification

Sub:- Introducing Syllabus and Examination Pattern of Physical Education Sports & Yoga for First and Second Semester UG-Program for the Academic year 2021-22 as per NEP-2020.


Ref:- 1. BOS in Physical Education meeting held on 9/18-10-2021
2. Decision of the Faculty meeting held on 16-10-2021.
3. Decision of the AC meeting held on 22.10.2021.

The Board of studies in Physical Education and Sports Sciences (CB) which met on 9/18-10-2021 has recommended and approved the syllabus and pattern of Examination of Physical Education, Sports & Yoga (Open Elective and Skill Enhancement Course) First and Second Semester UG-Program for the Academic year 2021-22 as per NEP-2020.

The Faculty of Education and Academic Council at their meetings held on 16-10-2021 and 22-10-2021 respectively have also approved the above said proposal and it is hereby notified.

The syllabus and Examination pattern is annexed herewith and the contents may be downloaded from the University Website i.e., www.uni-mysore.ac.in

DRAFT APPROVED BY THE REGISTRAR


Deputy Registrar (Academic)
Deputy Registrar (Academic)
University of Mysore
Mysore-570 005

To:-

1. All the Principal of affiliated Colleges of University of Mysore, Mysore.
2. The Director, Physical Education, University of Mysore, Mysore.

P.T.O

3. The Registrar (Evaluation), University of Mysore, Mysuru.
4. The Chairman, BOS/DOS, in Physical Education and Sports Sciences, University of Mysore, Mysore.
5. The Dean, Faculty of Education, DOS in Education, Manasagangotri, Mysuru.
6. The Director, Distance Education Programme, Moulya Bhavan, Manasagangotri, Mysuru.
7. The Director, PMEB, Manasagangothri, Mysore.
8. Director, College Development Council , Manasagangothri, Mysore.
9. The Deputy Registrar/Assistant Registrar/Superintendent, Administrative Branch and Examination Branch, University of Mysore, Mysuru.
10. The PA to Vice-Chancellor/ Registrar/ Registrar (Evaluation), University of Mysore, Mysuru.
11. Office Copy.

Annexure - 01

Semester – I
Open Elective Paper
Title of the Course:
SELF DEFENCE
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Content of Theory Course			
Theory <ul style="list-style-type: none"> • Importance and need of self-defense. • Types of Defensive Skills • Conditioning Exercises - General and Specific Exercises • Development of Strength and Speed • Development of coordinative abilities. 			14
Practical Basic Skills for Self - Defense <ul style="list-style-type: none"> • Martial Arts • Kick Boxing and Wrestling • Defensive Skills with and without sticks (Lathi) • Report Preparation, Records and PPT 			56

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Theory	Theory - 40 Marks Internal - 20 Marks
Practicals	Practical - 20 Marks Internal - 20 Marks
Total	100 Marks

Annexure - 02

Semester – I
Open Elective Paper
Title of the Course:
SPORTS EVENT MANAGEMENT
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
2	28	1	28
Content of Theory Course			14 Hrs
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
Practicals <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 Occasion/ type	Weightage in Marks		
Theory	Theory - 40 Marks Internal - 20 Marks		
Practicals	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Semester – I
Open Elective Paper
Title of the Course:
YOGA AND FITNESS
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Content of Theory Course			
Theory <ul style="list-style-type: none"> • Importance of Yoga and Fitness • Types and Principles of Asanas • Fitness Components • General and Specific Conditioning and its importance • Specific Exercises for Strength, Speed, Agility, Flexibility, Coordinative abilities • Yoga, Fitness and Personality • Nutrition for Fitness 			14
Practical's <ul style="list-style-type: none"> • General and Specific Warm up • Aerobics/Zumba/Dance • Asanas • Recreation for Fitness • Report Preparation, Records and PPT 			56
Formative Assessment			
Assessment Occasion/ type	Weightage in Marks		
Theory	Theory - 40 Marks Internal - 20 Marks		
Practicals	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Semester – II
Open Elective Paper
Title of the Course:
ADVENTUROUS SPORTS
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Content of Theory Course			
Theory <ul style="list-style-type: none"> • Importance of Adventure Sports • Types and Principles of Asanas • Definition, Classification, History- Development, Scope, Importance and Objectives • Types of Adventure Activities • Mountaineering – Trekking, Rock Climbing, Single Rope, Water Sports –River Rafting, Cannoning, Boating • Recent Trends in Adventure Sports • Job Opportunities in Adventure Sports 			14
Practical's <ul style="list-style-type: none"> • Fitness, Conditioning, Warming Up, Specific Exercises, Cooling Down • Practical, teaching, demonstration, training, technical training • Planning and Organizing-Mountaineering, Trekking, Rock Climbing, Single Rope, Para Sailing, Water Sports, etc • Report Preparation, Records and PPT 			56
Formative Assessment			
Assessment Occasion/ type	Weightage in Marks		
Theory	Theory - 40 Marks Internal - 20 Marks		
Practicals	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Semester – II
Open Elective Paper
Title of the Course:
PHYSICAL FITNESS FOR CAREERS
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Content of Theory Course			
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 			14
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 			56
Formative Assessment			
Assessment Occasion/ type	Weightage in Marks		
Theory	Theory - 40 Marks Internal - 20 Marks		
Practicals	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Semester – II
Open Elective Paper
Title of the Course:
SPORTS AND RECREATION
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Content of Theory Course			
Theory <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 			14
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 			56
Formative Assessment			
Assessment Occasion/ type	Weightage in Marks		
Theory	Theory - 40 Marks Internal - 20 Marks		
Practicals	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Annexure-07

Semester – I
Skill Enhancement Courses (SEC -1) Title of
the Course:
PHYSICAL EDUCATION AND YOGA
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester
1	28
Content of Practical Course	
28Hrs	
<p>Unit 1:- Physical Education</p> <ul style="list-style-type: none"> • General & Specific warm up exercises • Recreation Games and Fitness • Any 2 Major Game and one minor game <p>Unit 2:- Yoga</p> <ul style="list-style-type: none"> • Shitalikarna Vyayama • Suryanamaskara • Basic Set of Yoga Asanas • Basic Set of Pranayama & Meditation 	
28	
Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Practicals	Internal - 25 Marks
Total	25 Marks

References :

1. Russell, R.P.(1994). Health and Fitness Through Physical Education.
USA : Human Kinetics.
2. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.
3. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse.
Bengaluru: Swami Vivekananda Yoga Prakasana.
4. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashtrothanna Prakashana.
5. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills
borough, NC27609, United States

Semester – I
Skill Enhancement Courses (SEC -1)
Title of the Course:
HEALTH AND WELLNESS
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester	
1	28hrs	
Content of Course (1+0+1)		
Unit I:- Theory <ul style="list-style-type: none"> • Meaning, Definition and Importance of Health and Wellness • Dimensions of Health and Wellness • Role of Exercise in maintaining Health and Wellness • Causes of Stress & Stress relief through Exercise • Nutrition for Health and Wellness 		14
Unit II:- Practicals - Exercises for Health and Wellness <ul style="list-style-type: none"> • Warming-Up • Stretching exercises • Strengthening Exercises • Cardiovascular Exercises • Flexibility and Agility Exercises • Relaxation Techniques <p>Note: The program shall be designed at college level for Specially challenged students</p>		14
Formative Assessment		
Assessment	Weightage of Marks	
Theory and Practicals	Internal Assesment – 25 Marks	

Pedagogy: The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals and Extramurals.

Semester – II
Skill Enhancement Courses (SEC -1)
Title of the Course:
PHYSICAL EDUCATION AND SPORTS
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester (Inclusive of Theory & Practical's)
1	28
Content of Theory & Practical Course	
`28Hrs	<p>Unit 1: - Physical Education & Sports</p> <ul style="list-style-type: none"> • Conditioning exercises • Aerobics & Calisthenics • One Major Game and One Indigenous Game (Basic Skills) • One Track/Field Event • Intramural Competitions
28	

Note: Due weightage in Assessment shall be given to Elite Sportsmen of the College

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Practicals	Internal - 25 Marks
Total	25 Marks

References:

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
5. Steve oldenburg (2015) Complete Conditioning for Volleyball, Human Kinestics.

Note: Skills of Sports and Games (Game Specific books) may be referre

Annexure - 10

**OPEN ELECTIVE
MODEL QUESTION PAPER**

Maximum Marks: 40

Time: 90 Minutes

Instructions:

1. Answer any TEN questions in the Part-A, each question carries 2 marks.
2. Answer any FIVE questions in the Part-B, each question carries 4 marks.

PART – A

I. Answer any TEN questions

10x2= 20 Marks

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

PART – B

II. Answer any FIVE questions

5x4=20 Marks

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.