



**NEP 2020-BASED CURRICULUM  
FOR PHYSICAL EDUCATION, SPORTS AND YOGA**

**Semester V & VI**

**FACULTY OF EDUCATION**

**SYLLABUS FOR  
PHYSICAL EDUCATION, SPORTS AND YOGA**

**IN ACCORDANCE WITH  
NEP REGULATIONS 2020**

**SYLLABUS OF KUVEMPU UNIVERSITY UNDERGRADUATE FIFTH AND SIXTH  
SEMESTERS RELATING TO PHYSICAL EDUCATION, SPORTS AND YOGA**

**PREPARED IN THE MEETING OF BOARD OF STUDIES (UG) IN PHYSICAL  
EDUCATION ON FIFTEENTH SEPTEMBER, 2023 AND FINALIZED  
SUBSEQUENTLY**

**MEMBERS OF THE BOARD OF STUDIES (UG) IN PHYSICAL EDUCATION**

<b>1.</b>	<b>Dr. Gajanana Prabhu B.</b> Associate Professor & Chairman Department of P. G. studies in Physical Education Kuvempu University Shankaraghatta	<b>Chairman</b>
<b>2.</b>	<b>Dr. N. D. Virupaksha</b> Director of Physical Education Kuvempu University Shankaraghatta	<b>Member</b>
<b>3.</b>	<b>Dr. Shivamurthy A.</b> Physical Education Director Sahyadri Commerce & Management College Shivamogga	<b>Member</b>
<b>4.</b>	<b>Sri. Nagaraju K. M.</b> Physical Education Director A. T. N. C. College Shivamogga	<b>Member</b>
<b>5.</b>	<b>Dr. Praveenkumar M. K.</b> Physical Education Director G. F. G. C., Birur	<b>Member</b>
<b>6.</b>	<b>Sri. Ravishankara B.</b> Physical Education Director G. F. G. C., Sringeri	<b>Member</b>

**BA/BSc Semester-V**  
 Title of the Course: DSC-5  
**TEST, MEASUREMENT & EVALUATION IN PHYSICAL  
 EDUCATION AND SPORTS**

**Course Outcomes:**

- Students will be able to understand the basic concepts of test, measurement and evaluation in physical education and sports.
- Students will be able to independently conduct tests in physical education and sports.
- To understand the principles of test administration and its applicability.
- To provide knowledge about various tests in physical education and sports.

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/ semesters
4	60	2	60
<b>Content of Theory Course-1 (4-0-2)</b>			<b>Hours</b>
<b>Unit- I Introduction</b>			
1. Meaning- Test, Measurement and Evaluation in Physical Education, Sports and Yoga 2. Need and Importance of Test, Measurement and Evaluation in physical education and sports 3. Principles of Tests, Measurement and Evaluation 4. Application of Test and Measurement			15
<b>Unit- II Criteria, Classification and Administration of Test</b>			
1. Criteria of Good Test 2. Scientific Authenticity (Reliability, Objectivity, Validity and Norms) 3. Types and Classification of Test 4. Administration of Test, Advance Preparation, duties during and after testing.			15
<b>Unit- III Physical Fitness Tests</b>			
1. AAHPER Youth Fitness Test 2. Harvard Step Test 3. Indiana Motor Fitness Test 4. JCR Test, Health related Physical Fitness Test 5. Anthropometric Measurements			15
<b>Unit- IV Sports Skill Test</b>			
1. McDonald Soccer Test 2. Russell Lange Volleyball Test 3. Lockhart and McPherson Badminton Test 4. Johnson Basketball Ability Test			15

*Approved in B.O.S. meeting held on 15-09-2023*

## Content of Practical Course 1: Practical (2 credits/30 hours)

### Practical Approach in Test, Measurement and Evaluation of Physical Education & Sports Activities

- Physical Fitness Tests: Speed, Strength, Endurance, Flexibility, Agility.
- Motor Ability Test
- Weight Training/ Yogasanas/ Aerobics
- Sports Specific Skill test
- Project/ Seminar/ Paper Presentation
- Assignments

**Pedagogy:** The course shall be taught through Lecture, Practical, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramural

Formative Assessment	
Assessment type	Weightage in Marks
<b>Theory</b>	<b>Theory-60 Marks</b> <b>Internal Assessment-40 Marks</b>
<b>Practical</b>	<b>External- 25 Marks</b> <b>Internal Assessment - 25 Marks</b>
<b>Total</b>	<b>150 Marks</b>

### Reference Books

1. Chakraborty, P and Bhattachrya, S. Test Measurement and Evaluation in Physical Education. Classique books Kolkata
2. Clarke, H and Clarke, H; Application of Measurement to Physical Education. Prentice Hall
3. Fahey, T.D, Basic Weight Training for Men and Women. Mayfeild Publishing Company
4. Kirtani, R; Physical Fitness. Khel Sahitya Kendra, Delhi
5. Raghunathan, P.P; Volleyball A Guide to Playing and Coaching. Friends Publication, Delhi
6. Mathews, D.K; (1973). Measurement in Physical Education Philadelphia; W.B.Saunders Company
7. Kansal, D.K. (1996) Test and Measurement in Sports and Physical Education. New Delhi; D.V.S Publication.
8. Phillips, D.A, & HornaK, J.E (1979). Measurement and Evaluation in Physical Education, New York; John Willey and Sons.
9. Barron, H.M., and McGee, R (1997) A Practical approach to Measurement in Physical Education; Philadelphia:- Lea and Fibiger Publisher.
10. Johnson, B.L and Nelson, J.K; Practical Measurement for Evaluation in Physical Education. Surjeet Publication, Delhi
11. Yobu, A (2010) Test, Measurement and Evaluation in Physical Education and Sports, New Delhi; Friends Publication
12. Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication

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<b>BA/BSc Semester-V</b> Title of the Course: DSC-6 <b>SPORTS PSYCHOLOGY &amp; SOCIOLOGY</b>
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**Course Outcomes:**

- Students will be able to understand the basic concepts of sports psychology and sociology.
- Students will be able to identify and deal with concepts related to sports psychology and sociology.
- To understand the impact of sports psychology and sociology on human performance.
- To provide knowledge about socialization through sports.

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/ semesters
4	60	2	60
<b>Content of Theory Course-2 (4-0-2)</b>			<b>Hours</b>
<b>Unit- I Introduction</b>			13
1. Definition, Meaning, Need and Importance of Sports Psychology			
2. Importance of Yoga in Sports Psychology			
3. Evolution of Sports Psychology			
4. Scope and Issues of Sports Psychology			
<b>Unit - 2 Development of Sports Psychology</b>			17
1. Perspectives on Sports Psychology			
2. Sports Psychology in India			
3. Application of Yogic Psychology in Sports Scenario			
4. Recent advances in Sports Psychology and Coaching			
<b>Unit - 3 Sports Personality and Performance</b>			18
1. Growth and Development - Heredity and Environment			
2. Psychological factors affecting Sports Performance: Stress, Anxiety, Depression, Aggression, Attention, Concentration, Confidence and Psychological preparation in Sports			
3. Cognitive process in Sports and Laws of Learning			
4. Motivation in Sports, Types of Motivation – Extrinsic, Intrinsic			
<b>Unit - 4 Sports Sociology</b>			12
1. Meaning, Definition, Need and Scope of sports sociology			
2. Sports as a Social Phenomenon – Sports Socialization			
3. Leadership in Sports			
4. Values and Ethics in Sports			

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## Content of Practical Course 2: Practical (2 credits/30 hours)

### PRACTICALS FOR PSYCHOLOGICAL AND SOCIOLOGICAL PREPARATION IN SPORTS

#### ➤ Basic Sports Psychological and Sociological Tests:

- Sports Anxiety Tests
- Personality Tests, IQ Tests
- Mental Toughness Tests, Attitude Tests
- Emotional Intelligence Tests
- Self Confidence Tests
- Cognitive Ability Tests

**Pedagogy:** The course shall be taught through Lecture, Practical, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramural

Formative Assessment	
Assessment type	Weightage in Marks
Theory	Theory-60 Marks Internal Assessment-40 Marks
Practical	External- 25 Marks Internal Assessment - 25 Marks
Total	150 Marks

#### Reference Books:

1. Authors Guide, 2013, National Library of Educational and Psychological Test (NLEPT)
2. Dr.Agyajit Singh, (2013), Sports Psychology for Coaches, New Delhi, Khel Sahitya Kendra
3. Dharam.V.R., (1989), Sports and Society: Readings in the Sociology of Sports, New Delhi, Classical Publishing Co.,
4. Dr.Bhupinder Singh, Mrs.Madalsa Mittal, (2004), Psychological Implications in Physical Education and Sports, New Delhi, Friends Pucations (India)
5. Dr,R.Sendhil, (2014), Sports Psychology, New Delhi, Sports Publication
6. Jitendra Mohan, (1996), Recent Advances in Sports Psychology, Delhi, Friends Publications (India)
7. John D.Lauthor, (1998), Sports Psychology, Englewood, Prentice Hall Inc,
8. John D.Lauthor, (2000), Psychology of Coaching, New Jersey Prentice Hall Inc.,
9. Kuppuswamy.B, (1982), An Introduction to Social Psychology, Bombay, Media Promoters and Publishers Pvt. Ltd.,
10. Richard.J.Crisp, (2000), Essential Social Psychology, Sage Publications
11. Richard M.Suinn, (1994), Psychology in Sports: Methods and Applications, Delhi, Surjeet Publications.

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<b>BA/BSc Semester-VI</b> Title of the Course: DSC-7 <b>SPORTS MANAGEMENT</b>
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**Course Outcomes:**

- Students will be able to understand the concepts of sports management.
- Students will be able to know the concepts of leadership in sports management.
- To understand the importance of planning and apply the concepts of planning to sports.
- To provide knowledge about financial management in sports.

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/ semesters
4	60	2	60
<b>Content of Theory Course-1 (4-0-2)</b>			<b>Hours</b>
<b>Unit- I Introduction</b>			13
1. Definition, Nature, Scope and Principles of Sports Management			
2. Essential Skills of Sports Management			
3. Qualities and competencies required for the Sports Manager			
4. Event Management in Physical Education, Sports and Yoga			
<b>Unit - II Leadership in Sports Management</b>			15
1. Meaning and Definition of Leadership			
2. Types and Qualities of Leadership			
3. Leadership and Organizational Performance			
4. Influence of Leadership on Sports Performance			
<b>Unit - III Planning and Management</b>			17
1. Sports Management in Institutions and Organizations			
2. Factors affecting Planning and Management			
3. Human Resource Management in Sports			
4. The Reward/Punishment System			
5. Sports Equipment Management			
6. Sports Records Management			
<b>Unit - IV Financial Management of Events</b>			15
1. Objectives and Scope of Financial Planning.			
2. Budgeting, Purchase and Audit			
3. Sources of Funding			
4. Management of Infrastructure, Finance and Personnel			

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## Content of Practical Course 3: Practical (2 credits/30 hours)

### ORGANISATION AND ADMINISTRATION IN SPORTS

- Sports Event Management - Internship
- Organisation of Intramural and Extramural Competitions
- Schedule Preparation – Athletics and Group Games
- Types of Fixtures
- Record and registers Management in Sports
- Training session Attendance Management

**Pedagogy:** The course shall be taught through Lecture, Practical, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramural

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Weightage in Marks</b>
<b>Theory</b>	<b>Theory-60 Marks</b> <b>Internal Assessment-40 Marks</b>
<b>Practical</b>	<b>External- 25 Marks</b> <b>Internal Assessment - 25 Marks</b>
<b>Total</b>	<b>150 Marks</b>

*Approved in B.O.S. meeting held on 15-09-2023*



<b>BA/BSc Semester-VI</b> Title of the Course: DSC-8 <b>APPLICATION OF SPORTS TECHNOLOGY IN SPORTS</b>
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**Course Outcomes:**

- Students will be able to understand the concepts of technology in sports.
- Students will be able to apply the knowledge related to sports materials.
- To understand the importance of various play field surfaces in sports.
- To provide knowledge about Modern Sports Equipments and Gadgets.

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/ semesters
4	60	2	60
<b>Content of Theory Course-1 (4-0-2)</b>			<b>Hours</b>
<b>Unit- I Introduction</b>			13
1. Meaning and definition of Sports Technology			
2. Purpose and Advantages of Sports Technology			
3. Principles of Instrumentation in Sports			
4. Technological Impact on Sports			
<b>Unit - II Science of Sports Materials</b>			15
1. Nanoglue, Nano Moulding, Nano Turf, Foot wear Production			
2. Advanced Sports Wears			
3. Advancements in Playing Equipment: Balls, Bats, Racquets, Clothing, Shoes			
4. Smart Materials: Shape Memory Alloy (SMA) Thermo Chromic Film			
<b>Unit - III Play Field Surfaces</b>			17
1. Modern Surfaces for Playfields: Types of materials; Synthetic, Wooden, Polyurethane , Artificial Turf/ Polygrass			
2. Modern technology in Construction of Indoor and Outdoor Sports Facilities, Technology in manufacture of Modern Sports Equipment			
3. Uses of Computers and Softwares in Sports			
<b>Unit - IV Modern Sports Equipment and Gadgets</b>			15
1. Measuring Equipment for Throws, Jumps			
2. Electronic Timers, Chip based Timers			
3. Protective Equipment in Sports and its Advantages			
4. Video Analysis in Sports and Electronic Scoring			
5. Multipurpose Sports Arena			
6. Modern Sports Equipment: Courts, Lighting, Floodlights			

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### Content of Practical Course 3: Practical (2 credits/30 hours)

#### PRACTICALS – TECHNOLOGY AND SPORTS

- Uses of Modern Sports Equipment: Starting Block, Electronic gadgets in sports for Measurements, etc.,.
- Use of Video Analysis for Sports Training
- Sports Arena Preparation using Foam Mats.
- Usage of Sports related Apps
- Preparation of Sports related Templates

**Pedagogy:** The course shall be taught through Lecture, Practical, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramural

Formative Assessment	
Assessment type	Weightage in Marks
Theory	Theory-60 Marks Internal Assessment-40 Marks
Practical	External- 25 Marks Internal Assessment - 25 Marks
Total	150 Marks

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<p><b>Open Elective Paper</b>  Title of the course: <b>Sports Nutrition</b>  (B.A. /B.Com. / B.Sc. / B.B.A. / B.C.A. and all other U.G. courses)</p>
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**Course Outcomes:**

- Students will be able to understand the concepts of nutrition in sports.
- Students will be able to apply the knowledge related to sports nutrition.
- To understand the importance of nutrition in sports performance and physical activities.
- To provide knowledge macro and micro nutrients and their functions in human body.

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/ semesters
2	30	1	30 Hours
<b>Content of Theory Course (2-0-1) 3 Credits</b>			<b>Hours</b>
<b><u>THEORY</u></b>			30
<b>UNIT-1-INTRODUCTION</b> <ul style="list-style-type: none"> <li>➤ Meaning and definition of Sports Nutrition</li> <li>➤ Role of nutrition in health promotion and sports</li> <li>➤ Concept of diet</li> <li>➤ Balanced Diet: components, factors affecting balanced diet and malnutrition</li> </ul>			
<b>UNIT 2- NUTRIENTS</b> <ul style="list-style-type: none"> <li>➤ Meaning, classification, sources, functions of nutrients</li> <li>➤ Micro nutrients: vitamins, minerals, water</li> <li>➤ Macro nutrients: carbohydrates, protein, fat</li> <li>➤ Nutrients for sportsmen - calories and diet for games, sports, sprints, endurance and power events.</li> </ul>			
<b>UNIT 3-Nutrition and Weight Management</b> <ul style="list-style-type: none"> <li>➤ Meaning, definition and importance of weight management</li> <li>➤ Causes of obesity and its prevention strategies</li> <li>➤ Carbohydrate Metabolism and its role as a fuel for muscular activities.</li> <li>➤ Nutritional intake before, during and after sports activity.</li> </ul>			
<b><u>PRACTICAL</u></b>			
<ul style="list-style-type: none"> <li>• Weight Training</li> <li>• BMI</li> <li>• Physical Activities for Weight Loss</li> <li>• Fitness Training: Yoga, Aerobics/Calisthenics/ Zumba/Dance</li> <li>• Physical Fitness Test</li> <li>• Cardiovascular Exercises, Upper Body, Lower Body and Core Exercises</li> <li>• Record/Project</li> </ul>			
<b>Formative Assessment</b>			
<b>Assessment type</b>		<b>Weightage in Marks</b>	
<b>Theory</b>		<b>Theory-60 Marks</b>	
<b>Practical</b>		<b>Practical- 20 Marks</b>	
<b>Total</b>		<b>Internal- 20 Marks</b>	
		<b>100 Marks</b>	

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<p><b>Open Elective Paper</b>  Title of the course: <b>Sports Journalism</b>  (B.A. /B.Com. / B.Sc. / B.B.A. / B.C.A. and all other U.G. courses)</p>
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**Course Outcomes:**

- Students will be able to understand the basic concepts of sports journalism.
- Students will be able to understand the means and methods of writing and reporting.
- To understand the importance of mass media in promoting sports.
- To provide knowledge to become effective journalist in writing on sports.

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/ semesters
2	30	1	30 Hours
<b>Content of Theory Course (2-0-1) 3 Credits</b>			<b>Hours</b>
<b><u>THEORY</u></b>			30
<b>UNIT-1-INTRODUCTION</b> <ul style="list-style-type: none"> <li>➤ Meaning and Definition of Journalism</li> <li>➤ Sports Journalism: Meaning, Definition and Scope</li> <li>➤ Media: Types, Nature, Significance</li> <li>➤ Journalist: Role, Responsibilities, Ethics and Hazards in journalism</li> </ul>			
<b>UNIT 2- MASS MEDIA</b> <ul style="list-style-type: none"> <li>➤ Sports Section in Mass Media: Print, Electronic and Online</li> <li>➤ Sports Coverage: Live and Recorded</li> <li>➤ Sports Contents: News, Panel Discussions, Interviews, Special Stories</li> <li>➤ Basic Sports Journalism Terminology</li> </ul>			
<b>UNIT 3- WRITING AND REPORTING</b> <ul style="list-style-type: none"> <li>➤ Sports Events, Tournaments and their Coverage</li> <li>➤ Skill and Techniques of Writing</li> <li>➤ Drafting and Reporting - Language, Vocabulary, Dialect, Spelling, Figure of Speech</li> </ul>			
<b><u>PRACTICAL</u></b>			
<ul style="list-style-type: none"> <li>• Field Visits and Reporting of Major Sports Events</li> <li>• Interviews of Elite Sports Personalities</li> <li>• Project on Local Sports Tournaments and Sports Photography</li> <li>• Notable National and International Sports Journalists and their contribution to Sports Journalism</li> <li>• New Trends and Technologies in Sports Coverage</li> <li>• Mock Interview/Record/Project</li> </ul>			
<b>Formative Assessment</b>			
<b>Assessment type</b>		<b>Weightage in Marks</b>	
<b>Theory</b>		<b>Theory-60 Marks</b>	
<b>Practical</b>		<b>Practical- 20 Marks</b>	
<b>Total</b>		<b>Internal- 20 Marks</b>	
		<b>100 Marks</b>	

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