



**KALINGA  
UNIVERSITY**

**SCHEME & SYLLABUS FOR**

# **Bachelor of Vocational Studies (B.Voc.)**

# **Sports**



Kalinga University, Naya Raipur, Chhattisgarh

Semester - I							
Subject Code	Subject	L	T / P	Credits	Internal Marks	External Marks	Total
<b>BVSP101</b>	Communication Skills	3	0	3	30	70	100
<b>BVSP102</b>	Fundamentals of Information Technology	3	0	3	30	70	100
<b>BVSP103</b>	Anatomy and Physiology	3	0	3	30	70	100
<b>BVSP104</b>	History, Principles and foundation of Physical Education	3	0	3	30	70	100
<b>BVSP105P</b>	<b>Industrial Training/ On Job Training/ Workshop</b>	0	36	18	50	150	200
<b>Total</b>		<b>12</b>	<b>36</b>	<b>30</b>	<b>170</b>	<b>430</b>	<b>600</b>

Semester - II							
Subject Code	Subject	L	T / P	Credits	Internal Marks	External Marks	Total
<b>BVSP201</b>	Yoga Education	3	0	3	30	70	100
<b>BVSP202</b>	Environmental Studies	3	0	3	30	70	100
<b>BVSP203</b>	Educational Technology and Methods of Teaching in Physical Education	3	0	3	30	70	100
<b>BVSP204</b>	Introduction to Recreation and Wellness	3	0	3	30	70	100
<b>BVSP205P</b>	<b>Industrial Training/ On Job Training/ Workshop</b>	0	36	18	50	150	200
<b>Total</b>		<b>12</b>	<b>36</b>	<b>30</b>	<b>170</b>	<b>430</b>	<b>600</b>



Semester - III							
Subject Code	Subject	L	T / P	Credits	Internal Marks	External Marks	Total
<b>BVSP301</b>	Sports Training and Conditioning	3	0	3	30	70	100
<b>BVSP302</b>	Computer Applications in Physical Education	3	0	3	30	70	100
<b>BVSP303</b>	Sports Psychology and Sociology	3	0	3	30	70	100
<b>BVSP304</b>	Sports Medicine, Physiotherapy and Rehabilitation	3	0	3	30	70	100
<b>BVSP305P</b>	<b>Industrial Training/ On Job Training/ Workshop</b>	0	36	18	50	150	200
<b>Total</b>		<b>12</b>	<b>36</b>	<b>30</b>	<b>170</b>	<b>430</b>	<b>600</b>

Semester - IV							
Subject Code	Subject	L	T / P	Credits	Internal Marks	External Marks	Total
<b>BVSP401</b>	Measurement and Evaluation in Physical Education	3	0	3	30	70	100
<b>BVSP402</b>	Injury Assessment and Risk Management	3	0	3	30	70	100
<b>BVSP403</b>	Theory of Sports and Games	3	0	3	30	70	100
<b>BVSP404</b>	Leadership Principles in Sports	3	0	3	30	70	100
<b>BVSP405P</b>	<b>Industrial Training/ On Job Training/ Workshop</b>	0	36	18	50	150	200
<b>Total</b>		<b>12</b>	<b>36</b>	<b>30</b>	<b>170</b>	<b>430</b>	<b>600</b>



Semester - V							
Subject Code	Subject	L	T / P	Credits	Internal Marks	External Marks	Total
<b>BVSP501</b>	Fitness Nutrition	3	0	3	30	70	100
<b>BVSP502</b>	Kinesiology and Biomechanics	3	0	3	30	70	100
<b>BVSP503</b>	Introduction to Personal Training	3	0	3	30	70	100
<b>BVSP504</b>	Advertising , Public Relation and Sponsorship in Sports	3	0	3	30	70	100
<b>BVSP505P</b>	<b>Industrial Training/ On Job Training/ Workshop</b>	0	36	18	50	150	200
<b>Total</b>		<b>12</b>	<b>36</b>	<b>30</b>	<b>170</b>	<b>430</b>	<b>600</b>

Semester - VI							
Subject Code	Subject	L	T / P	Credits	Internal Marks	External Marks	Total
<b>BVSP601</b>	Research and Statistics in Physical Education	3	0	3	30	70	100
<b>BVSP602</b>	Yoga Therapy	3	0	3	30	70	100
<b>BVSP603</b>	Managing and Promoting Sports Events	3	0	3	30	70	100
<b>BVSP604</b>	Ethics in Sports	3	0	3	30	70	100
<b>BVSP605P</b>	<b>Industrial Training/ On Job Training/ Workshop</b>	0	36	18	50	150	200
<b>Total</b>		<b>12</b>	<b>36</b>	<b>30</b>	<b>170</b>	<b>430</b>	<b>600</b>

# SEMESTER-I

## COMMUNICATION SKILLS

### BVSP101

#### **Course Objective:**

The purpose of this course is to introduce students to the theory, fundamentals and tools of communication and to develop in them vital communication skills which should be integral to personal, social and professional interactions. One of the critical links among human beings and an important thread that binds society together is the ability to share thoughts, emotions and ideas through various means of communication: both verbal and non-verbal. In the context of rapid globalization and increasing recognition of social and cultural pluralities, the significance of clear and effective communication has substantially enhanced.

#### **Course outcome:**

1. The purpose of this course is to introduce students to the theory, fundamentals and tools of communication
2. To develop vital communication skills which should be integral to personal, social and professional interactions.
3. One of the critical links between human beings.
4. An important thread that binds society together is the ability to share thoughts, emotions and ideas through various means of communication: both verbal and non-verbal.
5. In the context of rapid globalization and increasing recognition of social and cultural pluralities, the significance of clear and effective communication has substantially enhanced.

#### **Contents**

##### **Unit I: Introduction:**

**06**

Theory of Communication, Types and modes of Communication, Mediums and channels of communication, barriers to communication, English as a Global language, the Lingua Franca, Social influences on English

**Unit II: Language of Communication: 06**

Verbal and Non-verbal (Spoken and Written) Personal, Social and Business Barriers and Strategies Intra-personal, Inter-personal and Group communication, Varieties of English, Language, Accent, Dialect, Colloquialism, Historical influences on English

**Unit III: Speaking Skills: 06**

Monologue Dialogue Group Discussion Effective Communication/ Mis- Communication Interview Public Speech, Regional influences on English, Convergence and divergence, Linguistic Imperialism,

**Unit IV: Reading and Understanding- 06**

Close Reading, Reading analysis of a text - Audience and purpose, Content and theme, Tone and Mood, stylistic devices, structure Comprehension- Analysis and Interpretation Translation(from Indian language to English and vice-versa) Literary/Knowledge Texts

**Unit V: Writing Skills 06**

Documenting Report Writing Making notes Letter writing, Writing tabloids, diary entry, open letters, essays, newsletter and magazine articles, skits, short stories, impersonating characters. It will enhance Language of communication, various speaking skills such as personal communication, social interactions and communication in professional situations such as interviews, group discussions and office environments, important reading skills as well as writing skills such as report writing, note taking etc. While, to an extent, the art of communication is natural to all living beings, in today's world of complexities, it has also acquired some elements of science. It is hoped that after studying this course, students will find a difference in their personal and professional interactions.

**Reference Books:**

1. Fluency in English - Part II, Oxford University Press, 2006.
2. Business English, Pearson, 2008.
3. Language, Literature and Creativity, Orient Blackswan, 2013.
4. Language through Literature (forthcoming) ed. Dr. Gauri Mishra, Dr. Ranjana Kaul, Dr. Brati Biswas

# FUNDAMENTALS OF INFORMATION TECHNOLOGY BVSP102

## **Unit I: Computer characteristics**

**06**

Speed, storage, accuracy, diligence; Digital signals, Binary System, ASCII; Historic Evolution of Computers; Classification of computers: Microcomputer, Minicomputer, mainframes, Supercomputers; Personal computers: Desktop, Laptops, Palmtop, Tablet; Hardware & Software; Von Neumann model.

## **Unit II: Hardware**

**06**

CPU, Memory, Input devices, output devices. Memory units: RAM (SDRAM, DDR RAM, RDRAM etc. feature wise comparison only); ROM-different types: Flash memory; Auxiliary storage: Magnetic devices, Optical Devices; Floppy, Hard disk, Memory stick, CD, DVD, CD/DVD-Writer; Input devices - keyboard, mouse, scanner, speech input devices, digital camera, Touch screen Voice Input, Joystick, Optical readers, bar code reader; Output devices: Display device, size and resolution; CRT, LCD, LED; Printers: Dot-matrix, Inkjet, Laser; Plotters, Sound cards & speaker.

## **Unit III: Software**

**06**

System software, Application software; concepts of files and folders, Introduction to Operating systems, Different types of operating systems: single user, multitasking, time-sharing multi-user; Booting, POST; Basic features of two GUI operating systems: Windows & Linux (Basic desk top management); Programming Languages, Compiler, Interpreter, Databases; Application software: Generic Features of Word processors, Spread sheets and Presentation software; Generic Introduction to Latex for scientific typesetting; Utilities and their use; Computer Viruses & Protection, Free software, open source.

## **Unit IV: Computer Networks and Internet**

**06**

Connecting computers, Requirements for a network: Server, Workstation, switch, router, network operating systems; Internet: brief history, World Wide Web, Websites, URL, browsers, search engines, search tips; Internet connections: ISP, Dial-up, cable modem, WLL, DSL, leased line Wireless and Wi-Fi connectivity ; email, email software features (send receive, filter, attach, forward, copy, blind copy); characteristics of web-based systems, Web pages, Web Programming Languages.

**Unit-V: Information Technology And Society**

Indian IT Act, Intellectual Property Rights, issues. Application of information Technology in Railways, Airlines, Banking, Insurance, Inventory Control, Financial systems, Hotel management, Education, Video games, Telephone exchanges, Mobile phones, Information kiosks, special effects in Movies.

**Programming Concepts & Techniques:** Program Concept, Characteristics of Programme, Stages in Program Development, Tips for Program Designing, Programming Aids, Algorithms, Pseudo code, Notations, Design, Flowcharts, Symbols, Rules, compiler & Interpreter. Introduction to programming techniques, Top-down & Bottom-up approach, Unstructured, & Modular programming, Cohesion, Coupling, Debugging, Syntax & Logical Errors, Linking and Loading, Testing and Debugging, Documentation.

**Reference Books:**

1. Programming in C, R.S. Salaria, Khanna Publishing House
2. Computer Concepts and Programming in C, R.S. Salaria, Khanna Publishing House
3. Handbook of Computer Fundamentals, N.S. Gill, Khanna Publishing House

# ANATOMY AND PHYSIOLOGY

## BVSP103

### Unit-I:

08

- Brief Introduction of Anatomy and physiology in the field of Physical Education.
- Introduction of Cell and Tissue.
- The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral column and the extremities – joints of the body and their types
- Gender differences in the skeleton.
- Types of muscles.

### Unit-II:

08

- Blood and circulatory system: Constituents of blood and their function –Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Lymph and Lymphatic circulation. Cardiac output.
- The Respiratory system: The Respiratory passage – the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume.
- The Digestive system: structure and functions of the digestive system, Digestive organs, Metabolism, oThe Excretory system: Structure and functions of the kidneys and the skin. oThe Endocrine glands: Functions of glands pituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands.
- Nervous systems: Function of the Autonomic nervous system and Central nervous system. Reflex Action,
- Sense organs: A brief account of the structure and functions of the Eye and Ear.

### Unit-III:

07

- Definition of physiology and its importance in the field of physical education and sports.
- Structure, Composition, Properties and functions of skeletal muscles.
- Nerve control of muscular activity:
- Neuromuscular junction oTransmission of nerve impulse across it.
- Fuel for muscular activity oRole of oxygen- physical training, oxygen debt, second wind, vital capacity.

**Unit-IV:**

- Effect of exercise and training on cardiovascular system. oEffect of exercise and training on respiratory system.
- oEffect of exercise and training on muscular system
- Physiological concept of physical fitness, warming up, conditioning and fatigue.
- Basic concept of balanced diet – Diet before, during and after competition.

**References:**

1. Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.
2. Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
3. Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders.
4. Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
5. Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
6. Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.
7. Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
8. Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
9. Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
10. Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications.

# HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

## BVSP104

### Unit – 1: Introduction

08

- Meaning, Definition and Scope of Physical Education
- Aims and Objective of Physical Education
- Importance of Physical Education in present era.
- Misconceptions about Physical Education.
- Relationship of Physical Education with General Education.
- Physical Education as an Art and Science.

### Unit- 2 – Historical Development of Physical Education in India

08

- Indus Valley Civilization Period. (3250 BC – 2500 BC)
- Vedic Period (2500 BC – 600 BC)
- Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD)
- Medieval Period (1000 AD – 1757 AD)
- British Period (Before 1947)
- Physical Education in India (After 1947)
- Contribution of Akhadas and Vyayamshals
- Y.M.C.A. and its contributions.

### Unit- 3- Foundation of Physical Education

07

- Philosophical foundation:
- Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian
- Philosophy and Culture.
- Fitness and wellness movement in the contemporary perspectives
- Sports for all and its role in the maintenance and promotion of fitness.

#### Unit-4- Principles of Physical Education

- Biological
  - ✓ Growth and development
  - ✓ Age and gender characteristics
  - ✓ Body Types
  - ✓ Anthropometric differences
- Psychological
  - ✓ Learning types, learning curve
  - ✓ Laws and principles of learning
  - ✓ Attitude, interest, cognition, emotions and sentiments
- Sociological
  - ✓ Society and culture
  - ✓ Social acceptance and recognition
  - ✓ Leadership
  - ✓ Social integration and cohesiveness

#### References:

1. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.
2. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
3. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep.
4. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
5. Obertuffer, (1970). Delbert physical education. New York: Harper & Brothers Publisher.
6. Sharman, J. R. (1964). Introduction to physical education. New York: A.S. Barnes & Co.
7. William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.

# **INDUSTRIAL TRAINING/ ON JOB TRAINING/ WORKSHOP BVSP105P**

# SEMESTER-II

## YOGA EDUCATION

### BVSP201

<b>Unit – I: Introduction</b>	<b>08</b>
<ul style="list-style-type: none"><li>• Meaning and Definition of Yoga</li><li>• Aims and Objectives of Yoga</li><li>• Yoga in Early Upanisads</li><li>• The Yoga Sutra: General Consideration</li><li>• Need and Importance of Yoga in Physical Education and Sports</li></ul>	
<b>Unit - II: Foundation of Yoga</b>	<b>08</b>
<ul style="list-style-type: none"><li>• The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi</li><li>• Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga</li></ul>	
<b>Unit – III: Asanas</b>	<b>07</b>
<ul style="list-style-type: none"><li>• Effect of Asanas and Pranayama on various system of the body</li><li>• Classification of asanas with special reference to physical education and sports</li><li>• Influences of relaxtive, meditative posture on various system of the body</li><li>• Types of Bandhas and mudras</li><li>• Type of kriyas</li></ul>	
<b>Unit – IV: Yoga Education</b>	<b>07</b>
<ul style="list-style-type: none"><li>• Basic, applied and action research in Yoga</li><li>• Difference between yogic practices and physical exercises</li><li>• Yoga education centers in India and abroad</li><li>• Competitions in Yogasanas</li></ul>	

**References:**

1. Brown, F. Y.(2000). How to use yoga. Delhi:Sports Publication.
2. Gharote, M. L. &Ganguly, H. (1988). Teaching methods for yogic practices.Lonawala: Kaixydahmoe.
3. Rajjan, S. M. (1985). Yoga strenthening ofrelexation for sports man. New Delhi:Allied Publishers.
4. Shankar,G.(1998). Holistic approach of yoga. New Delhi:Aditya Publishers.
5. Shekar,K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.

# ENVIRONMENTAL STUDIES

## BVSP202

### Unit I: Introduction to Environmental Studies

06

- Multidisciplinary nature of environmental studies
- Scope and importance; Concept of sustainability and sustainable development.

#### Ecosystems

What is an ecosystem? Structure and function of the ecosystem; Energy flow in an ecosystem: food chains, food webs and ecological succession. Case studies of the following ecosystems:

- a) Forest ecosystem
- b) Grassland ecosystem
- c) Desert ecosystem
- d) Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)

### Unit II: Natural Resources : Renewable and Non--renewable Resources

06

- Land resources and land use change; Land degradation, soil erosion and desertification.
- Deforestation: Causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations.
- Water : Use and over--exploitation of surface and ground water, floods, droughts, conflicts over water (international & inter--state).
- Energy resources : Renewable and non renewable energy sources, use of alternate energy sources, growing energy needs, case studies.

### Unit III: Biodiversity and Conservation

06

- Levels of biological diversity : genetic, species and ecosystem diversity; Biogeographic zones of India; Biodiversity patterns and global biodiversity hot spots
- India as a mega--biodiversity nation; Endangered and endemic species of India
- Threats to biodiversity : Habitat loss, poaching of wildlife, man--wildlife conflicts, biological invasions; Conservation of biodiversity : In--situ and Ex--situ conservation of biodiversity.
- Ecosystem and biodiversity services: Ecological, economic, social, ethical, aesthetic and Informational value.

#### **Unit IV: Environmental Pollution**

**06**

- Environmental pollution : types, causes, effects and controls; Air, water, soil and noise pollution
- Nuclear hazards and human health risks
- Solid waste management : Control measures of urban and industrial waste.
- Pollution case studies.

#### **Environmental Policies & Practices**

**06**

- Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture
- Environment Laws: Environment Protection Act; Air (Prevention & Control of Pollution) Act; Water (Prevention and control of Pollution) Act; Wildlife Protection Act; Forest Conservation Act. International agreements: Montreal and Kyoto protocols and Convention on Biological Diversity (CBD).
- Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.

#### **Unit V: Human Communities and the Environment**

**06**

- Human population growth: Impacts on environment, human health and welfare.
- Resettlement and rehabilitation of project affected persons; case studies.
- Disaster management : floods, earthquake, cyclones and landslides.
- Environmental movements : Chipko, Silent valley, Bishnois of Rajasthan.
- Environmental ethics: Role of Indian and other religions and cultures in environmental conservation.
- Environmental communication and public awareness, case studies (e.g., CNG vehicles in Delhi).

#### **Suggested Readings:**

1. Carson, R. 2002. *Silent Spring*. Houghton Mifflin Harcourt.
2. Gadgil, M., & Guha, R.1993. *This Fissured Land: An Ecological History of India*. Univ. of California Press.
3. Gleeson, B. and Low, N. (eds.) 1999. *Global Ethics and Environment*, London, Routledge.
4. Gleick, P. H. 1993. *Water in Crisis*. Pacific Institute for Studies in Dev., Environment & Security. Stockholm Env. Institute, Oxford Univ. Press.
5. Groom, Martha J., Gary K. Meffe, and Carl Ronald Carroll. *Principles of Conservation Biology*. Sunderland: Sinauer Associates, 2006.
6. Grumbine, R. Edward, and Pandit, M.K. 2013. Threats from India's Himalaya dams. *Science*, 339: 36--37.

7. McCully, P. 1996. *Rivers no more: the environmental effects of dams*(pp. 29--64). Zed Books.
8. McNeill, John R. 2000. *Something New Under the Sun: An Environmental History of the Twentieth Century*.
9. Odum, E.P., Odum, H.T. & Andrews, J. 1971. *Fundamentals of Ecology*. Philadelphia: Saunders.
10. Pepper, I.L., Gerba, C.P. & Brusseau, M.L. 2011. *Environmental and Pollution Science*. Academic Press.
11. Rao, M.N. & Datta, A.K. 1987. *Waste Water Treatment*. Oxford and IBH Publishing Co. Pvt. Ltd.
12. Raven, P.H., Hassenzahl, D.M. & Berg, L.R. 2012. *Environment*. 8th edition. John Wiley & Sons.
13. Rosencranz, A., Divan, S., & Noble, M. L. 2001. *Environmental law and policy in India*. Tripathi 1992.
14. Sengupta, R. 2003. *Ecology and economics: An approach to sustainable development*. OUP.
15. Singh, J.S., Singh, S.P. and Gupta, S.R. 2014. *Ecology, Environmental Science and Conservation*. S. Chand Publishing, New Delhi.
16. Sodhi, N.S., Gibson, L. & Raven, P.H. (eds). 2013. *Conservation Biology: Voices from the Tropics*. John Wiley & Sons.
17. Thapar, V. 1998. *Land of the Tiger: A Natural History of the Indian Subcontinent*.
18. Warren, C. E. 1971. *Biology and Water Pollution Control*. WB Saunders.
19. Wilson, E. O. 2006. *The Creation: An appeal to save life on earth*. New York: Norton.
20. World Commission on Environment and Development. 1987. *Our Common Future*. Oxford University Press.



# EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION

## BVSP203

### **Unit – I Introduction**

**08**

- Education and Education Technology- Meaning and Definitions
- Types of Education- Formal, Informal and Non- Formal education.
- Educative Process
- Importance of Devices and Methods of Teaching.

### **Unit – II Teaching Technique**

**08**

- Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc.
- Teaching Procedure – Whole method, whole – part – whole method, part – whole method.
- Presentation Technique – Personal and technical preparation
- Command- Meaning, Types and its uses in different situations.

### **Unit – III Teaching Aids**

**07**

- Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids.
- Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board,
- Charts, Model, Slide projector, Motion picture etc
- Team Teaching – Meaning, Principles and advantage of team teaching.
- Difference between Teaching Methods and Teaching Aid.



**Unit – IV Lesson Planning and Teaching Innovations**

- Lesson Planning – Meaning, Type and principles of lesson plan.
- General and specific lesson plan.
- Micro Teaching – Meaning, Types and steps of micro teaching.
- Simulation Teaching - Meaning, Types and steps of simulation teaching.

**Reference:**

1. Bhardwaj, A. (2003). New media of educational planning. New Delhi: Sarup of Sons.
2. Bhatia, & Bhatia, (1959). The principles and methods of teaching. New Delhi: Doaba House.
3. Kochar, S.K. (1982). Methods and techniques of teaching. New Delhi: Sterling Publishers Pvt. Ltd.
4. Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). Introduction to educational technology. New Delhi: Sterling Publishers Pvt. Ltd.
5. Walia, J.S. (1999). Principles and methods of education. Jullandhar: Paul Publishers.

# INTRODUCTION TO RECREATION AND WELLNESS

## BVSP204

### **Unit I: Introduction to Recreational activities**

**06**

- Introduction to Recreational activities: Meaning, Concept of recreation activity
- Benefits of recreation, Health and Recreation, Recreation for warm up and recovery
- Type of recreation activity – Physical, Social, Camping, Arts and craft
- Recreation Planning, Types of recreation planning, Need for recreation planning
- Trends in outdoor and indoor recreation

### **Unit II: Team building games and strategies improving team performance**

**06**

- Base of team building game: Benefits of team building games, team cohesion, team building games and sports performance.
- Designing of Team Building games, Games with aims.
- Games for different age groups, strategies for improving team performance
- Solving specific problems through team building, managing conflict in a team, Leading innovative teams.
- The issues and challenges of team building for the future, Challenges of building effective teams.

### **Unit III: Design concepts for outdoor recreation**

**06**

- Designing of Outdoor activities, Landscape as a setting for recreation -Land base, Landscape variety, Zoning.
- Recreation opportunity spectrum-primitive, semi primitive, natural, rural etc.
- Unit 3 : Design concepts for outdoor recreation- the design of the visit, anticipation, wayfinding, Threshold signs etc. competitive structuring.
- Outdoor activities- Hiking and camping, Hunting and fishing, Canoeing, kayaking and rafting, Sailing and motor boating,
- Biking, Rock Climbing, Horseback riding, Skiing, Football, Cricket, Swimming.

**Unit IV: Recreational program for martial arts and introduction to indoor games** **06**

- Indoor recreational program design
- Integrating recreational activities with martial arts- Kravmaga, Kalaripayattu, Taekwondo, Kurash and Judo etc.
- Indoor activities- Table tennis, Badminton, Basketball, Skating,
- Board skating, Foosball, Chess, Carrom, Dart board.
- Safety Concerns- Emergency medicine, Equipment care etc

**Unit V: Recreation and fitness industry & Recreation for Mental health** **06**

- Recreation and aging- Games for children, games for Adults, Games for persons with special needs, Games for elderly population.
- Psychology of recreation- Mindfulness, wellness, self-concept etc
- Games and culture- Traditional indigenous games
- Impact and importance of recreational activities in the fitness industry.
- Planning & Organizing, Requirements for Planning & Organizing an Activity, Backpacking list.

**Reference**

1. Loewenthal, K. An introduction to psychological tests and scales, Taylor & Francis 2001
2. Mallen, C., & Adams, L. J. Event management in sport, recreation and tourism:
3. Theoretical and practical dimensions. In Event Management in Sport, Recreation and
4. Tourism: Theoretical and Practical Dimensions, Elsevier 2012
5. Simon, B. Design for outdoor recreation, Taylor & Francis, 2008

**INDUSTRIAL TRAINING/ ON JOB  
TRAINING/ WORKSHOP  
BVSP205P**

# SEMESTER-III

## SPORTS TRAINING AND CONDITIONING

### BVSP301

#### Unit – 1 Introduction to Sports Training

06

- Meaning and definition of Sports Training.
- Aims and Tasks of Sports Training.
- Characteristics of Sports Training.
- Principles of Sports Training.
- Training Means.
- Training Methods.

#### Unit – II: Training Load

06

- Meaning and definition of Load.
- Components of Load.
- Measurement of Load.
- Over Load : Meaning and Definition, Causes, Symptoms and Tackling of Over Load.

#### Unit – III: Conditional Abilities

06

- **Strength:** Meaning, Forms of Strength, Factors determining Strength, Training Methods for Strength Improvement, General guidelines for Strength Training.
- **Speed:** Meaning, Forms of Speed, Factors determining Speed. Training Methods for Speed improvement.
- **Endurance:** Meaning, Forms of Endurance, Factors determining Endurance. Training Methods for Endurance Improvement.

#### Unit – IV: Motor Abilities

06

- **Flexibility:** Meaning, Forms of Flexibility, Factors determining Flexibility. Training Methods for Flexibility Improvement.
- **Coordinative Abilities:** Meaning, Forms of Coordinative Abilities, Factors determining Coordinative Abilities, Training Methods for Improvement of Coordinative Abilities.

**UNIT – V: Technical Training, Tactical Training, Periodisation, Planning and Competitions 06**

- **Technical Training** : Meaning, Tasks of Technique, Principles of Technical Preparation, Training for Technique.
- **Tactical Training**: Meaning, Tasks of Tactics, Principles of Tactical Preparation, Training for Tactics.
- **Periodisation**: Meaning and types of Periodisation, Contents of training for different period.
- **Planning**: Meaning, Principles of Planning, types of Training Plans.
- **Competitions**: Importance of Competition, Preparation for Competitions.

**Suggested Readings**

1. Cratty, B. Perceptual And Motor Development In Infants And Children, Prentice Hall , 1989.
2. Dick. F. W. Sports Training Principles, Lepus, London, 1990.
3. Jenson, C. R. Fisher, A.G. Scientific Basis of Athletic Conditioning, Lea And Febiger, Philadelphia, 1992.
4. Matveyew. L. P. Fundamentals of Sports Training, Mir Publishers, Moscow, 1991.
5. Willmore. J. H. Athletic Training And Physical Fitness, Allynand Bacon, Inc. Sydney, 1987.

# COMPUTER APPLICATIONS IN PHYSICAL EDUCATION BVSP302

## **Unit – I: Introduction to Computer**

**08**

- Meaning, need and importance of information and communication technology (ICT).
- Application of Computers in Physical Education
- Components of computer, input and output device
- Application software used in Physical Education and sports

## **Unit – II: MS Word**

**08**

- Introduction to MS Word
- Creating, saving and opening a document
- Formatting Editing features Drawing table ,
- page setup, paragraph alignment, spelling and grammar check printing option, inserting
- page number, graph, footnote and notes

## **Unit – III: MS Excel**

**07**

- Introduction to MS Excel
- Creating, saving and opening spreadsheet
- creating formulas
- Format and editing features adjusting columns width and row height understanding charts.

**Unit – IV: MS Power Point**

- Introduction to MS Power Point
- Creating, saving and opening a ppt. file
- format and editing features slide show , design , inserting slide number
- picture ,graph ,table
- Preparation of Power point presentations

**Referances:**

1. Irtegov, D. (2004). Operating system fundamentals. Firewall Media.
2. Marilyn, M.& Roberta, B.(n.d.).Computers in your future. 2nd edition, India: Prentice Hall.
3. Milke, M.(2007). Absolute beginner's guide to computer basics. Pearson Education Asia.
4. Sinha, P. K. & Sinha, P. (n.d.).Computer fundamentals. 4th edition, BPB Publication.

# SPORTS PSYCHOLOGY AND SOCIOLOGY

## BVSP303

### Unit -I: Introduction

08

- Meaning, Importance and scope of Educational and Sports Psychology
- General characteristics of Various Stages of growth and development
- Types and nature of individual differences; Factors responsible -Heredity And environment
- Psycho-sociological aspects of Human behavior in relation to physical education and sports

### Unit-II: Sports Psychology

08

- Nature of learning, theories of learning, Laws of learning,
- Plateau in Learning; & transfer of training
- Meaning and definition of personality, characteristics of personality,
- Dimension of personality, Personality and Sports performance
- Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance.
- Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary.
- Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety
- Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance

### Unit-III: Relation between Social Science and Physical Education

07

- Orthodoxy, customs, Tradition and Physical Education.
- Festivals and Physical Education.
- Socialization through Physical Education.
- Social Group life, Social conglomeration and Social group, Primary group and Remote group.

**Unit-IV Culture : Meaning and Importance**

- Features of culture,
- Importance of culture.
- Effects of culture on people life style.
- Different methods of studying Observation/ Inspection method, Questionnaire method, Interview method

**References:**

- Ball, D. W. & Loy, J. W. (1975). Sport and social order; Contribution to the sociology of sport. London: Addison Wesley Publishing Co., Inc.
- Blair, J. & Simpson, R. (1962). Educational psychology, New York: McMillan Co.
- Cratty, B. J. (1968). Psychology and physical activity. Eaglewood Cliffs. Prentice Hall

# **SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION**

## **BVSP304**

### **Unit-I: Sports Medicine**

**08**

- Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
- Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.
- Need and Importance of the study of sports injuries in the field of Physical Education oPrevention of injuries in sports – Common sports injuries – Diagnosis – oFirst Aid -Treatment - Laceration – Blisters – Contusion - Strain – Sprain – Fracture – Dislocation and Cramps – Bandages – Types of Bandages – trapping and supports.

### **Unit-II: Physiotherapy**

**08**

- Definition – Guiding principles of physiotherapy, Importance of physiotherapy, Introduction and demonstration of treatments -Electrotherapy – infrared rays – Ultraviolet rays –short wave diathermy – ultrasonic rays.

### **Unit-III: Hydrotherapy**

**07**

- Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation – Massage: History of Massage – Classification of Manipulation (Swedish System) physiological Effect of Massage.

### **Unit-IV: Therapeutic Exercise**

**07**

- Definition and Scope – Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive -stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints – Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

**References:**

1. Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics.
2. Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.),
3. Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.
4. David, R. M. (2005). Drugs in sports, (4th Ed). Routledge Taylor and Francis Group.
5. Hunter, M. D. (1979). A dictionary for physical educators. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74).

**INDUSTRIAL TRAINING/ ON JOB  
TRAINING/ WORKSHOP  
BVSP305P**

# SEMESTER-IV

## MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

### BVSP401

**Unit- I: Introduction to Test & Measurement & Evaluation** **08**

- Meaning of Test & Measurement & Evaluation in Physical Education
- Need & Importance of Test & Measurement & Evaluation in Physical Education
- Principles of Evaluation

**Unit- II: Criteria; Classification and Administration of test** **08**

- Criteria of good Test
- Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms)
- Type and classification of Test
- Administration of test, advance preparation – Duties during testing – Duties after testing.

**Unit- III: Physical Fitness Tests** **07**

- AAHPER youth fitness test
- National physical Fitness Test
- Indiana Motor Fitness Test
- JCR test
- U.S Army Physical Fitness Test

**Unit- IV: Sports Skill Tests** **07**

- Lockhart and McPherson badminton test
- Johnson basketball test
- McDonald soccer test
- S.A.I volleyball test
- S.A.I Hockey test



**References:**

1. Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark: Ho+Storm.
2. Barron, H. M., & Mchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
3. Barron, H.M. & Mchee, R. (1997). A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
4. Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications.





# INJURY ASSESSMENT AND RISK MANAGEMENT

## BVSP402

### Unit I: Red Flags and Emergency

06

- Aim of first aid, The first aider, principles of first aid, First aid kit.
- Indian Good Samaritan Protection Guidelines,
- Dealing with an emergency, Cervical spine, head and neck injury, Abs and Chest Injury
- Sudden Cardiac Arrest, Concussion and Seizures
- First aid for shock, Poisoning, Burns, choking, Drowning, first aid for baby fractures and dislocation

### Unit II: General Emergency

06

- Cramps, Doms (Delayed onset Muscle Soreness)
- Muscle pain and Muscle Stiffness
- Bleeding, blisters,
- Nose and Eye Injuries
- Dressing, type of dressing, Bandages, roller bandages, crepe bandages

### Unit III: Injury prevention and Rehabilitation

06

- Rehabilitation, meaning and need of rehabilitation for an athlete, Injury Classification and importance of periodization
- Common musculoskeletal injuries, Muscle contusion, Muscle strain, Tendinitis, Joint Dislocation, Osteoarthritis, Bone stress fracture
- Tissue Healing following Injury, Inflammation Phase, Repair Phase, Remodelling Phase
- Personal Hygiene and care
- Environmental related issues-heat, cold, altitude, lightning, travelling





#### **Unit IV: Sports Injuries**

**06**

- Shoulder Injury and Rehabilitation, Biceps Tendon Tear, Rotator Cuff Tear
- Ankle Injury and Rehabilitation. Plantar Fasciitis Achilles Tendonitis or Tear
- Knee Injury and Rehabilitation -Meniscus Tear, Anterior Cruciate Ligament (ACL) Injuries, Posterior Cruciate Ligament (PCL) Injuries, Collateral Ligament Injuries
- Common postural imbalances and rehabilitation, Hip Injury, Hip Dislocation
- Elbow Injury and Rehabilitation, Tennis elbow, Golf's elbow

#### **Unit V: Practical approach to emergency care**

**06**

- CPR and AED
- Spine board transportation - fast evacuation techniques- shoulder pull, ankle pull
- Single helper transport, multiple helper transport, loading a Stretcher
- Sling and Splints
- Bandage techniques, first for stroke.

#### **Reference**

1. Indian Red Cross Society, Indian first aid manual, 7th Edition, St. John Ambulance Association
2. <http://www.fifamedicalnetwork.com>
3. Thomas D Fahey, Paul M Insel, Wilton T Roth, Clarie E A Insel, Fit & Well, Core concepts and labs in Physical Fitness and Wellness, 12th Edition, Mc Graw Hill Education



# THEORY OF SPORTS AND GAMES

## BVSP403

### Unit I: Introduction

08

#### General Introduction of specialized games and sports–

- Athletics,
- Badminton,
- Basketball,
- Cricket,
- Football,
- Gymnastic,
- Hockey,
- Handball,
- Kabaddi,
- Kho-Kho,
- Tennis,
- Volleyball and
- Yoga.

#### Each game or sports to be dealt under the following heads

8. History and development of the Game and Sports
9. Ground preparation, dimensions and marking
10. Standard equipment and their specifications
11. Ethics of sports and sportsmanship

**Unit II: Scientific Principles of coaching: (particular sports and game specific)**

**08**

- Motion – Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton's Law of motions.
- Force – Friction, Centripetal and Centrifugal force, Principles of force.
- Equilibrium and its types
- Lever and its types
- Sports Training – Aims, Principles and characteristics.
- Training load – Components, Principles of load, Over Load (causes and symptoms).

**Unit III: Physical fitness components: (particular sports and game specific)**

**07**

- Speed and its types
- Strength and its types
- Endurance and its types
- Flexibility and its types
- Coordinative ability and its types
- Training methods: - Development of components of physical fitness and motor fitness through following training methods (continuous method, interval method, circuit method, fartlek /speed play and weight training)

**Unit IV: Conditioning exercises and warming up**

**07**

- Concept of Conditioning and warming up.
- Role of weight training in games and sports.
- Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition).
- Recreational and Lead up games
- Strategy – Offence and defense, Principles of offence and defense.

**References:**

- Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.
- Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
- Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
- Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

# LEADERSHIP PRINCIPLES IN SPORTS

## BVSP404

<b>Unit I: Leadership</b>	<b>06</b>
Meaning, Management and Leadership in the past and 21st century, Formal and Informal Leadership. .	
<b>Unit II: Studies in Leadership</b>	<b>06</b>
Ohio State Leadership studies, Trait theories of leadership, Contingency theory, Charismatic Leadership theories, Transactional and Transformational leadership.	
<b>Unit III: Issues in Leadership</b>	<b>06</b>
Different Leadership styles, Authentic leadership, Trust and Leadership – a relevant issue in sports, Global Leadership in sports across culture.	
<b>Unit IV: Leadership in Sporting World in the 21st Century</b>	<b>06</b>
National and International Sports Organisations - CAB, IFA, AIFF, BCCI, FIFA, ICC, IOA, BTTA.	
<b>Unit V:</b>	<b>06</b>
<ul style="list-style-type: none"><li>• Case Study on Successful Leadership from Sporting World and Presentation.</li><li>• Role and Activities of Successful Leaders in Sports Management Organizations</li></ul>	

# **INDUSTRIAL TRAINING/ ON JOB TRAINING/ WORKSHOP BVSP405P**

# SEMESTER-V

## FITNESS NUTRITION

### BVSP501

#### Course objectives:

- Familiarization of Nutritional factors and Introducing balancing nutrition
- To prepare proper nutritional guidelines for clients and to make them awareness of nutritional supplements
- To enhance the eating habits and to know the effective working methods

#### Unit I: Introduction to Nutrition

06

- Understanding Nutrition, Sports nutrition, Role of Nutrition for Health promotion
- Macronutrients, Carbohydrates, Glycemic Index, Proteins, Fats. Optimal Macronutrient Ratios
- Micronutrients Vitamins and minerals, Fat-soluble Vitamin, Water-soluble Vitamins, Macro-Minerals, Fiber and Water
- Essential and non-essential nutrients
- Guidelines for healthy eating

#### Unit II: Nutritional Balance

06

- Caloric values of food, calorie requirement, what diet to follow
- Energy Expenditure: Basal Metabolic Rate (BMR) & Thermic Effect of Food (TEF)
- Energy Expenditure: Thermic Effect of Activity (TEA) & Total Daily Energy Expenditure (TDEE)
- Nutrition deficiency diseases- Vitamins deficiency
- Reading Nutritional Label

#### Unit III: Nutrition and Dietary Guideline for Clients

06

- Nutrition for Strength Training
- Nutrition for Endurance Training,
- Nutrition for Ball Sports and Martial Arts
- Sports Drink and Fluid and Hydration Before, During and After Exercises
- Fuelling Before During and After Exercises, monitoring, guiding eating habits of a client

#### **Unit IV: Nutritional Supplements**

**06**

- Creatine, Whey Protein
- Caffeine, Sodium bicarbonate, B-alanine
- Drug Abuse in fitness and sports
- World Antidoping Agency, National Antidoping Agency.
- Prohibited categories of substance and methods

#### **Unit V: Healthy Eating Habits and working effectively with special population**

**06**

- Teaching the individual to eat healthfully, Playing the weight loss game
- Personal Reality Check- using the food pyramid
- Sharing the big picture of Health and well being
- Prevention plan for overall Health, Managing Cholesterol, HDL, LDL,
- Managing High Blood Pressure, and Heart Disease

#### **References:**

1. Ahlborg, B., J. Bergstrom, J. Brohult, L. Ekelund, E. Hultman, and G. Maschio. 1967. Human muscle glycogen content and capacity for prolonged exercise after different diets. *Foersvarsmedicine* 3: 85-99.
2. Thomas D Fahey, Paul M Insel, Wilton T Roth, Clarie E A Insel, *Fit & Well, Core concepts and labs in Physical Fitness and Wellness*, 12th Edition, Mc Graw Hill Education
3. *The Complete book of Personal Training*, Douglas S Brooks
4. P.R., R. Mora-Rodriguez, J. Gonzalez-Alonso, and E.F. Coyle. 1995. Fluid and carbohydrate ingestion independently improve performance during 1 h of intense exercise. *Medicine and Science in Sports and Exercise* 27: 200-210.
5. Food and Agriculture Organization (FAO). 2004. Human Energy Requirements. Report of a Joint FAO/WHO/UNU Expert Consultation. Food And Nutrition Technical Report Series 1. Rome: Author.
6. Alton L Thygerson & Steven M Thygerson, 5th Edition, *Fit to be well, Essential concept*, Jones & Bartlett Learning books and products

# KINESIOLOGY AND BIOMECHANICS

## BVSP502

### **Unit I: Introduction to Kinesiology and Sports Biomechanics**

**08**

- Meaning and Definition of Kinesiology and Sports Biomechanics
- Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.
- Terminology of Fundamental Movements
- Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity

### **Unit II: Fundamental Concept of Anatomy and Physiology**

**08**

- Classification of Joints and Muscles
- Types of Muscle Contractions
- Posture – Meaning, Types and Importance of good posture.
- Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innovation

### **Unit III: Mechanical Concepts**

**07**

- Force - Meaning, definition, types and its application to sports activities
- Lever - Meaning, definition, types and its application to human body.
- Newton's Laws of Motion – Meaning, definition and its application to sports activities.
- Projectile – Factors influencing projectile trajectory.

**Unit IV: Kinematics and Kinetics of Human Movement**

- Linear Kinematics – Distance and Displacement, speed and velocity, Acceleration
- Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.
- Linear Kinetics – Inertia, Mass, Momentum, Friction.
- Angular Kinetics – Moment of inertia, Couple, Stability.

**References:**

1. Bunn, J. W. (1972).Scientific principles of coaching. Englewood Cliffs, N.J.: Prentice Hall Inc.
2. Hay, J. G. & Reid, J. G.(1982).The anatomical and mechanical basis of human motion.Englewood Cliffs, N.J.: prentice Hall Inc.
3. Hay, J. G. & Reid, J. G.(1988).Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc.
4. Hay, J. G. (1970).The biomechanics of sports techniques. Englewood Cliffs, N.J.: Prentice Hall, Inc.
5. Simonian, C.(1911).Fundamentals of sport biomechanics. Englewood Cliffs, N.J.: Prentice Hall Inc.

# INTRODUCTION TO PERSONAL TRAINING

## BVSP503

### Course objectives:

- Introducing the benefits of personal training
- To make the students able to start personal training in a business view
- Understanding the effective marketing methods to retain clients
- Introducing the methods of business expansion
- To make the students able to maintain a business ethics

### Unit I: Personal Training

06

- Meaning and definition of personal training
- History of fitness Industry, History of personal training Industry, personal training today
- Current issues facing the industry, the future of personal training
- The making of a personal trainer, need of personal training, process of starting personal training
- Establishing credibility, Personal training pitfalls

### Unit II: Refining the business

06

- Developing training style, Making first impression
- Client meeting, introductory packet
- First workout, personal burnout
- Deciding the training place, pricing the service
- Billing and pricing options, payments plans

### Unit III: Getting and keeping clients

06

- Marketing yourself, Market research and marketing
- Finding and keeping clients, cultivating existing core clients
- Getting clients from personal references, stealing clients
- Diversifying the business, Expanding client base
- Selling your services, professionalism and image, Increasing the sales skills

**Unit IV: Expanding the business**

**06**

- Need to expand, Partnering with a retail business for client referrals
- Hiring additional trainers and staff, Training the trainer
- Compensating the trainer, product sales
- Virtual training, merits and demerits, methods of online training
- Time management guidelines, use of technology for time management

**Unit V: Maintaining a service focus**

**06**

- Guidelines for being a professional
- Keeping the client motivated, keeping yourself motivated.
- Feedback mechanism and its importance
- Communication skills in personal training, verbal and non-verbal communication skills
- Getting the exercise done, helping and monitoring the client change, using motivation magic

**Reference:**

1. The complete book of personal training, Douglas S Brook, Human Kinetics

# ADVERTISING, PUBLIC RELATION AND SPONSORSHIP IN SPORTS

## BVSP504

### **Unit I: Introduction to Advertising**

06

History and Development in Advertising. Definition of Advertising, Objectives of Advertising in Sports.

### **Unit II: IMC in Sports**

06

Concepts of Integrated Marketing Communication in Sports, Elements of Integrated Marketing Communication.

### **Unit III: Business of Advertising**

06

Advertiser, Advertising Agency and World of Media, Brand Manager, Duties and responsibilities of a Brand manager, Client Advertising Agency relationship in the 21st century.

### **Unit IV: Sports Personalities as Brand Endorser**

06

Reputed sports persons and the brand they are endorsing.

**Public Relations** - History, Definition and Role of Public Relations in promoting sporting events.

### **Unit V: Sponsorship Issues in Sports**

06

Meaning and Objectives of Sponsorship, Advertising and Sponsorship, Developing Sponsorship proposal.

**Case Study and Presentation**- Details of Sponsorship Agreement in National and International sports bodies.

# **INDUSTRIAL TRAINING/ ON JOB TRAINING/ WORKSHOP BVSP505P**

# SEMESTER-VI

## RESEARCH AND STATISTICS

### IN PHYSICAL EDUCATION

#### BVSP601

#### Unit I: Introduction to Research

08

- Definition of Research
- Need and importance of Research in Physical Education and Sports.
- Scope of Research in Physical Education & Sports.
- Classification of Research
- Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

#### Unit II: Survey of Related Literature

08

- Need for surveying related literature.
- Literature Sources, Library Reading
- Research Proposal, Meaning and Significance of Research Proposal.
- Preparation of Research proposal / project.
- **Research Report:** A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.

#### Unit III: Basics of Statistical Analysis

07

- **Statistics:** Meaning, Definition, Nature and Importance
- Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables
- Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram

**Unit IV: Statistical Models in Physical Education and Sports**

- Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data
- Measures of Variability: Meaning, importance, computing from group and ungroup data
- Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

**References:**

1. Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall.
2. Bompa, T. O. &Haff, G. G. (2009). Periodization: theory and methodology of training, 5th ed.Champaign, IL: Human Kinetics.
3. Brown, L. E., &Ferrigno, V. A. (2005). Training for speed, agility and quickness, 2nd ed.Champaign, IL: Human Kinetics.

# YOGA THERAPY

## BVSP602

### Course objectives

- Introducing Yoga Therapy
- Understanding the human movements, yogasana & its effects
- To understand the effect of yoga practices in relation to disorders
- To know the effect of yoga practice on human organs
- To learn psychological disorders and its treatment through yoga
- To understand the value of Yoga practice in daily life and they will be able to prescribe yoga practices Therapeutically & for fitness

### Unit I: Yoga Therapy and Sports Injury

06

- Fundamental principle of Yoga therapy
- Role of Shuddhi Prakriyas in preventive, promotive and curative aspects of Yoga Therapy
- Concept of Aahara, Vihara, Aachara and Vichara, Role of Yogic Positive Attitudes
- Yoga Therapy and Sports Injury – Muscle, Ligament, Tendon
- Concept of Yoga and Health in Indian Traditional Systems of Medicine

### Unit II: Yoga and body Mechanism

06

- Effect of Yogasana on human body (lying, sitting, standing positions), suryanamaskar, Pranayama and Meditation
- Understanding of muscles physiology with the help of model/chart and its practical applications in Asana.
- Knowledge of COG, LOG, BOS in Asanas (in Sitting, standing, lying, balancing asanas)
- Knowledge of Biomechanics of Yogic postures Concept of energy expenditure and role of asana practice on energy expenditure.

### Unit III: Role of Yoga practice on various system I

06

- Role of Yoga practices on various Musculo-Skeletal disorders
- Role of Yoga on Back Pain, Neck pain
- Role of Yoga on Arthritis, Fibromyalgia and Muscular dystrophy
- Role of Yoga practices on various Respiratory Disorders like Bronchial
- Asthma, Bronchitis, Allergic Rhinitis, Sleep apnea & Sinusitis
- Role of Yoga practices on various Cardiovascular disorders like Hypertension

**Unit IV: Role of Yoga practice on various system II**

- Role of Yoga practices on various Neurological Disorder like Migraine, Headaches
- Role of Yoga practices on various Digestive and Excretory Disorders like Peptic Ulcers, Constipation
- Role of Yoga practices on various Obstetric & Gynecological Disorders like Menstrual Disorder
- Role of Yoga practices on various Endocrine & Metabolic Disorders like Diabetes Mellitus, Thyroid Disorders,
- Role of Yoga Obesity and Metabolic Syndrome

**Unit V: Yoga and Psychological disorders**

- Role of Yoga practices on various Psychological Disorder
- Role of Yogic Counselling
- Effect of yoga & meditation in stress relief, bodily structure & appearance
- Role of Yoga on Mood and mental health
- Role of mudra and its physiological functions of the body

**References:**

1. Website- [www.yogacertificationboard.nic.in](http://www.yogacertificationboard.nic.in)
2. James Foulkes, An Introduction to Integrative Mind/body Yoga Therapeutics by Singing Dragon London, 2017
3. An Swanson, Science of Yoga, DK Publishing, 2019
4. Integral approach of Yoga Therapy to common ailments. by Swami Kunalayanand, Kaivalaya dhama, Lonavala

# MANAGING AND PROMOTING SPORTS EVENTS

## BVSP603

<b>Unit I: Introduction</b>	<b>06</b>
Definition, Scope of Event management, Risk & Safety measures.	
<b>Unit II: Managing Sporting Events</b>	<b>06</b>
Planning, Organizing, Coordinating and Controlling Pre events, During the Events & Post Events issues.	
<b>Unit III: World of Sports Event Management</b>	<b>06</b>
Sponsors, Sports Management Companies, Spectators ,Sports personalities, Media etc.	
<b>Unit IV: Sports Management Companies</b>	<b>06</b>
Introduction, Role, Scope of Work, Service rendered to the clients, Ways of Functioning- Team work, Departments etc.	
<b>Unit V: Career Opportunity in Sports Management Companies</b>	<b>06</b>
Case Study and Presentation– Promoting national & International Sporting events. Importance of IMC in promoting Sports Events Successfully., Role of Advertising, PR etc.	
Managing Sporting Bodies, Associations-AIFF, IFA, BCCI, CAB, LEANING INDIAN FOOTBALL CLUBS etc.	

# ETHICS IN SPORTS

## BVSP604

<b>Unit I: Values</b>	<b>06</b>
<ul style="list-style-type: none"><li>• Importance, Sources of Value System, Types, Loyalty and Ethical Behaviour.</li></ul>	
<b>Unit II: Ethics in Sports</b>	<b>06</b>
<ul style="list-style-type: none"><li>• Nature, Characteristics and Needs, Ethical practices in the field of Sports, Sports Code of Conduct.</li></ul>	
<b>Unit III: Indian Values and Ethics</b>	<b>06</b>
<ul style="list-style-type: none"><li>• Respect for elders, Hierarchy and Status, non- violence and tolerance, cooperation. Rights and Duties. Holistic relation between Man, Attitudes, Beliefs.</li></ul>	
<b>Unit IV: Ethical Value System</b>	<b>06</b>
<ul style="list-style-type: none"><li>• Distributive Justice, Individual freedom of Choice, Professional Codes. Their application in the field of sports.</li><li>• Sports as a Profession– Conflict between organization demand, Individual needs and professional ideal, Conflicts the Sports Managers face.</li></ul>	
<b>Unit V: Morale of Sportsmen</b>	<b>06</b>
<ul style="list-style-type: none"><li>• Role of Organizations / Association and Sports Manager in the area.</li><li>• Social And Ethical responsibilities of different Sports Association, Clubs, Manager, Coach and Sports Persons.</li></ul>	

# **INDUSTRIAL TRAINING/ ON JOB TRAINING/ WORKSHOP BVSP605P**



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