

**Syllabus – Five-Year Integrated Master of Physical Education and Sports.****MODE OF TRANSACTION**

- Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc

**ASSESSMENT RUBRICS**

Evaluation Type			Marks
End Semester Evaluation			50
Continuous Evaluation			50
a)	Test Paper- 1 (Written/Oral)		10
b)	Test Paper-2 (Written/Oral)		10
c)	Assignment Seminar Record Viva-Voce Any other relevant Mode of evaluation	(Any three- each for 10 marks)	10 X 3 = 30 Marks
Total			100

**Sample of questions to test outcomes**

1. Explain the goals and objectives of Physical Education in relation to goals of education.
2. Elaborate on the historical foundation of Physical Education
3. Explain the philosophical foundation of Physical Education
4. Write down the major schemes and awards in Sports

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- 4.3 Major Schemes and programmes related to physical education and sports - Khelo India, Fit India programs, TOPS (Target Olympic Podium Scheme),
- 4.4 National awards and honours; Major sports competitions
- 4.5 Future trends in development and professional delivery – issues and challenges

**Suggested Reading specific to module**

- 4.1 Wuest, D A, and Bucher, Charles, (2010) A. Foundations of Physical Education, Exercise Science and Sport. Tata McGraw Hill., New Delhi
- 4.2 Bevinson Perinbaraj. S, History of Physical Education, Vinsi Publications, Karaikudi 2002.
- 4.3 Chandra Shekar. K, Foundation of Physical Education & Sports, Khel Sahitya Kendra, New Delhi, 2004.
- 4.4 Deepak Jain, Foundation of Physical Education, Sports Publication New Delhi, 2003.
- 4.5 Piyush Jain C.S.Tomar, History, Foundation of Physical Education and Educational Psychology, Khel Sahitya Kendra, New Delhi, 2006.
- 4.6 Shandra Shekar, Principles & History of Physical Education, Khel Sahitya Kendra, New Delhi, 2004.

**Module 5: Teacher Specific Module:**

**Hours of transaction: 10**

- The respective teacher will prepare the module content, allowing for adaptability in designing the material according to feasibility, prior modules, and pertinent information.

**Core Compulsory Readings**

- Sharma O.P, History of Physical Education, Khel Sahitya Kendra, New Delhi, 2008.
- SitaramSharam& Anil kr. Vanaik, Principles of Physical Education, Friends Publication, New Delhi, 2003.
- Bucher, Charles A., (1983). Foundations of Physical Education. St. Louis: The C.V. Mosby Company.
- Kamlesh, M.L., (1988). Physical Education: Facts and Foundation. New Delhi: P.B. Publications

**Core suggested readings**

- Baljit Singh, Principles of Physical Education, Sports Publication New Delhi, 2009.
- Sanjay &A.Rawat, History, Principles and Foundation of Physical Education, Sports Publication New Delhi, 2015.

**TEACHING LEARNING STRATEGIES**

- The class will be taught by using lectures and demonstrations, seminars, classroom discussions, videos, charts, and presentation methods

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2.3 Olympics and growth of Sports

2.4 Girls and women in sports; sports for differently abled.

**Suggested Reading specific to module**

- 2.1 Wuest, D A, and Bucher, Charles, A. (2010) Foundations of Physical Education, Exercise Science and Sport. Tata McGraw Hill., New Delhi
- 2.2 Barrie Houlihan, Dominic Malcolm (2016)- Sports and society : a student introduction
- 2.3 Jay Coakley (2020)- Sports and Society: A Sociological Prospect
- 2.4 David Kirk, Dawn Penney( 2014)- Physical Education and Sports in a changing Society.
- 2.5 John Horne, Allen Tomilson (2012)- Sociology Of Sports and Physical Activity

**Module 3: The Scientific basis of Physical Education, Exercise Science and Sports.**

**Hours of transaction: 10**

- 3.1 Motor behaviour and motor development
- 3.2 Philosophical Foundations of Physical Education; Idealism, Pragmatism, Nature & Existentialism
- 3.3 Understanding Kinesiology Biomechanics - Mechanical principles and concepts related to movement.
- 3.4 Overview of exercise physiology – Principles and physiological basis of exercise and fitness, development. Overview of nutrition and fitness.
- 3.5 Understanding sociology of sport. Fundamental concepts of sport and exercise psychology.

**Suggested Reading specific to module**

- 3.1 Bucher, Charles A., (1983). Foundations of Physical Education. St. Louis: The C.V. Mosby Company.
- 3.2 Kamlesh, M.L., (1988). Physical Education: Facts and Foundation. New Delhi: P.B. Publications
- 3.3 Sharma, O.P., (1998). History of Physical Education. New Delhi: Khel Shitya Kendra.
- 3.4 Wakharkar, D.G., (1967). Manual of Physical Education in India. Bombay: Pearl Publications .

**Module 4: Careers and Professional Development**

**Hours of transaction: 10**

- 4.1 Choosing and career and maximizing professional development
- 4.2 Careers in Physical Education, Exercise Science and Sport –
  - Teaching
  - Coaching
  - Fitness and Health Related
  - Careers in sport

**School of Physical Education and Sports Sciences**

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**Suggested Reading specific to module**



**Syllabus – Five-Year Integrated Master of Physical Education and Sports.****Mapping of Course Outcomes to PSOs**

	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
<b>CO1</b>	✓	✓	✓	✓		
<b>CO2</b>	✓	✓	✓		✓	
<b>CO3</b>	✓	✓	✓	✓		
<b>CO4</b>	✓	✓	✓		✓	

**COURSE CONTENTS****Module 1: Introduction to Physical Education, Exercise Science and Sport.****Hours of transaction: 10**

- 1.1 Understand the meaning and philosophy of contemporary physical education, exercise science and sport.
- 1.2 Understand the goals and objectives of Physical Education in relation to goals of education. Understand the domains and taxonomies of learning and assessment and purpose of learning.
- 1.3 Meaning and understanding of health and wellness and implications of health and wellness movement for Physical Education, Exercise Science and Sport.
- 1.4 Physical activity and fitness movement and their implications.

**Suggested readings specific to the module.**

- 1.1 Wuest, D A, and Bucher, Charles, (2010) A. Foundations of Physical Education, Exercise Science and Sport. Tata McGraw Hill., New Delhi
- 1.2 John, H.L.,1969, A brief history of Physical Education. The Ronald Press Company, New York.
- 1.3 Kamlesh, M.L.,1988, Physical Education Facts and Foundations. Chauhan Printing press. New Delhi.
- 1.4 Kamlesh, M.L., 1997. Foundations of Physical Education. Metropolitan Book pvt. Ltd. New Delhi. 4
- 1.5 Willgoose.C.,1984, Curriculum Physical Education, Prentice-Hall, New Jersey.

**Module 2: Historical Foundations and Changing Demographics of Physical Education, Exercise Science and Sport****Hours of transaction: 10**

- 2.1** Historical foundation of sport and physical education
- 2.2** Significant recent developments in the field –
  - Wellness movement
  - School Physical Education and Physical Activity
  - Disease prevention and health promotion

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**MULTIDISCIPLINARY COURSES (MDC)**

**KU01MDCPES101: FOUNDATION OF PHYSICAL EDUCATION, EXERCISE SCIENCE AND SPORT**

Semester	Course Type	Course Level	Course Code	Credits	Total Hours
1 OR 2	MDC	100	KU01MDCPES101	3	45

Learning Approach			Marks Distribution			Duration of ESE (Hours)
Lecture	Practical/ Internship	Tutorial	CE	ESE	Total	
45	-	-	50	50	100	1 hr. 30 minutes

**Course Description**

This course offers an introduction to the concepts of Physical Education, exercise science and sport, providing a dynamic nature of the discipline providing knowledge base and information on expanding career opportunities in the field.

**COURSE OUTCOMES**

**After the completion of the course, the students will be able to**

CO No.	Expected Outcome	Learning Domains
CO1	Understand the meaning and philosophy, goals and objectives of Physical Education, Exercise Science and Sport	K, U
CO2	Understand the historical foundations and identify and recognize the implications of changing demographics for Physical Education, Exercise Science and Sport.	U
CO3	Be orient to biomechanical, physiological, sociological, psychological foundations related to the discipline.	K, U
CO4	Understand the career and professional development and future trends in Physical Education, Exercise Science and Sport.	U, A

**\*Remember(R), Understand(U), Apply(A), analyze (An), Evaluate (E), Create(C), and Synthesis (Sy)**

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**Mapping of Course Outcomes to PSOs**

	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1						