

Patliputra University (Patna Bihar University Act 1976)
 Structure, Syllabus of the ^{SPORTS} Courses of Reading and Scheme of Examination for the
 UGC programmes (Science/Social Science/Commerce)

AEC-4 Session: 2023-2027

Part A

Subject	AEC		
Semester	4th		
Name of Course	Sports		
Credits	Theory	Practical/Tutorial	Total
	02	-	02
Max. Marks:	100	Time: 3Hrs.	
Internal Assessment Marks:	30		
End Term Exam Marks:	70		
The Question paper pattern of End Semester Examination (ESE) shall consist of three parts-			
Part A - compulsory - consisting of objective/multiple choice type- each carrying two marks			10*2=20marks
Part B - short answer type - Four questions to be answered out of Six questions- each carrying five marks			04*05=20marks
Part C - Long Answer Type- Three questions to be answered out of five questions. each carrying 10 marks			03*10=30marks
Continuous Internal Assessment (CIA)-			
A. one mid-semester written tests			15 marks
B. Seminar/Quiz/Presentation/Assignment			10 marks
C. Attendance and conduct			05 marks
Course Objectives			



The course aims to:

- (a) Improve fundamental and advanced sports skills.
- (b) Learn sport-specific techniques and strategies.
- (c) Enhance overall physical fitness (strength, endurance, flexibility, agility).
- (d) Increase coordination and motor skills.
- (e) Understand the importance of roles and responsibilities within a team.
- (f) Learn how to handle both victory and defeat graciously.
- (g) Develop decision-making abilities and learn how to analyze opponents.
- (h) Raise awareness about the importance of hydration, nutrition, and recovery.
- (i) Help individuals appreciate the value of sports in maintaining long-term health.
- (j) Understand and respect cultural diversity in sports.

Learning Outcomes:

After completing this course, the cadets will be able to:-

- (a) Learners show improved cardiovascular health and overall fitness.
- (b) Learners develop proficiency in basic and advanced techniques specific to a chosen sport.
- (c) Learners effectively communicate with teammates and coaches during practice and games.
- (d) Learners understand the rules and regulations of the sport, including how to play fairly and follow guidelines.
- (e) Learners exhibit self-confidence in their abilities during practice and competition.

Medium of Instruction: Hindi and English

Unit	Topics to be covered	No. Of Hours
1	Foundation of Physical Education and Sports Science,	10



	<p>Sports Officiating and Rules</p> <p>Subtopics:</p> <ul style="list-style-type: none"> •Introduction to physical education, history, scope, and importance of Sports in Society . •Principles and objectives of physical education •Role of physical education in the holistic development of the body. •Understanding sports rules, regulations, and officiating techniques. 	
2	<p>Kinesiology and Exercise Physiology, Sports Psychology</p> <p>Subtopics:</p> <ul style="list-style-type: none"> •Understanding mental and emotional aspects of athletes Psychological principles in sports. •Motivation, concentration, and team dynamic •Understanding human movement, muscle function, and how the body responds to physical activity. 	10
3	<p>Health Education and Sports Nutrition</p> <p>Subtopics: .</p> <ul style="list-style-type: none"> •Importance of health and fitness in sports •Physical fitness components and assessment •Wellness, nutrition, and hygiene Coping with stress and enhancing performance •under pressure 	10
4	<p>Fundamentals of Indoor Games And Outdoor Games, Techniques and Skills, Strategy and Tactics</p> <p>Subtopics:</p> <ul style="list-style-type: none"> •Definition and Importance of Indoor and Outdoor Games 	10



	<ul style="list-style-type: none"> •Health Benefits of Indoor and Outdoor Games •Basic Rules and Regulations for Various indoor and outdoor Games, Basic Techniques and Skills in Different Games •Overview of Popular Indoor Games (e.g., Badminton, Table Tennis, Squash, Chess, etc.) •Overview of Popular Outdoor Games (e.g., Football, Cricket, Hockey, Athletics, etc.) •Indoor Sports at the International Level (Olympics, World Championships), Outdoor Sports in National and International Competitions (World Cup, Olympics, etc.) 	
Total		40

Practical/Practice Component

- Drills and Exercises to Improve Skills
- Team-Based Practices: Incorporate group exercises like relay races, scrimmages, or team challenges to build communication, teamwork, and coordination.

Suggested Readings:

- "Physical Education: Foundations and Principles" by David E. By.
- "Foundations of Physical Education" by M.L. Kamlesh
- "Sports Psychology: A Critical Introduction" by Aidan P. Moran
- "The Social Psychology of Sport " by Gordon W. Russell
- "Health, Physical Education and Sports" by Dr. N.P. Sharma
- "Fundamentals of Sports Management";Dr Suman Bala

