

Semester I

UC25A02	Physical Education - I	L	T	P	C
		0	0	4	1
Course Objectives:					
<ul style="list-style-type: none"> To impart the fundamentals of physical education for development of students' physical, mental, and social well-being. To instill a lifelong appreciation for physical activity towards the development of positive attitude and fostering values of team work and sportsmanship. 					
Introduction to physical education: Exercise for Good Posture – Conditioning and Calisthenics for Before start, Jogging, Bending, Twisting, Standing, Sitting and Relaxation, Training on First Aid Practices.					
Participation of athletic events: Rules and regulations of important athletic events, Sprint, Jumps, Throws and Hurdles.					
Skill development in any one of the following outdoor games: Basket Ball, Volley Ball, Ball Badminton, Football, Hockey, Kho-Kho, Kabaddi, Cricket, Hand ball and Tennis.					
Skill development in any one of the following indoor games: Shuttle Badminton, Chess and Table Tennis.					
Weightage: Continuous Assessment: 100%					
Assessment Methodology: Attendance (60%), Quiz (10%), Participation in Sports and Games (20%) and Viva Voce (10%)					
References:					
<ol style="list-style-type: none"> Singh, A. (2008). Essentials of physical education. Kalyani Publishers. Kamlesh, M. L. (2006). Psychology in physical education and sport (3rd ed.). Metropolitan Book Co. Mangal, S. K. (2009). <i>Psychology of sports performance</i>. Sports Publication. 					
E-resources:					
https://www.who.int/health-topics/physical-activity					

	CO Description	PO	PSO1	PSO2	PSO3
CO1	Understand and explain the importance of physical activity for mental and physical health.	---			
CO2	Apply basic principles of exercise science in the routine life.	PO1(3)			
CO3	Develop teamwork, discipline, and leadership through sports and group activities and collaborate effectively.	PO8(3)			
CO4	Demonstrate independent learning in health, nutrition, and fitness-related topics.	PO11(2)			

Semester II

UC25A04	Physical Education - II	L	T	P	C
		0	0	4	1
Course Objectives:					
<ul style="list-style-type: none"> To impart knowledge on gymnastic exercises and pressing needs for upskilling in a particular game. 					
<p>Basic gymnastics exercises: Warming up, Suitable exercise, Lead up games, Safety education, Movement education, Balanced Walk, execution, floor exercise, tumbling/acrobatics, grip, release, swinging, parallel bar exercise, horizontal bar exercise, flic-flac-walk and pyramids.</p> <p>Upskilling in any one of the athletics: Broad Jump, High Jump, Triple Jump, Relay Sprints, Javelin Throw, Discuss Throw, Shot Put, Short and Long-distance Running.</p> <p>Advance skills in any one of the indoor/outdoor games, which has been opted by the student in the I semester.</p>					
Weightage: Continuous Assessment: 100%					
Assessment Methodology: Attendance (60%), Quiz (10%), Participation in Sports and Games (20%) and Viva Voce (10%)					
References:					
<ol style="list-style-type: none"> Singh, A. (2008). Essentials of physical education. Kalyani Publishers. Kamlesh, M. L. (2006). Psychology in physical education and sport (3rd ed.). Metropolitan Book Co. Mangal, S. K. (2009). <i>Psychology of sports performance</i>. Sports Publication. Kandappan, K. (2004). <i>Foundations of physical education</i>. Friends Publications. 					
E-resources:					
https://www.who.int/health-topics/physical-activity					

	CO Description	PO	PSO1	PSO2	PSO3
CO1	Understand and explain the importance of physical activity for mental and physical health.	---			
CO2	Apply safety principles and methods during sports activities.	PO1(3)			
CO3	Develop teamwork, discipline, and leadership through sports and group activities and collaborate effectively.	PO8 (3)			
CO4	Demonstrate the advanced technical skills and strategic understanding in the game of their interest.	PO11(1)			