

<b>COURSE CODE:</b> BHSC360M	<b>PHYSICAL EDUCATION AND SPORTS-I</b>  <b>(Common to All Branches)</b>	<b>Credits :</b>	00
<b>L:T:P - 0 :0: 2</b>		<b>CIE Marks :</b>	100
<b>Total Hours/Weeks:</b> 26 hrs		<b>SEE Marks :</b>	00

Semester-III	
<b>Module I: Orientation</b>	
<b>5 Hours</b>	
A.	Lifestyle
B.	Health & Wellness
C.	Pre-Fitness test.
<b>Module II: General Fitness &amp; Components of Fitness</b>	
<b>5 Hours</b>	
A.	Warming up (Free Handexercises)
B.	Strength–Push-up/ Pull-ups
C.	Speed–30Mtr Dash
<b>Module III: Specific games (Any one to be selected by the student)</b>	
<b>16 Hours</b>	
1.	Kabaddi–Hand touch, Toe Touch, Thigh Hold, Ankle hold and Bonus.
2.	Kho-Kho–GivingKho,Single Chain,Pole dive,Pole turning,3-6Up.

#### Scheme and Assessment for auditing the course and Grades:

Sl.No.	Activity	Marks
1.	Participation of student in all the modules	20
2.	Quizzes–2,eachof15marks	30
3.	Final presentation / exhibition / Participation in competitions/ practical on specific tasks assigned to the students	50
<b>Total</b>		<b>100</b>

Reference Books
<ul style="list-style-type: none"> <li>• Bandopadhyay, K. (n.d.). <i>Sarir Siksha Parichay</i>. Classic Publishers.</li> <li>• Dharma, P. N. (n.d.). <i>Fundamentals of Track and Field</i>. Khel Sahitya Kendra.</li> <li>• Dubey, H. C. (n.d.). <i>Basketball</i>. Discovery Publishing House.</li> <li>• Jain, N. (n.d.). <i>Play and Learn Basketball</i>. Khel Sahitya Kendra.</li> <li>• Jain, R. (n.d.). <i>Play and Learn Cricket</i>. Khel Sahitya Kendra.</li> <li>• Kus, S. (n.d.). <i>Coaching Volleyball Successfully</i>. Human Kinetics.</li> <li>• Petipus, et al. (n.d.). <i>Athlete’s Guide to Career Planning</i>. Human Kinetics.</li> </ul>

- Saha, A. K. (n.d.). *Sarir Siksher Ritiniti*. Rana Publishing House.
- Thani, V. (n.d.). *Coaching Cricket*. Khel Sahitya Kendra.
- Rachana, J. (n.d.). *Teach Yourself Basketball*. Sports Publication

**Course Outcomes:**

**1. Identify and Explain** common postural deformities and apply stress management techniques in the context of sports and athletics

**2. Participate Confidently** in competitions at regional, state, national, and international levels

**3. Demonstrate Proficiency** in specific games and athletic jumping events through regular practice and skill development.

**4. Explain and Perform** various Aerobic exercises for fitness and endurance enhancement.

**5. Acquire Skills and Practice** specific games and athletic throwing events with proper techniques and strategies

**CO-Po mapping**

Course Outcomes	Programme Outcomes (POs)											Program Specific Outcomes (PSOs)		
	1	2	3	4	5	6	7	8	9	10	11	1	2	3
CO1	-	-	1	-	-	1	1	-	-	-	-	-	-	-
CO2	-	-	1	-	-	1	1	-	-	-	-	-	-	-
CO3	-	-	1	-	-	1	1	-	-	-	-	-	-	-
CO4	-	-	1	-	-	1	1	-	-	-	-	-	-	-
CO5	-	-	1	-	-	1	1	-	-	-	-	-	-	-