

Name of the Department: Physical Education and Sports Sciences
UG Semester-III & IV
VBC-III & IV: Sports

Course Title: Sports	Course code: 21V3PE3
Total Contact Hours: 0-0-4	Course Credits: 2
Internal Assessment Marks: 50	Duration of SEE: Nil

Course Outcomes (COs):

At the end of the course, students will be able to:

1. Students will able to understand the sports skills (Basic)
2. Students will able to organize the intramural competitions

VBC III & IV: Sports

Unit	Description	Hours
	<p>Sports: Conditioning Exercises, Aerobics & Calisthenics, One Major Game and One, Indigenous Game (Basic Skills), One Track/Field Event, Intramural Competitions Project/Record</p> <p>Proficiency in particular Sport Rules & Regulations Marking & Ground Management Officiating</p> <p>Note:</p> <ol style="list-style-type: none"> 1. College may offer required no of games as per the student strength and availability of the facilities. 2. Students shall opt any one game in each of the semester and shall not repeat the same in other semester. 3. For specially challenged students, the program shall be designed at college level. 	56
<p>Note: 1. Formative assessment should be done by the internally. 2. Due to weightage in assessment shall be given to elite sportsmen of the college.</p> <p style="text-align: center;">Formative assessment:50 Marks: Skills/Physical Fitness Test =10 Classroom Activity (Discipline, Mass Participation Activity, Punctuality)= 10 Project/ Record=20 Performance = 10</p>		
<p>Reference:</p> <ol style="list-style-type: none"> 1. Muller,J. P. (2000). Health, Exercise and Fitness. Delhi: Sports. 2. IAAF Manual 3. Vanaik.A (2005) Play Field Manual, Friends Publication New Delhi 4. M.J Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual, Silver Star Publication, Shimoga <p>Note: Skills of Sports and Games (Game Specific books) may be referred</p>		

Date

Course Coordinator

Subject Committee Chairperson