Patliputra University (Patna Bihar University Act 1976)

Structure, Syllabus of the Courses of Reading and Scheme of Examination for the UGC programmes(Science/Social Science/Commerce)

AEC-4 Session: 2023-2027

Part A

0 1:				
Subject	AEC			
Semester	4th			
Name of Course	Sports			
Credits	Theory	Practical/Tutorial		
	02	r ractical/ rutorial		
Max. Marks:			02	
	100	Time: 3Hrs.		
Internal Assessment Marks:	30			
End Term Exam Marks:	70			
The Question paper patte consists of three parts- Part A - compulsory - cons				
each carrying two marks				10*2=20marks
Part B - short answer type questions-	- Four que	stions to be answer	ed out of Six	04*05=20marks
each carrying five r	narks			2011arks
Part C - Long Answer Type ive questions. each carry	- Three que	estions to be answe ks	red out of	03*10=30marks
Continuous Internal Assess	sment (CIA	\)-		
			व	
l. one mid-semester writte			17	15 marks
A. one mid-semester writte B. Seminar/Quiz/Presentati		ment		15 marks
 one mid-semester writte Seminar/Quiz/Presentati Attendance and conduct 	ion/Assign	ment		10 marks



The course aims to:

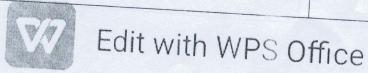
- (a) Improve fundamental and advanced sports skills.
- (b) Learn sport-specific techniques and strategies.
- (c) Enhance overall physical fitness (strength, endurance, flexibility, agility).
- (d) Increase coordination and motor skills.
- (e) Understand the importance of roles and responsibilities within 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
- (d) Learners understand the rules and regulations of the sport, including how to play
- (e) Learners exhibit self-confidence in their abilities during practice and competition.

wiediu	m of Instruction: Hindi and English	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \
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Unit	Topics to be covered	
1	Foundation of Physical Education and Sports Science,	No. Of Hours



	Sports Officiating and Rules	
	Subtopics:	
	•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.	3,
	•Understanding sports rules, regulations, and officiating techniques.	4
2	Kinesiology and Exercise Physiology, Sports	
	Psychology Psychology	10
	Subtopics:	
	·Understanding mental and emotional aspects of	
	athletes Psychological principles in sports.	
	•Motivation, concentration, and team dynamic	
100/20	*Understanding human movement, muscle function, and how the body responds to physical activity.	
3	Health Education and Sports Nutrition	
	Subtopics:	10
•\	·Importance of health and fitness in sports	
	•Physical fitness components and assessment	
	·Wellness, nutrition, and hygiene	
	Coping with stress and enhancing performance •under pressure	
F	Fundamentals of Indoor Games And Outdoor Games, Techniques and Skills, Strategy and Tactics	0
	Subtopics:	
	Definition and Importance of Indoor and Outdoor	

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otal	I/Practice Component	40	
	·Indoor Sports at the International Level (Olympics, World Championships), Outdoor Sports in National and International Competitions (World Cup, Olympics, etc.)		
	*Overview of Popular Outdoor Games (e.g., Football, Cricket, Hockey, Athletics, etc.)		3
	·Overview of Popular Indoor Games (e.g., Badminton, Table Tennis, Squash, Chess, etc.)		
	•Basic Rules and Regulations for Various indoor and outdoor Games, Basic Techniques and Skills in		
	·Health Benefits of Indoor and Outdoor Games		

- 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