

Patliputra University (Patna Bihar University Act 1976)  
 Structure, Syllabus of the <sup>SPORTS</sup> 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





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





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

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