

Course Structure for V semester UG Programs

Department of Physical Education

Discipline Specific Core Course: Physical Education

Semester	Theory/ Practical	Course Title	Teaching/ Practical Instruction hour/week	Total Hours/ Sem	Duration of Exam in Hours	Assessment Marks			Credits
						Summative	Formative	Total	
V	Theory	Test, Measurement and Evaluation in Physical Education & Sports	4	60	3	80	20	100	4
	Practical	Approach in Test Measurement and Evaluation of Physical Education & Sports Activities	4	60	3	40	10	50	2
	OR								
	Theory	Sports Psychology & Sociology	4	60	3	80	20	100	4
	Practical	Psychological and Sociological Preparation in Sports	4	60	3	40	10	50	2
	OE	Sports Journalism	4	60	3	80	20	100	3

B.A. Semester– V
Discipline Specific Course(DSC)-9A
Student shall select DSC 5A or 5B for 06 credits only

Course Title: - TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION & SPORTS

Course Code: A 5 PED2 T 1

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSC-5A	Theory	6	5+1	75hrs.	3hrs.	20	80	100

Course Outcomes (COs): At the end of the course students will be able to:

- CO1: Learn the meaning of Test, Measurement and Evaluation
- CO2: Learn the criteria for conducting a test
- CO3: Understand the procedures of conducting fitness and sports skill tests.
- CO4: Analyze and evaluate fitness and skill level of students.
- CO5: To be able to apply tests in Physical Activities, Sports and Yoga practices

Unit	Title: Test, Measurement and Evaluation in Physical Education & Sports	75hrs/ sem
Unit I	Introduction <ol style="list-style-type: none"> 1. Meaning- Test, Measurement and Evaluation in Physical Education, Sports and Yoga 2. Need and Importance of Test, Measurement and Evaluation 3. Principles of Tests, Measurement and Evaluation 4. Application of Test and Measurement 	15 hrs
Unit II	Criteria, Classification and Test <ol style="list-style-type: none"> 1. Criteria of Good Test 2. Scientific Authenticity (Reliability, Objectivity, Validity and Norms) 3. Types and Classification of Test 	15 hrs
Unit III	Physical Fitness Tests <ol style="list-style-type: none"> 1. AAHPER Youth Fitness Test 2. Harvard Step Test 3. Indiana Motor Fitness Test 4. JCRT Test, Health related Physical Fitness Test 	15 hrs
Unit IV	Sports Skill Test <ol style="list-style-type: none"> 1. McDonald Soccer Test 2. Russell Lange Volleyball Test 3. Lockhart and McPherson Badminton Test 4. Johnson Basketball Ability Test 	15 hrs



Unit V	Concept of Evaluation Process 1. Types of evaluation in physical Education 2. Administration of Test, Advance Preparation 3. Duties during and after testing	15 hrs
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Recommended books:

1. Chakraborty, Pand Bhattacharjya, S. Test Measurement and Evaluation in Physical Education. Classique books Kolkata
2. Clarke, H and Clarke, H; Application of Measurement to Physical Education. Prentice Hall
3. Fahey, T.D, Basic Weight Training for Men and Women. Mayfield Publishing Company
4. Kirtani, R: Physical Fitness. Khel Sahitya Kendra, Delhi
5. Raghunathan, P.P; Volleyball A Guide to Playing and Coaching. Friends Publication, Delhi
6. Mathews, D.K; (1973). Measurement in Physical Education Philadelphia; W.B. Saunders Company
7. Kansal, D.K. (1996) Test and Measurement in Sports and Physical Education. New Delhi; D.V.S Publication.
8. Phillips, D.A, & Horna K, J.E (1979). Measurement and Evaluation in Physical Education, New York; John Willey and Sons.
9. Barron, H.M., and McGee, R (1997) A Practical approach to Measurement in Physical Education; Philadelphia: Lea and Fibiger Publisher.
10. Johnson, B. Land Nelson, J.K; Practical Measurement for Evaluation in Physical Education. Surjeet Publication, Delhi
11. Yobu, A (2010) Test, Measurement and Evaluation in Physical Education and Sports, New Delhi; Friends Publication
12. Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication

B.A. Semester-V
Discipline Specific Course (DSC)- 10A
Practical

Course Title: - APPROACH IN TEST, MEASUREMENT AND EVALUATION OF PHYSICAL EDUCATION & SPORTS ACTIVITIES

Course Code: -A 5PED 2 P 1

Content of Practical Course 1: Practical (2 credits 56 hrs)

1. Physical Fitness Tests: Speed, Strength, Endurance, Flexibility, Agility.
2. Motor Ability Test
3. Weight Training/ Yogasanas/ Aerobics
4. Sports Specific Skill test
5. Project/ Seminar/ Paper Presentation Assignments


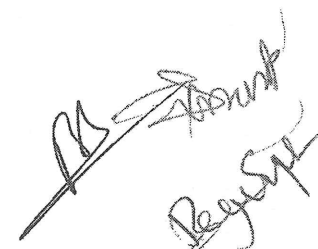


Pedagogy: The course shall be taught through Lecture, Practical, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramural

References Books:

(Handwritten signatures)

1. Chakraborty, P and Bhattacharjya, S. Test Measurement and Evaluation in Physical Education. Classique books Kolkata
2. Clarke, H and Clarke, H; Application of Measurement to Physical Education. Prentice Hall
3. Fahey, T.D, Basic Weight Training for Men and Women. Mayfeild Publishing Company
4. Kirtani, R: Physical Fitness. Khel Sahitya Kendra, Delhi
5. Raghunathan, P.P; Volleyball A Guide to Playing and Coaching. Friends Publication, Delhi
6. Mathews, D.K; (1973). Measurement in Physical Education Philadelphia; W.B.Saunders Company
7. Kansal, D.K. (1996) Test and Measurement in Sports and Physical Education. New Delhi; D.V.S Publication.
8. Phillips, D.A, & HornaK, J.E (1979). Measurement and Evaluation in Physical Education, New York; John Willey and Sons.
9. Barron, H.M., and McGee, R (1997) A Practical approach to Measurement in Physical Education; Philadelphia:- Lea and Fibiger Publisher.
10. Johnson, B.L and Nelson, J.K; Practical Measurement for Evaluation in Physical Education. Surjeet Publication, Delhi
11. Yobu, A (2010) Test, Measurement and Evaluation in Physical Education and Sports, New Delhi; Friends Publication
12. .Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay VermaPublication

FormativeAssessmentforTheory	
AssessmentOccasion/type	Marks
InternalAssessmentTest I	05
Assignment	05
Total	10Marks
<i>FormativeAssessmentasperguidelines.</i>	

B.A. Semester– V
Discipline Specific Course (DSC)-9B
Student shall select DSC 5A or 5B for 06 credits only

Course Title:- SPORTS PSYCHOLOGY & SOCIOLOGY
Course Code: A 5 PED2 T 2

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSC-5B	Theory	6	5+1	75 hrs.	3hrs.	20	80	100

Course Outcomes (COs): At the end of the course students will be able to:

- CO1: Understand the meaning of sports psychology and sociology
CO2: Understand the psychological parameters affecting sports performance.
CO3: Understand the sociological implications in physical education.
CO4: Apply psychological techniques to better sports performance.
CO5: To understand and learn its application in present sport scenario

Unit	Title: Sports Psychology & Sociology	75hrs/Sem
Unit I	Introduction 1. Definition, Meaning, Need and Importance of Sports Psychology 2. Importance of Yoga in Sports Psychology 3. Scope and Issues of Sports Psychology	15 hrs
Unit II	Development of Sports Psychology 1. Perspectives on Sports Psychology 2. Sports Psychology in India 3. Application of Yogic Psychology in Sports Scenario 4. Recent advances in Sports Psychology and Coaching	15 hrs
Unit III	Sports Personality and Performance 1. Growth and Development- Heredity and Environment 2. Psychological factors affecting Sports Performance: Stress, Anxiety, Depression, Aggression, Attention, Concentration, Confidence and Psychological preparation in Sports 3. Cognitive process in Sports and Laws of Learning 4. Motivation in Sports, Types of Motivation – Extrinsic, Intrinsic	15 hrs
Unit IV	Sports Sociology 1. Meaning, Definition, Need and Scope 2. Sports as a Social Phenomenon – Sports Socialization 3. Leadership in Sports 4. Values and Ethics in Sports	15 hrs

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Unit V	Understanding of Sports psychology & Sociology 1. Meaning of Psychology 2. Evolution of Sports Psychology 3. History of Sociology in India	15 hrs
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Recommended books:

1. Authors Guide, 2013, National Library of Educational and Psychological Test (NLEPT)
2. Dr. Agyajit Singh, (2013), Sports Psychology for Coaches, New Delhi, Khel Sahitya Kendra
3. Dharam. V.R., (1989), Sports and Society: Readings in the Sociology of Sports, New Delhi, Classical Publishing Co.,
4. Dr. Bhupinder Singh, Mrs. Madalsa Mittal, (2004), Psychological Implications in Physical Education and Sports, New Delhi, Friends Publications (India)
5. Dr. R. Sendhil, (2014), Sports Psychology, New Delhi, Sports Publication
6. Jitendra Mohan, (1996), Recent Advances in Sports Psychology, Delhi, Friends Publications (India)
7. John D. Lauthor, (1998), Sports Psychology, Englewood, Prentice Hall Inc,
8. John D. Lauthor, (2000), Psychology of Coaching, New Jersey Prentice Hall Inc.,
9. Kuppaswamy. B, (1982), An Introduction to Social Psychology, Bombay, Media Promoters and Publishers Pvt. Ltd.,
10. Richard J. Crisp, (2000), Essential Social Psychology, Sage Publications
11. Richard M. Suinn, (1994), Psychology in Sports: Methods and Applications, Delhi, Surjeet Publications

B.A. Semester-V
Discipline Specific Course (DSC)- 10B
Practical

Course Title: - PSYCHOLOGICAL AND SOCIOLOGICAL PREPARATION IN SPORTS

Course Code: -A 5 PED 2 P 2

Basic Sports Psychological and Sociological Tests:

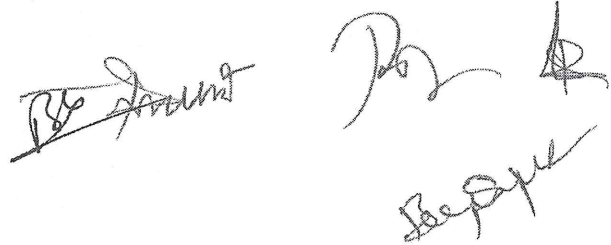
1. Sports Anxiety Tests
2. Personality Tests, IQ Tests
3. Mental Toughness Tests, Aptitude Tests
4. Emotional Intelligence Tests,
5. Self Confidence Tests
6. Cognitive Ability Tests

Pedagogy: The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramural & Extramural

Reference Books:

1. Authors Guide, 2013, National Library of Educational and Psychological Test (NLEPT)
2. Dr. Agyajit Singh, (2013), Sports Psychology for Coaches, New Delhi, Khel Sahitya Kendra
3. Dharam. V.R., (1989), Sports and Society: Readings in the Sociology of Sports, New Delhi, Classical Publishing Co.,
4. Dr. Bhupinder Singh, Mrs. Madalsa Mittal, (2004), Psychological Implications in Physical Education and Sports, New Delhi, Friends Publications (India)
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9. Kuppaswamy. B, (1982), An Introduction to Social Psychology, Bombay, Media Promoters and Publishers Pvt. Ltd.,
10. Richard. J. Crisp, (2000), Essential Social Psychology, Sage Publications
11. Richard M. Suinn, (1994), Psychology in Sports: Methods and Applications, Delhi, Surjeet Publications

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test I	05
Assignment	05
Total	10 Marks
<i>Formative Assessment as per guidelines.</i>	



B.A. Semester- V
Elective Course(EC)-I
It is for other combination students

Course Title:- Sports Journalism

Course Code: A 5PED 5 T I

Type of Course	Theory/ Practical	Instruction hour per week	Total No.of Lectures/Hours/ Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
EC-1	Theory	04	45hrs.	3hrs.	20	80	100

Course Outcomes (Cos):Attheend of the course students willable to:

CO1: Enhanced Communication Skills

CO2: Promotion of Physical Activity

CO3: Educational Value

CO4: Career Opportunities

Unit	Title: Sports Journalism	45 hrs/sem
UnitI	Introduction 1. MeaningandDefinitionofJournlism 2. Sportjournalism:Meaning,DefinitionandScope 3. Media:Types,Nature,Significance 4. Journalist:Role,Responsibilites, EthicsandHazards injournalisam	
UnitII	MassMedia 1. SportsSection in Mass Media:Print Electronic and Online 2. SportsCoverage:LiveandRecorded 3. SportsContents:News, panelDiscussions, Interviews,SpecialStores basicSports Journalisamterminology	
unitIII	WritingAndReporting 1. SportsEvents,Tournamentsand theirCoverage 2. Skill and TechniquesofWriting 3. DraftingandReporting- Language,vocabulary,Dialect,Spelling,FigureofSpeech	
UnitIV	Specialised Techniques 1. Digital Content Creation 2. Special Sports Events 3. Global Events 4. Final Sports Events	

Recommended Books:

1. "Sports Journalisam: Context and Issues" edited by Raymond Boyle and Riched Haynes
2. "Sports Journalisam: An Introduction to Reporting and Writing " by Kathryn T. Stofer, James R. Schaffer, Brain A. Rosenthal, and Craig W. Trumbull
3. "Sports Journalisam: A Practical Introduction "by Phil Andrews and David Hartrick
4. Sports Jourlisam: A Multimedia Primer" by Rob Steen