

COURSE CODE: BHSC460M	PHYSICAL EDUCATION AND SPORTS-II (Common to All Branches)	Credits :	00
L:T:P - 0 :0: 2		CIE Marks :	100
Total Hours/Weeks: 26hrs		SEE Marks :	00

Semester:IV	
Module I: Ethics and Moral Values	
5Hours	
A.	Ethics in Sports
B.	Moral Values in Sports and Games
Module II: Specific Games (Any one to be selected by the student)	
16Hours	
A.	Volley ball–Attack, Block, Service, Upper Hand Pass and Lower hand Pass.
B.	Athletics (TrackEvents) –Any event as per availability of Ground
Module III: Role of Organisation and administration	
5Hours	

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
Total		100

REFERENCES

- Bandopadhyay, K. (n.d.). *Sarir Siksha Parichay*. Classic Publishers, Kolkata.
- Dharma, P. N. (n.d.). *Fundamentals of Track and Field*. Khel Sahitya Kendra, New Delhi.
- Dubey, H. C. (n.d.). *Basketball*. Discovery Publishing House, New Delhi.
- Jain, N. (n.d.). *Play and Learn Basketball*. Khel Sahitya Kendra, New Delhi.
- Jain, R. (n.d.). *Play and Learn Cricket*. Khel Sahitya Kendra, New Delhi.
- Petipus, et al. (n.d.). *Athlete's Guide to Career Planning*. Human Kinetics.
- Rachana Jain. (n.d.). *Teach Yourself Basketball*. Sports Publication.
- Saha, A. K. (n.d.). *Sarir Siksher Ritiniti*. Rana Publishing House, Kalyani.
- Thani, V. (n.d.). *Coaching Cricket*. Khel Sahitya Kendra, New Delhi.

Course Outcomes:
1. Identify and Understand 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. Understand 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	-	-	-	-	-	-	-