

<b>COURSE CODE:</b> 22UHS003M	<b>PHYSICAL EDUCATION AND SPORTS (Common to All Branches)</b>	<b>Credits :</b>	00
<b>L:T:P - 00 : 00: 2</b>		<b>CIE Marks :</b>	100
<b>Total Hours/Week:</b> 26hrs		<b>SEE Marks :</b>	00

<b>Semester: V</b>	
<b>Module I: Orientation</b> <span style="float: right;"><b>4Hours</b></span>	
A	Fitness
B.	Food & Nutrition
<b>Module II: General Fitness &amp; Components of Fitness</b> <span style="float: right;"><b>4Hours</b></span>	
A.	Agility–Shuttle Run
B.	Flexibility–Sit and Reach
C.	Cardiovascular Endurance–Harvard step Test
<b>Module III: Specific games (Any one to be selected by the student)</b> <span style="float: right;"><b>16Hours</b></span>	
1.	Badminton (Fore hand low/high service, back hand service, smash, drop)
2.	Basketball (Dribbling, passing, shooting etc.)
3.	Athletics (Field events–Throws)

**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
<b>Total</b>		<b>100</b>

**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.

<b>Course Outcomes:</b>
<b>1. Identify and Understand</b> common postural deformities and apply stress management techniques in the context of sports and athletics
<b>2. Participate Confidently</b> in competitions at regional, state, national, and international levels
<b>3. Demonstrate Proficiency</b> in specific games and athletic jumping events through regular practice and skill development.
<b>4. Understand and Perform</b> various Aerobic exercises for fitness and endurance enhancement.
<b>5. Acquire Skills and Practice</b> 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
<b>CO1</b>	-	-	1	-	-	1	1	-	-	-	-	-	-	-
<b>CO2</b>	-	-	1	-	-	1	1	-	-	-	-	-	-	-
<b>CO3</b>	-	-	1	-	-	1	1	-	-	-	-	-	-	-
<b>CO4</b>	-	-	1	-	-	1	1	-	-	-	-	-	-	-
<b>CO5</b>	-	-	1	-	-	1	1	-	-	-	-	-	-	-