

<b>COURSE CODE:</b> 22UHS003M	<b>PHYSICAL EDUCATION AND SPORTS</b>  <b>(Common to All Branches)</b>	<b>Credits :</b>	00
L:T:P - 0 :0: 2		<b>CIE Marks :</b>	100
Total Hours/Weeks: 26		<b>SEE Marks :</b>	00

<b>Semester:VI</b>		
<b>Module IV: Orientation</b>		<b>5Hours</b>
A.	Postural deformities.	
B.	Stress management	
<b>Module V : Specific Games (Any one to be selected by the student)</b>		<b>16Hours</b>
A.	Throw ball	
B.	Table Tennis	
C.	Athletics (Field Events-Jumps)–Any event as per availability of Ground.	
<b>Module VI: Aerobics</b>		<b>5 Hours</b>
<b>Scheme and Assessment for auditing the course and Grades:</b>		
<b>Sl.No.</b>	<b>Activity</b>	<b>Marks</b>
1.	Participation of student in all the modules	20
2.	Quizzes–2,each of 15marks	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:**

<b>Course Outcomes</b>	<b>Programme Outcomes (POs)</b>											<b>Program Specific Outcomes (PSOs)</b>		
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>1</b>	<b>2</b>	<b>3</b>
<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	-	-	-	-	-	-	-