



**KANNUR UNIVERSITY**  
**(Abstract)**

Syllabus for Generic Elective Courses in Physical Education (Fifth Semester) for U.G Courses under Choice Based Credit and Semester System (Outcome Based Education System-OBE) in Affiliated colleges with effect from 2019 Admission-Implemented-Orders issued.

---

ACADEMIC BRANCH

No.Acad.C4/12583/2019

Dated, Civil Station P.O., 21.06. 2019

- 
- Read:-
1. U.O.No.Acad.C2/429/2017 dated,10-10-2017
  2. The Minutes of the Meeting of the Curriculum Restructuring Committee held on 28-12-2018.
  3. U.O. No.Acad.C2/429/2017 Vol.II dated,03-06-2019.
  4. The Minutes of the Meeting of the Board of Studies in Physical Education (Cd) held on 07.06.2019
  5. Syllabus of Generic Elective Courses , Submitted by the Chairperson, Board of Studies in Physical Education (Cd) ,dated , 15.06.2019

**ORDER**

1. A Curriculum Restructuring Committee was constituted in the University vide the paper read (1) above to co-ordinate the activities of the Syllabus Revision of UG programmes in Affiliated colleges of the University.

2.The meeting of the Members of the Curriculum Restructuring Committee and the Chairpersons of different Boards of Studies held, vide the paper read (2) above, proposed the different phases of Syllabus Revision processes such as conducting the meeting of various Boards of Studies, Workshops, discussions etc.

3.The Revised Regulation for UG programmes in Affiliated colleges under Choice Based Credit and Semester System(in OBE-Outcome Based Education System) was implemented with effect from 2019 Admission as per paper read (3) above.

4. Subsequently, as per paper read (4) above, the Board of Studies in Physical Education (Cd) finalized the Scheme, Syllabus & Pattern of Question Paper of Generic Elective Course in Physical Education for Fifth Semester U.G. Programmes to be implemented with effect from 2019 Admission.

5. As per paper read (5) above, the Chairperson, Board of Studies in Physical Education (Cd) has submitted the final copy of the Scheme, Syllabus & Pattern of Question Papers of Generic Elective Courses offered by the Board of Studies in Physical Education (Cd) for implementation with effect from 2019 Admission.

6. The Vice Chancellor after considering the matter in detail and in exercise of the powers of the Academic Council conferred under Section 11(1) of Kannur University Act 1996 and all other enabling provisions read together with accorded sanction to implement the Scheme, Syllabus & Pattern of Question Paper of Generic Elective Course offered by the Board of Studies in Physical Education (Cd) for Fifth Semester U.G. Programmes under Choice Based Credit and Semester System (in OBE-Outcome Based Education System) in the Affiliated colleges under the University with effect from 2019 Admission, subject to reporting before the Academic Council.

7. The Syllabus of Generic Elective Courses of Physical Education Programme are uploaded in the University website ([www.kannuruniversity.ac.in](http://www.kannuruniversity.ac.in))

Orders are issued accordingly.

Sd/-  
DEPUTY REGISTRAR (ACADEMIC)  
For REGISTRAR

To  
The Principals of all Affiliated Colleges

- Copy to:-
1. The Examination Branch (through PA to CE)
  2. The Chairperson, Board of Studies in Physical Education (Cd)
  3. PS to VC/PA to PVC/PA to Registrar
  4. DR/AR-I, Academic
  5. The Computer Programmer(for uploading in the website)
  6. SF/DF/FC

Forwarded/By Order

  
SECTION OFFICER





**KANNUR UNIVERSITY**

**BOARD OF STUDIES, PHYSICAL EDUCATION(Cd)**

***SYLLABUS FOR GENERIC ELECTIVE COURSES***

**CHOICE BASED CREDIT AND SEMESTER SYSTEM**

**(2019 ADMISSION ONWARDS)**

---

## **Kannur University**

### **Vision and Mission Statement**

#### **Existing Vision and Mission**

**Vision:** “The vision of the Kannur University is to establish a teaching, residential and affiliating University promoting the development of higher education in Kasargode and Kannur revenue Districts and the Manandavady taluk of Wayanad district.

**Mission:** “The mission of the Kannur University is to establish, maintain, manage and develop campuses at Kannur, Kasaragod, Mananthavady, Payyannur, Thalassery, Nileshtar, Mangattuparamba and such other places as are necessary for providing study and research facilities to promote advanced knowledge in Science and Technology and other relevant disciplines. and campus in the university headquarters at Kannur shall be the main campus”

**Proposed Vision:** To establish a teaching, residential and affiliating University and to provide equitable and just access to quality higher education involving the generation, dissemination and application of knowledge with special focus on the development of higher education in Kasargode and Kannur Revenue Districts and the Mananthavady taluk of Wayanad Revenue District.

#### **Proposed Mission:**

- To produce and disseminate new knowledge and to find novel avenues for application of such knowledge.
- To adopt critical pedagogic practices which uphold scientific temper, the uncompromised spirit of enquiry and the right to dissent.

- To uphold democratic, multicultural, secular, environmental and gender sensitive values as the foundational principles of higher education and to cater to the modern notions of equity, social justice and merit in all educational endeavors.
- To affiliate colleges and other institutions of higher learning and to monitor academic, ethical, administrative and infrastructural standards in such institutions.
- To build stronger community networks based on the values and principles of higher education and to ensure the region's intellectual integration with national vision and international standards.
- To associate with the local self-governing bodies and other statutory as well as non-governmental organizations for continuing education and also for building public awareness on important social, cultural and other policy issues.

## **Kannur University**

### **Programme Outcomes**

#### **PO 1.Critical Thinking:**

1. Acquire the ability to apply the basic tenets of logic and science to thoughts, actions and interventions.
2. Develop the ability to chart out a progressive direction for actions and interventions by learning to recognize the presence of hegemonic ideology within certain dominant notions.
3. Develop self-critical abilities and also the ability to view positions, problems and social issues from plural perspectives.

#### **PO 2.Effective Citizenship:**

1. Learn to participate in nation building by adhering to the principles of sovereignty of the nation, socialism, secularism, democracy and the values that guide a republic.
2. Develop and practice gender sensitive attitudes, environmental awareness, the ability to understand and resist various kinds of discriminations and empathetic social awareness about various kinds of marginalization.
3. Internalize certain highlights of the nation's and region's history. Especially of the freedom movement, the renaissance within native societies and the project of modernization of the post-colonial society.

#### **PO 3.Effective Communication:**

1. Acquire the ability to speak, write, read and listen clearly in person and through electronic media in both English and in one Modern Indian Language
2. Learn to articulate analysis, synthesis, and evaluation of situations and themes in a well-informed manner.
3. Generate hypothesis and articulate assent or dissent by employing both reason and creative thinking.

#### **PO 4.Interdisciplinarity:**

1. Perceive knowledge as an organic comprehensive, interrelated and integrated faculty of the human mind
2. Understand the issues of environmental contexts and sustainable development as a basic interdisciplinary concern of all disciplines.
3. Develop aesthetic, social, humanistic and artistic sensibilities for problem solving and evolving a comprehensive perspective.

## **PREFACE**

The courses offered in Physical Education for the undergraduate programme of Kannur University are designed to guide the student into personally meaningful experiences to improve health and wellbeing of students. The following five different courses are offered under the generic elective course:

- (i) Health and Physical Education
- (ii) Introduction to Exercise and Sports Science
- (iii) Sports as a Psycho-social Process
- (iv) Career Opportunities in Physical Education and Sports
- (v) Exercise is Medicine.

Among the five generic elective courses offered, Course 1, Health and Physical Education is the comprehensive one which covers all the general perspectives of health and physical education. Considering the fact that only one physical education teacher exists in most of the colleges, preference may be given for opting Course1 (Health and Physical Education).

The pedagogical approach adopted for the transaction of the curriculum has to be necessarily interactive and truly participatory that promotes experiential learning. The topics should include activities and practical involvement of students wherever possible focusing on skill development and not simply providing knowledge. Teachers need to be responsive to students needs and should ensure that all students get equal opportunities to participate.

In due course, considering the relevance and importance of health and physical education in the present scenario, the courses should be extended as part of common course. I sincerely acknowledge the contribution of all Board of Studies members and the participants of the workshop for the syllabus finalization.

**Dr Anil Ramachandran**

**Chairperson  
Board of Studies, Physical Education (Combined)  
Kannur University**

## INDEX

ITEM	PAGE NO:
<b>PART C: PHYSICAL EDUCATION- GENERIC ELECTIVE COURSES- WORK AND CREDIT STATEMENT &amp; SYLLABUS ( FOR STUDENTS OF OTHER DEPARTMENTS )</b>	<b>7-23</b>

**PART C:**  
**PHYSICAL EDUCATION- GENERIC ELECTIVE COURSES**  
**WORK AND CREDIT DISTRIBUTION**  
**(2019 ADMISSION ONWARDS)**

COURSE CODE	COURSE TITLE	SEMESTER	HOURS PER WEEK	CREDIT	EXAM HOURS	ESE+CE
5 D 01 PED	HEALTH AND PHYSICAL EDUCATION	V	2	2	2	20+5
5 D 02 PED	INTRODUCTION TO EXERCISE AND SPORTS SCIENCE	V	2	2	2	20+5
5 D 03 PED	SPORTS AS A PSYCHO-SOCIAL PROCESS	V	2	2	2	20+5
5 D 04 PED	CAREER OPPORTUNITIES IN PHYSICAL EDUCATION AND SPORTS	V	2	2	2	20+5
5 D 05 PED	EXERCISE IS MEDICINE	V	2	2	2	20+5

**EVALUATION**

ASSESSMENT	WEIGHTAGE
EXTERNAL	4
INTERNAL	1

**INTERNAL ASSESSMENT**

COMPONENT *	WEIGHTAGE**	REMARKS
Component 1 Test	3 Marks	To Conduct at least One Model Test
Component 2 Assignment/Seminar/Practical	2 Marks	Any One Component Based on the Syllabus

**Pattern of Questions:**

- Part A - Short answer** (6 questions x Mark 1 each= 6)
- **Answer all questions** (6 questions x Mark 1 each = 6)
- Part B - Short Essay** (6 questions x Marks 2 each =12)
- **Answer any 4 questions**(4questions x Marks 2 each=8)
- Part C - Essay** (2 questions x Marks 6 each =12)
- **Answer any 1 question** ( 1 question x Marks 6 each=6)
  - **Total marks including choice -30**
  - **Maximum marks of the course-20**

**GENERIC ELECTIVE COURSE I: HEALTH AND PHYSICAL EDUCATION**

<b>SEMESTER</b>	<b>COURSE CODE</b>	<b>HOURS PER WEEK</b>	<b>CREDIT</b>	<b>EXAM HRS</b>
<b>V</b>	<b>5 D 01 PED</b>	<b>2</b>	<b>2</b>	<b>2</b>

**COURSE OUTCOME**

- CO - 1 Familiarize the concept of health and physical education.*
- CO - 2 Create awareness among the basic nutrition, hypo kinetic and life style diseases.*
- CO – 3 Acquire the ability to apply life saving techniques of first aids during emergencies*
- CO – 4 Familiarized to modalities of fitness development and maintenance.*
- CO – 5 Execute Common fitness test and evaluation*
- CO – 6 Examine the posture and postural deformities and prescribe necessary corrective measures*
- CO – 7 Demonstrate five yogasanas and its therapeutic effect leading to wellness*

**Unit I : Physical Education**

- 1.1 Physical Education- Meaning,
- 1.2 Need and Importance of Physical Education. Concept of Sports
- 1.3 Major and Minor games, Mass Sports and Recreational games.
- 1.4 Intramural and Extramural competitions
- 1.5 Career opportunities in Sports

**(9 Hrs)**

**Unit II : Health and Fitness**

- 2.1 Meaning and factors affecting Health.
- 2.2 Health Related Physical Fitness.
- 2.3 Test, evaluation and development of physical fitness (AAHPER Youth Physical fitness test, BMI and One-star standard test)
- 2.4 Health benefits of Physical Exercise, Benefits of Yoga practice -stress management.
- 2.5 Aerobic and anaerobic exercise.
- 2.6 Effect of exercise on Circulatory, Respiratory and Muscular system

**(9 Hrs)**

### **Unit III: Nutrition and Life Style diseases**

- 3.1 Nutrition and health
- 3.2 Balanced diet and mal nutrition.
- 3.3 Drug abuse and side effect
- 3.4 Hypo kinetic Diseases- Dietary and Exercise Interventions

**(9 Hrs)**

### **Unit IV: First Aid and Posture**

- 4.1 First Aid – Definition, Aims and principles, ABC in first Aid and CPR.
- 4.2 Management of fracture Dislocation, Wounds, Sprain, Strain, Cramps, Fainting,
- 4.3 First aid for Burns, Bleeding, Electric shock, Chocking and Fainting
- 4.4 Posture - Congenital and acquired postural deformity.
- 4.5 Corrective measures/interventions

**(9 Hrs)**

### **Books for Study & Reference:**

1. Bucher, C.A., (1979). Foundation of Physical education (5th ed.). Missouri: C.V.Mosby co.
2. Fox. Boulers. Foss, The Physiological basis of Physical education and athletics
3. B K Iyengar, Lights on yoga ;India today group.
4. Milinda j Flagel, Sports first aid; Human kinetics.
5. Barrow, H.M. (1983). Man and Movement: Principles and Physical Education. Phi: Lea and Febiger
6. Corbin, Charles B.et.al, C.A., (2004). Concepts of Fitness and Wellness , Boston: McGraw Hill
7. Kretchmar, R.S. (1994). Practical Philosophy of Sport. IL: Human Kinetics.
8. Shekhar, K.C. (2004). Principles & History of P.E. Delhi: Khel Sahitya Kendra.
9. Frank, A.M. (2003). Sports & education. CA: ABC-CLIO
10. Kamlesh, M.L. (2006). Educational Sport Psychology. New Delhi: Friend's Publication
11. Puri, K, Chandra., S,S, (2005). Health and Physical Education. New Delhi: Surjeet Publications
12. Siedentop, D,(1994) Introduction to Physical Education and Sports (2<sup>nd</sup> ed.).California :Mayfield Publishing Company
13. William, J.E. (1964). Principles of Physical Education:, Com. Philadelphia: W.B.Sounders
14. Ziegler, E.F. (2007). An introduction to Sports & Phy.Edu. Philosophy. Delhi: Sp.Educational Technology.
15. ACSM's "*Health related physical fitness assessment manual* Lippincott Williams and Wilkins USA, 2005

## MODEL QUESTION PAPER

### 5 D 01 PED – HEALTH AND PHYSICAL EDUCATION

Time: 2 hours

Max.marks:20

---

#### PART -A

##### **Answer all questions**

Describe the following

(6 x 1= 6 marks)

- 1 Balanced diet
- 2 Meaning of Physical Education
- 3 Kyphosis
- 4 Sprain
- 5 Mal nutrition
- 6 Recreational games

#### PART –B

##### **Answer any 4 questions**

(4 x 2=8 marks)

- 7 Differentiate major and minor games
- 8 Test batteries of One star standard test
- 9 Effect of exercise on circulatory system
- 10 Discuss Nutrition and weight management
- 11 Flat foot and prescribe its corrective measures
- 12 Exercise improves health. Justify

#### PART –C

##### **Answer any 1 question**

(1 x 6=6 marks)

- 13 Enumerate the Principles of first aid. Briefly explain first aid for fracture, bleeding and chocking.
- 14 Explain Hypo kinetic and life style diseases

**GENERIC ELECTIVE COURSE II: INTRODUCTION TO EXERCISE AND  
SPORTS SCIENCE**

<b>SEMESTER</b>	<b>COURSE CODE</b>	<b>HOURS PER WEEK</b>	<b>CREDIT</b>	<b>EXAM HRS</b>
<b>V</b>	<b>5 D 02 PED</b>	<b>2</b>	<b>2</b>	<b>2</b>

**COURSE OUTCOME**

- CO – 1            Understand the physiological demands of sporting performance*
- CO – 2            Orient the students about the basic mechanics of human movement*
- CO - 3            Describe how nutrition and food supplements affect sports performance*
- CO – 4            Acquire skills for minimizing and managing common sports injuries*

**Unit I :            Physiology of Exercise**

- 1.1    Effect of exercise on respiratory, circulatory and muscular system
- 1.2    Metabolism-BMR (Basal Metabolic Rate)
- 1.3    Gender differences in physical and physiological parameters
- 1.4    Active Ageing and exercise

**(9 Hrs)**

**Unit II :            Mechanics of Human Movement**

- 2.1    Basic Principles of biomechanics
- 2.2    Applications of biomechanics in sports field-Speed, Force, Power, Equilibrium. Laws of motion, Velocity, Projectile, Spin
- 2.3    Mechanics of walking, running lifting, and sitting

**(9 Hrs)**

**Unit III:            Sports Nutrition**

- 3.1    Components of diet- Macro, Micro nutrients
- 3.2    Dietary guidelines for athletes
- 3.3    Energy calculation and food supplements
- 3.4    Balanced diet and malnutrition

**(9Hrs)**

**Unit IV: Sports Medicine**

- 4.1 Concept and scope of sports medicine
- 4.2 Management, Prevention and Rehabilitation of sports injuries
- 4.3 Safety measures in sports participation
- 4.4 Massage, Ice bath and sona bath

**(9 Hrs)**

**Books for Study & Reference:**

1. Fox. Boulers. Foss, The Physiological basis of Physical education and athletics
2. B K Iyengar, Lights on yoga ; India today group.
3. Tortora, Gorbowski. Principles of Anatomy and Physiology, Ninth Edition
4. Werner, Kurpian. Physical Therapy for Sports, 2<sup>nd</sup> Edition, W B Saunders Company
5. B K Iyengar, Lights on yoga ;India today group.
6. Milinda j Flagel, Sports first aid; Human kinetics.
7. Briz Mohan. Biomechanics in Physical Education and Sports, Sports Publication
8. American Dietic Association. Nutrition (2002). Jones and Barlett Publishers

## MODEL QUESTION PAPER

### 5 D 02 PED – INTRODUCTION TO EXERCISE AND SPORTS SCIENCE

Time: 2 hours

Max.marks:20

---

#### PART -A

**Answer all questions**

**(6 x 1= 6 marks)**

1. An injury to the ligament is called .....
2. The flight path of a projectile is termed as .....
3. The maximum amount of air expelled from the lungs after a maximal inhalation is termed as .....
4. Expand BMR?
5. Define Speed.
6. Name the vitamin which is synthesized with the help of sunlight.

#### Part B

**Short essay - Answer any four**

**(4 x 2= 8 marks)**

7. Explain any two sports injuries and its management.
8. Write on Laws of motion.
9. Define Sports medicine and write on the scope of sports medicine.
10. Explain balanced diet and Malnutrition.
11. What is Blood pressure? Explain systolic and diastolic Blood pressure.
12. Explain the mechanism of lifting an object.

#### Part C

**Essay - Answer any one**

**(6 x 1= 6 marks)**

13. Explain the physiological effect of exercise on circulatory system.
14. What is nutrition? Explain macro and micro nutrients.

**GENERIC ELECTIVE COURSE III: SPORTS AS A PSYCHO-SOCIAL  
PROCESS**

<b>SEMESTER</b>	<b>COURSE CODE</b>	<b>HOURS PER WEEK</b>	<b>CREDIT</b>	<b>EXAM HRS</b>
<b>V</b>	<b>5 D 03 PED</b>	<b>2</b>	<b>2</b>	<b>2</b>

**COURSE OUTCOME**

- CO – 1 Identify and define basic concepts of sports sociology and sports psychology in relation to general sociology and psychology.*
- CO – 2 Summarise theories of play, moral behavior and ethics in sports*
- CO - 3 Apply psychological skills to manage anxiety, attention and time factors on and off the field of play and during the competition*
- CO - 4 State the benefits of acquiring psychosocial skills in enhancing team performance during competition*
- CO - 5 Asses the role of media, politics, religion, race and gender in developing sports culture*

**Unit I :**

- 1.1 Creating a supportive environment through sport- socialization through sports- National Integration through sports
- 1.2 Globalization- International Understanding- Commercialization & Professionalization of Sports- Sports culture and social values
- 1.3 Role of governmental/Public agencies to promote sports- Participation of private sector in sports -Institutional involvement in the promotion of sports

**(9 Hrs)**

**Unit II :**

- 2.1 Theories of Play-Surplus Energy Theory- Cathartic – Relaxation
- 2.2 Social Constructs- Team dynamics, cohesion, leadership, shared mental models, coach- Performer interaction,-Mentors- Relationship between sports and the media, politics, economics, religion, race, gender, youth
- 2.3 Gender Inequality- Social Mobility- Women in sports- Idols in sports-
- 2.4 Moral behaviour in sports- Ethics in sports

**(9 Hrs)**

**Unit III:**

- 3.1 Basic concepts of Psychology as applied in sports:
  - 3.2 Definitions and concept- Personality traits- Motivation- Anxiety-Aggression-Stress.
  - 3.3 Interrelations of psychological traits and sports performance
- (9 Hrs)**

**Unit IV:**

- 4.1 Psychological Skills through Sport- Anxiety Management-Attention and Concentration Control- Self-talk-
  - 4.2 Team Building- Group Interaction and dynamics in sports - Time Management/Organization-
  - 4.3 Sports and mental health – Attention and concentration control- Controlled behaviour- Role models in Sport.
- (9 Hrs)**

**Books for Study & Reference:**

1. James M. Mensch, Gary M. Miller (2008) The Athletic Trainer's Guide to Psychosocial Intervention and Referral- - 2008
2. Joan Lynne Duda (1998) Advances in Sport and Exercise Psychology Measurement-
3. Sophia Jowett & David Lavalley Social Psychology in Sport, Volume 10.
4. Nicholas L. Holt (2016) Positive Youth Development through Sport: second edition.
5. Peter Seraganian (1992) Exercise Psychology: The Influence of Physical Exercise on Psychological Processes-
6. P. David Howe (2004) Sport, Professionalism, and Pain: Ethnographies of Injury and Risk-
7. Tim Delaney & Tim Madigan (2015) The Sociology of Sports: An Introduction.
8. Richard Giulianotti (2005) Sport: A Critical Sociology.
9. Paul Beedie & Peter Craig (2010) Sport Sociology.
10. Richard Giulianotti (2015) Handbook of the Sociology of Sport, Routledge.
11. Joseph A. Maguire; Grant Jarvie; & Joseph Bradley (2002) Sport Worlds: A Sociological Perspective-
12. Howard L. Nixon, James H. Frey (1996) A Sociology of Sport.

## MODEL QUESTION PAPER

### 5 D 03 PED – SPORTS AS A PSYCHO-SOCIAL PROCESS

Time: 2 hours

Max.marks:20

---

#### PART -A

##### **Short answer - Answer all questions**

(6 x 1= 6 marks)

1. What do you mean by team dynamics?
2. Define aggression.
3. What do you understand by 'Idols in Sports'?
4. Define motivation.
5. Who are mentors?
6. Define social mobility.

#### PART- B

##### **Short essay - Answer any four.**

(4 x 2= 8 marks)

7. Write a brief note on commercialization of sports.
8. Discuss the role of media in the development of sports culture among public.
9. Showcase the instances of gender-inequality existing in sports.
10. How can anxiety management be made possible through sports?
11. Differentiate between pep-talk and self-talk.
12. How are personality traits important in sports selection?

#### PART - B

##### **Essay - Answer any one**

(1 x 6=6 marks)

13. Explain the process of realization of psychological skills through participation in sporting activities.
14. Enumerate the theories of play as exemplified as the requisite for developing man into a social being.

**GENERIC ELECTIVE COURSE IV: CAREER OPPORTUNITIES IN  
PHYSICAL EDUCATION AND SPORTS**

<b>SEMESTER</b>	<b>COURSE CODE</b>	<b>HOURS PER WEEK</b>	<b>CREDIT</b>	<b>EXAM HRS</b>
<b>V</b>	<b>5 D 04 PED</b>	<b>2</b>	<b>2</b>	<b>2</b>

**COURSE OUTCOME**

- CO – 1          Recognize criteria for career selection.*
- CO - 2          Categorize and choose career related to physical education and sports*
- CO – 3          Organize various activities related to sports*
- CO – 4          Design various materials related to sports*
- CO – 5          Prescribe exercise programmes for physical fitness*

**Unit I :          Basic Concepts and Criteria of Career Selection**

- 1.1 Principles Career Selection- Attitude- Aptitude- Skills- Communication- Self Awareness- Exposure- SWOT analysis
- 1.2 Professional Preparation -Professional ethics
- 1.3 Career Counsellor – Personal Counsellor
- 1.4 Programmes and Institutions offering physical education, sports and fitness related courses -Certification and Accreditation

**(8 Hrs)**

**Unit II :          Sports Management and Journalism**

- 2.1 Management, Sports Management-Definition- Management in Sports- An overview
- 2.2 Principles of Management/sports management
- 2.3 Opportunities/Avenues in Sports Management- Brief Description
- Sports Organizer
  - Sports Marketing
  - Industrial Marketing
  - Human Resources Management
  - Sport Facility Planning & Management
  - Publicity Co-ordinator
  - Sponsoring & Sport Communications
  - International Sports Management
  - Fitness management
  - Sports event management

- Manager /Instructor of Health Club and Fitness centre
- Small Business Management

2.4 Sports Journalism- Print- Visual- New Media (Social Media)

- Sports analyst
- Media reporter
- Public & Media Relations in Sport
- Sports Commentator

(7 Hrs)

**Unit III: Introduction to Sports Sciences**

3.1 Sports Scientist

- Sports Physiologist
- Sports Psychologist- Counsellors
- Nutritionist-Sports/general

3.2 Sports Engineering-Kinesiology & Biomechanics

- Biomechanics consultant
- Skill analyst
- Sports equipment design and maintenance
- Sports equipment material production research
- Sports apparels material scientist
- Instrument quality tester
- Sports facility planner (Civil)

3.3 Sports Medicine, Physiotherapy, and Physical Therapist

- Doctors
- Physiotherapist
- Rehabilitator
- Chiropractor - Specialize in sports injuries, nutrition
- Exercise Therapist
- Occupational Therapist
- Sports Massager
- First Aid- Duties and competencies

(7 Hrs)

**Unit IV: Conventional careers in Sports and Physical Education**

- Physical Education Teacher/Professor
- Dance and aerobics Instructor
- Sports Fitness expert
- Geriatric Fitness Specialist
- Coach/Trainer
- Personal fitness trainer/Fitness Consultant
- Sports Officer/Administrator

(7 Hrs)

**Unit V: Physical Fitness Tests for Different Careers**

- AAPHERD TEST BATTERY/ONE STAR TEST
- Harvard step test
- Height, Weight, Chest Circumference
- Posture analysis/Correction

(7 Hrs)

**Books for Study & Reference:**

1. Wong, G.M. (2012). *The Comprehensive Guide to Careers in Sports (2nd Edition)*. USA; Jones & Bartlett Learning.
2. Toney, J. (2013). *Sports journalism the inside track*. New York; Bloomsbury.
3. Reinardy, S. and Wanta, W. (2009). *The essentials of sports reporting and writing*. New Yorks; Taylor and Francis.
4. Gillentine, A. and Crow, B.R. (2014). *Foundations of sport management (3<sup>rd</sup> edition)*. USA; Fit Publications.
5. Watkins, J. (2014). *Fundamental biomechanics of sport and exercise*. USA; Routledge.
6. Powers, S. and Howley, E. (2011). *Exercise physiology: Theory and application to fitness and performance (8th Edition)*. USA; McGraw-Hill Education
7. [American Kinesiology Association](#) (2011). *Careers in Sport, Fitness, and Exercise*. USA; Human Kinetics.
8. Dan, Banordot (2016). *Advanced Sports Nutrition*.
9. Traun, Gill. *How to Become a Successful Fitness Model – Career Manual*
10. Simon Mrashall and Lesli Paterson (2017). *The Brave Athlete*. Velo Press Inc.

**MODEL QUESTION PAPER**

**5 D 04 PED – CAREER OPPORTUNITIES IN PHYSICAL EDUCATION AND SPORTS**

Time: 2 hours

Max.marks:20

---

**PART -A**

**Answer all Questions**

(6 x 1= 6 marks)

1. Harvard step test to measure .....physical fitness component
2. Exaggerated lateral curvature of the vertebra of human body is called.....
3. The first physical education college in India.....
4. Which nutrient is the main energy provider for the human body?
5. Name the test conducting for the selection of civil police office in Kerala
6. Physical fitness quality which improves through resistance training  
.....

**PART- B**

**Short essay - Answer any four**

(4 x 2= 8 marks)

7. List down various courses offered in physical education
8. Qualities needed for a personal fitness trainer
9. Role of sports journalist in popularizing sports in the society
10. Scope of skill analyst in modern sports
11. What is meant by good posture?
12. List down different types massage

**PART - C**

**Essay - Answer any one**

(1 x 6=6 marks)

13. Explain the career opportunities in physical education and sports
14. List down any two fitness tests for careers in sports

**GENERIC ELECTIVE COURSE V: EXERCISE IS MEDICINE**

<b>SEMESTER</b>	<b>COURSE CODE</b>	<b>HOURS PER WEEK</b>	<b>CREDIT</b>	<b>EXAM HRS</b>
<b>V</b>	<b>5 D 05 PED</b>	<b>2</b>	<b>2</b>	<b>2</b>

**COURSE OUTCOME**

- CO – 1      Understand methods for the development and maintenance of health related physical fitness components.*
- COI - 2      Acquire knowledge of different exercise modalities for different age and sex categories.*
- CO - 3      Understand the role of life style, diet and exercise on hypo kinetic disease prevention.*
- CO - 4      Recognize mind- body relations and summarize the benefits of yoga and meditation on health*
- CO – 5      Familiarize the process of conditioning, warm up and cooling down*
- CO - 6      Classify injury management and rehabilitation*

**Unit I :**

- 1.1    Definition of health
- 1.2    Means and methods for development and maintenance of health related physical fitness components.
- 1.3    Testing–AAPHERD, 1 STAR
- 1.4    Exercise modules for different age and sex

**(9 Hrs)**

**Unit II :**

- 2.1    Define hypo kinetic diseases
- 2.2    Explain Obesity, diabetics, hypertension, CVDs, Osteoporosis, and Cancers
- 2.3    Role of Life style, diet and exercise in hypo kinetic diseases prevention.
- 2.4    BMI (Body Mass Index) ,BMR (Basal Metabolic Rate)

**(9 Hrs)**

**Unit III:**

- 3.1 Yoga and meditation.
- 3.2 Health benefits of yoga and meditation
- 3.3 Body and mind relation.
- 3.4 Exercise Prescription

(9 Hrs)

**Unit IV:**

- 4.1 Conditioning-Warm up- Cooling Down
- 4.2 Safety measures in sports participation
- 4.3 Injury management and Rehabilitation

(9 Hrs)

**Books for Study & Reference:**

1. Siedentop, D,(1994) Introduction to Physical Education and Sports (2 nd ed.).California : Mayfield Publishing Company
2. Bucher, C.A., (1979). Foundation of Physical education (5th ed.). Missouri: C.V.Mosby co.
3. Allan stall, (1980), “Encyclopedia of physical education, fitness sports training, environment nutrition”, Salt Lake City, Utah Righten publishing company, p.419.
4. Davinder K. Kansal, (2008), “Text book of applied measurement, evaluation and sports selection” sports and spiritual science publications, New Delhi, pp: 516- 521.
5. Jim Clover, (2007), “Sport Medicine Essentials Core Concepts in Athletic Training and Fitness Instruction” Engage learning publishing, second edition, United State of America, p.43.
6. Satpathy.G.C, (2005), “Sport Medicine & Exercise Science” Isha book publishing, Delhi, India, p.1.
7. Selene Yeager, Editors of Women’s Health, (2011), “The women’s Health Big Book of 15 minute workouts, Rodale books Published New York, (NY), pp.235-236.
8. Barrow, H.M. (1983). Man and Movement: Principles and Physical Education. Phi: Lea and Febiger.

## Model Question Paper

### 5 D 05 PED - EXERCISE IS MEDICINE

Time: 2 hours

Max.marks:20

---

#### PART - A

**Answer all questions**

(6 x 1= 6 marks)

1. Continuous running is a means to develop .....component of health related physical fitness
2. One has to qualify .....physical fitness test to become a police constable
3. Diseases cause due to lack of movement is called.....
4. Obesity causes due to the accumulation .....
5. Preparation of the body for the vigorous activity through mild exercises is called.....
6. Body mass index is the proportion of height and .....

#### PART - B

**Short essay - Answer any four**

(4 x 2= 8 marks)

7. Define health
8. List down the AAPERD fitness test items
9. Explain basal metabolic rate
10. Explain the body mind relation
11. Importance of cooling down after the activity
12. Precautions to be taken while exercising in the cold climate

#### PART - C

**Essay - Answer any one**

(1 x 6 = 6 marks)

13. Define health related physical fitness - explain the methods to develop health related physical fitness components
14. Enumerate the role of exercise and diet in the prevention of hypo kinetic diseases.