

Programme: All First Year Programmes	Semester : I & II
Course : Physical Education and Sports Academic Year: 2026-27 Batch: 2026-29	Code:
Teaching Scheme	Evaluation Scheme

Lectures	Practical	Tutorials	Credits	Internal Continuous Assessment (ICA) (weightage)	Term End Examinations (TEE) (weightage)
--	60	Nil	02	NA	NA
Particulars					%
Participation in any sports/ fitness activity					40
Project presentation					20
Viva-Voce					20
Volunteering in sports or any other intra or intercollegiate activities					20

Semester I

Learning Objectives :	- To understand the importance of Physical Education - Increase participation of students in various games and sports and fitness activities - To create interest regarding sports , physical fitness to inculcate healthy habits for lifelong
Learning/Course Outcomes :	- The student will participate in various games, sports and physical activities and they will also learn the technical and tactical experience of it. - Own choice based activities will be the stress buster for the students and this will inculcate healthy habits in the students
Pedagogy:	- Interactive discussions - Group Sports activities - Organising sports event - Project work and Presentation - Participation in various Intercollegiate / Local/ Fest competition - Guest lectures by sports leaders - Volunteering in various sports related activities conducted by various sports companies/ bodies

Detailed Syllabus: (per session plan)

Each lecture session would be of one hour duration (60 hours of practical sessions).

Module	Module Content	Module Wise Pedagogy Used	Module Wise Duration
I	Importance of Physical Education and Sports - Importance of physical education , physical literacy, and Sports - Importance and benefits of participation in any sports or fitness activities.	- Group Sports Activities - Screening of various Live Games - Fitness activities conducted by any sports personality, such as Zumba, Aerobics etc. - Conducting Intra Class/ Interclass competitions	60 hours
II	Introduction to Sports and Fitness Activities - Participation in any choice base physical activities, students involve themselves in any physical Activities. (Students must submit the Geo Tagged photos, Enrolment receipt, Certificate etc.) - Participation in any practice sessions conducted by any Sports Institution(Geo tagged Photo) - Visit to any sports competition/ Workshop/ Seminar (Geo tagged Photo)	- Participation in Sports competition any Level - Sports Practice Participation - Visit any competition - Assignments/ Viva on Choice base activities done by students	

Semester II

Learning Objectives :	- To understand the importance of Sports, & Physical Activity - To develop the physical as well as mental health through physical activity - To create interest regarding sports , physical fitness to inculcate healthy habits for lifelong
Learning/Course Outcomes :	- Students will understand the importance and benefits of participation in any fitness activity or sports. - Students will be able to organise, plan activities and will develop administrative qualities through these events.
Pedagogy:	- Interactive discussions - Group Sports activities - Organising sports event - Project work and Presentation - Participation in various Intercollegiate / Local/ Fest competition - Guest lectures by sports leaders - Volunteering in various sports related activities conducted by various sports companies/ bodies

Detailed Syllabus: (per session plan)

Each lecture session would be of one hour duration (60 hours of practical sessions).

Module	Module Content	Module Wise Pedagogy Used	Module Wise Duration
I	Importance of Physical Education and Sports - Importance of Health and fitness and physical activities - Develop physical health as well as mental health through Physical Activities. - Organization of various sports and fitness events.	- Group Sports Activities - Screening of various Live Games - Fitness activities conducted by any sports personality, such as Zumba, Aerobics etc. - Conducting Intra Class/ Interclass competitions	60 hours
II	Introduction to Sports and Fitness Activities - Participation in any choice base physical activities, students involve themselves in any physical Activities. (Students must submit the Geo Tagged photos, Enrolment receipt, Certificate etc.) - Participation in any Local / Fest /Inter Class/ Intra Collegiate/ Intercollegiate /State / National etc. competition (Geo tagged Photo)	- Participation in Sports competition any Level - Sports Practice Participation - Visit any competition - Assignments/ Viva on Choice base activities done by students	

REFERENCES

1. Bucheer , C.A. (n.d.) foundation of physical education. St. louis : The C.V. Mosby CO. Despande , S.H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
2. Uppal, A.K.(1992) Physical Fitness. New Delhi: Friend Publication
3. Test , Measurement and Evaluation in Sports and Physical education- Dr. Devinder K. Kansal
4. Arihant Publication – NTA UGC
5. CBSE Champion- Class 12 Physical Education
6. Russell, R.P. (1994). Health and Fitness through Physical Education. USA: Human Kinetics.
7. University of Mumbai- Sports and Physical Education Syllabus

QUESTION PAPER PATTERN (EVALUATION SCHEME)

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| A. Project Presentation on any Choice Base activities attended by students | (10 M) |
| B. Viva on any Choice Base activities attended by students | (10 M) |
| C. Participation in various games/fitness activity from any club or attending
College sports practices or any sports event conducted by Sports Committee
/ Institution / Clubs (60 Hours for Each Semester). | (20 M) |
| D. Volunteering in any Sports/fitness activities conducted by college. | (10 M) |