

Semester	I / II / III	Course Code	21SPOV0001
Course Title	Sports and Games		
No. of Credits	0+2	No.of Contact hours per week	2
New Course / Revised Course	Revised Course	Percentage of Revision effected	25
Category	Foundation course (Optional Course)		
Scope of the Course	Skill Development		
Cognitive Levels addressed by the Course	K-1 & K-2		
Course Objectives	The Course aims to Gain knowledge about the Fitness, Sports and Games		
Unit	Content		No of Hours
I	Concept of Health Related Fitness (HRF) Test – Assessment of HRF test.		6
II	Introduction to Yo -Yo tests - Basic skills in Kabaddi.		6
III	Fundamental skills in Field Hockey and Volleyball		6
IV	Introduction to Track and Field Events - Procedure for 4 X100 Meters Relay - Tournaments (Intramural and Extramural tournaments) - Methods to draw the fixture for knockout and league tournaments.		8
V	Introduction to Common athletic injuries and first-aid - Recreational activities (Minor games) – Basic skills in Shot put and Javelin throw.		6
References	Text Books: <ol style="list-style-type: none"> Bonnie Kenny and Cindy Gregory, (2006), Volleyball (Steps to Success), (3ED), Human Kinetics Publishers, Champaign, USA. Elizabeth Anders and Sue Myers, (2008), Field Hockey (Steps to Success), Human Kinetics Publishers, Champaign, USA. James R.Morrow, Jr., Allen W.Jackson, James G.Disch and Dale.P.Mood, (2000), Measurement and Evaluation in Human Performance, (2ED), Human Kinetics Publishers, Champaign, USA. Ken O. Bosen, (1973), Track & Field Fundamental Techniques NIS Publications, Patiala. Rule Book, (2014), Provinces battling for the Indigenous Games champs trophy. 		
	References Books: <ol style="list-style-type: none"> Kamlesh, M.L.,(1987), Management Concepts Physical Education and Sport Metropolitan Book Co., Pvt., Ltd., Nethaji Subhash Marg, New Delhi. Thirunarayanan, C. and Hariharan, S., (1989), Methods in Physical Education, C.T. & S.H., Publications, Karaikudi. 		
	Web Resources: <ol style="list-style-type: none"> https://www.iaaf.org/home http://www.indiankabaddi.org/ 		

	<ol style="list-style-type: none"> 3. http://khokhofederation.in/ 4. https://www.olympic.org/the-ioc 5. https://www.topendsports.com/testing/tests/yo-yo-endurance.htm
Course Outcomes	<p>Students should be able to</p> <ol style="list-style-type: none"> 1. Assess the fitness level. 2. Demonstrate skills in indigenous game. 3. Demonstrate skills in major Sports and games. 4. Learn the basic skills involved in field events. 5. Know about recreational games and latest fitness assessment tools.

Pattern

First CFA	Second CFA		Total Marks 50
	25 Marks		
25 marks	Test	Assignment	
	20marks	5 marks	

Semester	I / II	Course Code	21SPOU0001
Course Title	Sports and Games		
No. of Credits	0+1	No.of Contact hours per week	1
New Course / Revised Course	Revised Course	Percentage of Revision effected	30
Category	Foundation course (Optional Course)		
Scope of the Course	Skill Development		
Cognitive Levels addressed by the Course	K-1 & K-2		
Course Objectives	The Course aims to Gain knowledge about the Fitness, Sports and Games		
Unit	Content		No of Hours
I	Concept of Health Related Fitness (HRF) Test – Assessment of HRF test.		3
II	Introduction to Yo -Yo tests - Basic skills in Kabaddi.		4
III	Fundamental skills in Field Hockey / Volleyball		3
IV	Introduction to Track and Field Events - Procedure for 4 X100 Meters Relay - Tournaments (Intramural and Extramural tournaments) - Methods to draw the fixture for knockout and league tournaments.		3
V	Introduction to Common athletic injuries and first-aid - Recreational activities (Minor games) – Basic skills in Shot put / Javelin throw.		3
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