

Branch Name:	B.Com
Program Code:	2CM101
Course Name:	Physical Education and training-1
Course Code:	2CM1010522
Pre-requisite Course:	Knowledge of Physical Education and training.

Course Objectives:

1. To make the students aware about the various aspects of Physical Education and its practical importance in the real life.
2. Understand the process of growth and development as participation in physical activities has positive relationship with it.

Teaching and Examination Scheme:

Teaching Scheme (Hours per week)				Evaluation Scheme (Marks)				
Lecture (L)	Tutorial (T)	Practical (P)	Credit	Theory (Marks)		Practical (Marks)		Total (Marks)
				University Assessment	Continuous Assessment	University Assessment	Continuous Assessment	
3	--	-	3	70	30	-	-	100

Subject Contents:

Sr. No	Topic	Total Hours	Weightage (%)
1	Changing Trends & Career In Physical Education • Meaning & definition of Physical Education • Aims & Objectives of Physical Education • Changing trends in Physical Education • Various Physical Education Courses available in India • Career Options in Physical Education Soft skills required for different careers	9	25%
2	Olympic Movement • Ancient & Modern Olympics (Summer & Winter) • Olympic Symbols, Ideals, Objectives & Values • International Olympic Committee • Indian Olympic Association • Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award	9	25%
3	Physical Fitness, Wellness & Lifestyle • Meaning & Importance Of Physical Fitness, Wellness & Lifestyle • Components of physical fitness • Components of Health related fitness • Components of wellness • Preventing Health Threats Through Lifestyle Change • Concept of Positive Lifestyle	9	25%

4	Physical Education & Sports for CWSN (Children with Special Needs – Divyang) • Concept of Disability & Disorder • Types of Disability, its causes & nature (cognitive disability, intellectual disability, physical disability) • Types of Disorder, its cause & nature (ADHD, SPD, ASD, ODD, OCD) • Disability Etiquettes • Advantage of Physical Activities for children with special needs • Strategies to make Physical Activities assessable for children with special need.	9	25%
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Text Books:

1. Mitchell Stephen A., The essentials of teaching physical education, curriculum, assessment and instructions, Human kinetics publishers

Reference Books:

1. Mitchell Stephen A., The essentials of teaching physical education, curriculum, assessment and instructions, Human kinetics publishers
2. Sharma B.L. and Pratap Naresh, Physical Education, Jawahar Book Centre New Dehli.
3. Sharma V.K., Health and Physical Education New saraswati house, New Delhi

List of Open Source Software/learning website:

1. <https://www.youtube.com/watch?v=XVB2n6McXn0>
2. <https://www.youtube.com/watch?v=azuBmRnRYpo>

LAB/Practical

Course Learning Outcomes (CLO): On completion of this course, the students will be able to:

CLO	Description	Bloom's Taxonomy Level
CLO1	Develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance, as they are important aspects for good performance in different games and sports	2 Understanding 1 Remembering
CLO2	Develop techniques and tactics involved in organised physical activities, games and sports.	2 Understanding 5 Evaluating
CLO3	Acquire knowledge about human body as its functioning is influenced by physical activities.	4 Analyzing 2 Understanding
CLO4	Understand the process of growth and development as participation in physical activities has positive relationship with it.	2 Understanding 3 Applying,
CLO5	Develop socio-psychological aspects like control of emotions, balanced behavior, development of leadership	2 Understanding 3 Applying
CLO6	Develop positive health related fitness habits which can be practised lifelong so as to prevent degenerative diseases.	2 Understanding 3 Applying

Mapping of CLOs with POs & PSOs

Course Learning Outcomes (CLOs)	Program Outcomes (POs)							Program Specific Outcomes (PSOs)	
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2
CLO1		M	H		L		M		H
CLO2	H			L		H		M	
CLO3		H		M		L			H
CLO4	H		H		M		L		
CLO5	L		L	H		L			M
CLO6	M	L			H		H	H	

H: High, M: Medium, L: Low