

MAHATMA GANDHI UNIVERSITY

KOTTAYAM

CHOICE BASED COURSE CREDIT SEMESTER SYSTEM AND
GRADING

SCHEME & SYLLABI
FOR

BSC RECREATION LEISURE & SPORTS STUDIES

(MODEL III – NEW GENERATION PROGRAMME)

BOARD OF STUDIES IN PHYSICAL EDUCATION
(U G) 2016

Members of Board of Studies, Physical Education

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10	Ms. Mini Thomas Associate Professor, B.K College Amalagiri	Subject Expert	
11	Sri. Ashish Joseph Assistant Professor St.Thomas College, Pala	Subject Expert	

MAHATMA GANDHI UNIVERSITY

(Abstract)

Regulations for CBCSS Curriculum - *Regulations for Under Graduate Programmes under Choice Based Credit System 2016 – Approved - Orders issued*

ACADEMIC LEGISLATION SECTION

No.948/L/Acad/2016
2016

Dated, Priyadarshini Hills, 17th February,

Read:- (1). U.O.No.4359/1/Acad/2013 dated.12.8.2013

ORDER

As per the UO read above the Regulations for Under Graduate Programmes under Choice Based Course Credit Semester System and Grading 2013 was introduced in the University from the Academic 2013-14 onwards. In order to facilitate student mobility across institutions within and across countries and also to enable potential employers to assess the performance of students, the University Grants Commission insisted to introduce uniform grading system in the Universities. The Academic Council of the Mahatma Gandhi University at its meeting held on 23rd May, 2015 resolved to introduce the UGC guideline for Choice Based Credit System from the Academic Year 2016-17 onwards and the Syndicate of the University at its meeting held on 1st August, 2015 approved the resolution of the Academic Council.

Under Section 39 (a) Chapter 5 of M.G.University Act, 1985 the Academic Council is the authority to make regulations for the courses of study and conduct of examinations. Considering the exigency the Vice-Chancellor exercising the powers under section 10 (17) of the M.G.University Act, 1985 has approved the "*Regulations for Under Graduate Programmes Under Choice Based Credit - System 2016*".

These regulations shall supersede the Regulations issued vide UO read above and shall come into force with effect from the 2016-17 Academic Year onwards. *The full text of the Regulations is appended to this order.*

Orders are issued accordingly.

SD/-

REGHUNATHAN NAIR.D.
ASSISTANT REGISTRAR III (ACADEMIC)
For REGISTRAR

Copy to:

1. The Addl.Chief Secretary to Government, Higher Education Department, Thiruvananthapuram (With Covering Letter)
2. The Secretary to Governor with Covering Letter
3. The Director of Collegiate Education, Thiruvananthapuram

4. The Director, Govt.Press, Thiruvananthapuram
5. The Deputy Director of Collegiate Education, Ernakulam
6. The Deputy Director of Collegiate Education, Kottayam
7. The Principals/All Affiliated Colleges of M G University
8. P.S. to Vice-Chancellor/ Pro-Vice-Chancellor
9. P.A.to Registrar/Controller of Examinations/P.A. to FO/DCDC
10. Academic/Administration/SF Sections concerned

11. Public Relations Officer/Content Management Section
12. University Information Centers
13. Record section/Content Management Section
14. Stock File/File Copy **FORWARDED / BY ORDER**

SECTION OFFICER

**REGULATIONS FOR UNDER GRADUATE PROGRAMMES UNDER CHOICE
BASED CREDIT SYSTEM 2016**

Preamble

Mahatma Gandhi University introduced Choice Based Credit and Semester and Grading System in colleges affiliated to the University from the Academic Year 2009-10, under

Direct Grading System. Subsequently, the Kerala State Higher Education Council constituted a committee of experts headed by Prof. B Hridayakumari, to study and make recommendations for the improvement of the working of the Choice Based Credit and Semester System in colleges affiliated to the Universities in the State. The State Government accepted the recommendations of the Committee and the Syndicate and the Academic Council of the Mahatma Gandhi University has resolved to reform the existing CBCSS regulations. Accordingly Regulations for Under Graduate Programmes under Choice Based Course-Credit-Semester System and Grading, 2013, was introduced in the University from the Academic year 2013-14 onwards, under Indirect Grading System. The University Grants Commission, in order to facilitate student mobility across institutions within and across countries and also to enable potential employers to assess the performance of students, insisted to introduce uniform grading system in the Universities. The Academic Council of the Mahatma Gandhi University at its meeting held on 23rd May 2015 resolved to introduce the UGC Guidelines for Choice Based Credit System from the Academic Year 2016-17 onwards and the Syndicate of the University at its meeting held on 1st August 2015 approved the resolution of the Academic Council. Hence it becomes necessary to modify the existing CBCSS regulation as follows.

1. TITLE

1.1. These regulations shall be called **“REGULATIONS FOR UNDER GRADUATE PROGRAMMES UNDER CHOICE BASED CREDIT SYSTEM 2016”**

2. SCOPE

2.1 Applicable to all regular Under Graduate Programmes conducted by the University with effect from 2016 admissions, except for Professional

and B.Voc programmes. Also applicable to Distance/Private Undergraduate Programmes with suitable modifications. Under Graduate Programmes in Management Studies are included as non-professional programmes. Provided that the existing CBCSS Regulations 2013 shall be applicable to students who were admitted prior to the commencement of these Regulations and who are continuing their studies.

- 2.2 Examinations of the courses being run under the Distance/Private registration scheme shall be conducted annually.
- 2.3 The provisions herein supersede all the existing regulations for the Regular/Distance/Private Undergraduate programmes to the extent herein prescribed.

3. DEFINITIONS

- 3.1. '**Academic Week**' is a unit of five working days in which the distribution of work is organized from day one to day five, with five contact hours of one hour duration on each day.
- 3.2. '**Choice Based Course**' means a course that enables the students to familiarize the advanced areas of core course.
- 3.3. '**College Coordinator**' is a teacher nominated by the College Council to co-ordinate the continuous evaluation undertaken by various departments within the college. He/she shall be nominated to the college level monitoring committee.
- 3.4. '**Common Course I**' means a course that comes under the category of courses for English and Environmental Studies & Human Rights and '**Common Course II**' means additional language.
- 3.5. '**Complementary Course**' means a course which would enrich the study of core courses.
- 3.6. '**Core course**' means a course in the subject of specialization within a degree programme.
- 3.7. '**Course**' comprises 'Paper(s)' which will be taught and evaluated within a programme.
- 3.8. '**Credit**' is the numerical value assigned to a paper according to the relative importance of the syllabus of the programme.
- 3.9. '**Department**' means any teaching department in a college.
- 3.10. '**Department Coordinator**' is a teacher nominated by a Department Council to co-ordinate the continuous evaluation undertaken in that department.
- 3.11. '**Department Council**' means the body of all teachers of a department in a college.
- 3.12. '**Faculty Advisor**' means a teacher from the parent department

nominated by the Department Council, who will advise the student on academic matters.

- 3.13. '**Generic Elective (GE)**' means an elective paper chosen from any discipline/ subject, in an advanced area.
- 3.14. **Grace Marks** shall be awarded to candidates as per the University Orders issued from time to time.
- 3.15. '**Grade**' means a letter symbol (A, B, C, etc.), which indicates the broad level of performance of a student in a Paper/Course/Semester/Programme.
- 3.16. '**Grade Point**' (GP) is the numerical indicator of the percentage of marks awarded to a student in a paper.
- 3.17. '**Institutional Average (IA)**' means average mark secured (Internal + external) for a paper at the college level.
- 3.18. '**Paper**' means a complete unit of learning which will be taught and evaluated within a semester.
- 3.19. '**Parent Department**' means the department which offers core course/courses within an undergraduate programme.
- 3.20. '**Programme**' means a three year programme of study and examinations spread over six semesters, the successful completion of which would lead to the award of a degree.
- 3.21. '**Semester**' means a term consisting of **90** working days, inclusive of tutorials, examination days and other academic activities within a period of six months.
- 3.22. '**University Average (UA)**' means average mark secured (Internal + external) for a paper at the University level.
- 3.23. '**Vocational Course**' (**Skill Enhancement Course**) means a course that enables the students to enhance their practical skills and ability to pursue a vocation in their subject of specialization.
- 3.24. Words and expressions used and not defined in this regulation shall have the same meaning assigned to them in the Act and Statutes of the University.

4. ELIGIBILITY FOR ADMISSION AND RESERVATION OF SEATS

- 4.1 Eligibility for admission, norms for admission and reservation of seats for various Undergraduate Programmes shall be according to the regulations framed/orders issued by the University in this regard, from time to time.
- 4.2 Students can opt for any one of the **Generic Elective Papers** offered by different departments of the college in fifth semester (subject to the availability of vacancy in the concerned discipline).If the number of applications exceeds the number of vacancies for a particular Generic

elective paper, priority will be given to the students from the parent department (core subject). Selection of students in the generic elective paper will be done in the college based on merit and interest of the students.

5. DURATION

- 5.1 The duration of U.G. programmes shall be **6 semesters**.
- 5.2 There shall be two Semesters in an academic year, the 'ODD' semester commences in June and on completion, the 'EVEN' Semester commences after a semester-break of three days with two months vacation during April and May. (The commencement of first semester may be delayed owing to the finalization of the admission processes.)
- 5.3 A student may be permitted to complete the Programme, on valid reasons, within a period of 12 continuous semesters from the date of commencement of the first semester of the programme.

6. REGISTRATION

- 6.1. The strength of students for each programme shall be as per the existing orders, as approved by the University.
- 6.2. The college shall send a list of students registered for each programme in each semester giving the details of courses registered including repeat courses to the University in the prescribed form within **20 days** from the commencement of the Semester.
- 6.3. ~~Students who are required to register for the semester~~ Students who are required to register for the semester should apply for Notional Registration to the examinations concerned enabling them to get promoted to the next class.

7. SCHEME AND SYLLABUS

- 7.1. The U.G. programmes shall include **(a)** Common Courses I **(b)** Core Course(s), **(c)** Complementary/Vocational Courses, and **(d)** Generic Elective Course (GE).
- 7.2. There shall be one Generic Elective paper in the fifth semester with a choice of one out of three elective papers from any programme or from the Physical Education department.
- 7.3. There shall be one Choice Based paper in the sixth semester with a choice of one out of three elective papers.
- 7.4. Credit Transfer and Accumulation system can be adopted in the programme. Transfer of Credit consists of acknowledging, recognizing and accepting credits by an institution for programmes or courses completed at another institution. The Credit Transfer Scheme shall allow students pursuing a programme in one University to continue their education in another University without break.

- 7.5. A separate minimum of 30% marks each for internal and external (for both theory and practical) and aggregate minimum of 40% are required for a pass for a paper. For a pass in a programme, a separate minimum of **Grade D** is required for all the individual papers. If a candidate secures **F Grade** for any one of the paper offered in a Semester/Programme, **only F grade** will be awarded for that Semester/Programme until he/she improves this to **D Grade** or above within the permitted period. (See Clause 5.3)
- 7.6. Students who complete the programme with 'D' grade in the "Regulations for Under Graduate Programmes under Choice Based Credit System 2016" will have one betterment chance within 12 months, immediately after the publication of the result of the whole programme.
- 7.7. Students discontinued from previous regulations, CBCSS 2013, can pursue their studies in "Regulations for Under Graduate Programmes under Choice Based Credit System 2016" after obtaining readmission. These students have to complete the programme as per "Regulations for Under Graduate Programmes under Choice Based Credit System 2016".
- 7.8. Practical examinations will be conducted only at the end of even semesters for all programmes. Special sanction shall be given for those programmes which need to conduct practical examinations at end of odd semesters.

8. PROGRAMME STRUCTURE

Model I BA/BSc

a	Programme Duration	6 Semesters
b	Total Credits required for successful completion of the Programme	120
c	Credits required from Common Course I	22
d	Credits required from Common Course II	16
e	Credits required from Core courses and Complementary courses including Project	79
f	Generic Elective (GE)	3
g	Minimum attendance required	75%

Model I/II B.Com

a	Programme Duration	6 Semesters
b	Total Credits required for successful completion of the Programme	120
c	Credits required from Common Course I	14
d	Credits required from Common Course II	8
e	Credits required from Core and	

	Complementary/Vocational courses including Project	95
f	Generic Elective (GE)	3
g	Minimum attendance required	75%

Model II BA/BSc

a	Programme Duration	6 Semesters
b	Total Credits required for successful completion of the Programme	120
c	Credits required from Common Course I	16
d	Credits required from Common Course II	8
e	Credits required from Core + Complementary + Vocational Courses including Project	93
f	Generic Elective (GE)	3
g	Minimum attendance required	75%

Model III BA/BSc/B.Com

a	Programme Duration	6 Semesters
b	Total Credits required for successful completion of the Programme	120
c	Credits required from Common Course I	8
d	Credits required from Core + Complementary + Vocational Courses including Project	109
e	Generic Elective (GE)	3
f	Minimum attendance required	75%

9. EXAMINATIONS.

9.1 The evaluation of each paper shall contain two parts:

- (i) Internal or In-Semester Assessment (ISA)
- (ii) External or End-Semester Assessment (ESA)

9.2. The internal to external assessment ratio shall be 1:4. There shall be a maximum of **20** marks for internal evaluation and a maximum of 80 marks for external evaluation. Both internal and external marks are to be mathematically rounded to the nearest integer. For all papers (theory & practical), grades are given **on a 10-point scale** based on the total percentage of marks, **(ISA+ESA)** as given below:-

Percentage of Marks	Grade	Grade Point
95 and above	S Outstanding	10
85 to below 95	A+ Excellent	9
75 to below 85	A Very Good	8
65 to below 75	B+ Good	7
55 to below 65	B Above Average	6
45 to below 55	C Satisfactory	5
40 to below 45	D Pass	4
Below 40	F Failure	0
	Ab Absent	0

10. CREDIT POINT AND CREDIT POINT AVERAGE

Credit Point (CP) of a paper is calculated using the formula:-

$CP = C \times GP$, where C is the Credit and GP is the Grade point

Semester Grade Point Average (SGPA) of a Semester is calculated using the formula:-

$SGPA = \frac{\sum C \times GP}{\sum C}$, where $\sum C \times GP$ is the Total Credit Point of that semester, and $\sum C$ is the Total Credit of that semester.

$\sum C$ is the Total Credit of that semester, ie, $\sum_{i=1}^n C_i$, where n is the number of papers in that semester

Cumulative Grade Point Average (CGPA) is calculated using the formula:-

$CGPA = \frac{\sum C \times GP}{\sum C}$, where $\sum C \times GP$ is the Total Credit Point of that programme, and $\sum C$ is

the Total Credit of that programme, ie, $\sum_{i=1}^n C_i$, where n is the number of papers in that programme

Grade Point Average (GPA) of a Course (Common Course I, Common Course II, Complementary Course I, Complementary Course II, Vocational course, Core Course) is calculated using the formula:-

$GPA = \frac{\sum C \times GP}{\sum C}$, where $\sum C \times GP$ is the Total Credit Point of course ie, $\sum_{i=1}^n C_i \times GP_i$

$\bar{C}_i = \frac{\sum_{j=1}^n C_{ij}}{n}$ TC is the Total Credit of that course, i.e., $\sum_{j=1}^n C_{ij}$, Where n is the number of papers in that course.

Grades for the different courses, semesters and overall programme are given based on the corresponding CPA as shown below:

GPA	Grade
9.5 and above	S Outstanding
8.5 to below 9.5	A+ Excellent
7.5 to below 8.5	A Very Good
6.5 to below 7.5	B+ Good
5.5 to below 6.5	B Above Average
4.5 to below 5.5	C Satisfactory
4.0 to below 4.5	D Pass
Below 4.0	F Failure

11. MARKS DISTRIBUTION FOR EXTERNAL EXAMINATION AND INTERNAL EVALUATION

The external theory examination of all semesters shall be conducted by the University at the end of each semester. Internal evaluation is to be done by continuous assessment. For all papers (theory and practical) total marks of external examination is 80 and total marks of internal evaluation is 20.

Marks distribution for external and internal assessments and the components for internal evaluation with their marks are shown below:

11.1 For all theory papers

Marks of external

a) Examination : 80

b) Marks of internal evaluation : 20

All the three components of the internal assessment are mandatory.

Components of Internal Evaluation of theory	MARKS
Attendance	5
Assignment /Seminar/Viva	5
Test paper(s) (1 or 2) (1x10=10; 2x5=10)	10
Total	20

11.2 For all practical papers

Marks of external

a) Examination : 80

b) Marks of internal evaluation : 20

All the four components of the internal assessment are mandatory.

Components Internal evaluation of Practical	Marks
Attendance	5
Test paper	5
Record*	5
Lab involvement	5
Total	20

*Marks awarded for Record should be related to number of experiments recorded and duly signed by the concerned teacher in charge.

11.3 For projects

Marks of external

a) Examination : 80

b) Marks of internal evaluation : 20

Components of External Evaluation of Project	Marks
Dissertation (External)	50
Viva-Voce (External)	30
Total	80

All the four components of the internal assessment are mandatory.

Components Internal Evaluation of project	MARKS
Punctuality	5
Experimentation/Data collection	5
Knowledge	5
Report	5
Total	20

Attendance Evaluation For all papers

% of attendance	Marks
90 and above	5
85 – 89	4
80-84	3
76-79	2
75	1

(Decimals are to be rounded to the next higher whole number)

13. ASSIGNMENTS

Assignments are to be done from 1st to 4th Semesters. At least one assignment should be done in each semester for all papers.

14. SEMINAR/VIVA

A student shall present a seminar in the 5th semester for each paper and appear for Viva-voce in the 6th semester for each paper.

15. INTERNAL ASSESSMENT TEST PAPERS

At least one internal test-paper is to be attended in each semester for each paper. The evaluations of all components are to be published and are to be acknowledged by the candidates. All documents of internal assessments are to be kept in the college for two years and shall be made available for verification by the University. The responsibility of evaluating the internal assessment is vested on the teacher(s), who teach the paper.

15.1 Grievance Redressal Mechanism

Internal assessment shall not be used as a tool for personal or other type of vengeance. A student has all rights to know, how the teacher arrived at the marks. In order to address the grievance of students, a three-level Grievance Redressal mechanism is envisaged. A student can approach the upper level only if grievance is not addressed at the lower level.

Level 1: Department Level: The Department cell chaired by the HOD, Department Coordinator, Faculty Advisor and Teacher in-charge as members.

Level 2: College level: A committee with the Principal as Chairman, College Coordinator, HOD of concerned Department and Department Coordinator as members.

Level 3: University Level: A Committee constituted by the Vice-Chancellor as Chairman, Pro-Vice-Chancellor, Convener - Syndicate Standing Committee on Students Discipline and Welfare, Chairman- Board of Examinations as members and the Controller of Examination as member-secretary.

15.2 The College Council shall nominate a Senior Teacher as coordinator of internal evaluations. This coordinator shall make arrangements for giving awareness of the internal evaluation components to students immediately after commencement of I semester

15.3 The internal evaluation marks/grades in the prescribed format should reach the University before the 4th week of October and March in every academic year.

16. External Examination

The external theory examination of all semesters shall be conducted by the University at the end of each semester.

16.1 Students having a minimum of 75% average attendance for all the courses only can register for the examination. Condonation of shortage of attendance to a maximum of 10 days in a semester subject to a maximum of 2 times during the whole period of the programme may be granted by the University on valid grounds. This condonation shall not be counted for internal assessment. Benefit of attendance may be granted to students attending University/College union/Co-curricular activities by treating them as present for the days of absence, on production of participation/attendance certificates, within one week, from competent authorities and endorsed by the Head of the institution. This is limited to a maximum of 10 days per semester and this benefit shall be considered for internal assessment also. Those students who are not eligible even with condonation of shortage of attendance shall repeat the **semester** along with the next batch after obtaining readmission.

16.2 All students are to do a **project in the area of core course**. This project can be done individually or in groups (not more than five students) for all subjects which may be carried out in or outside the campus. Special sanction shall be obtained from the Vice-Chancellor to those **new generation programmes** and programmes on **performing arts** where students have to take projects which involve larger groups. The projects are to be identified during the II semester of the programme with the help of the supervising teacher. The report of the project in duplicate is to be submitted to the department at the sixth semester and are to be produced before the examiners appointed by the University. External Project evaluation and Viva / Presentation is compulsory for all subjects and will be conducted at the end of the programme.

16.3 There will be no supplementary exams. For reappearance/improvement, the students can appear along with the next batch.

16.4 A student who registers his/her name for the external exam for a semester will be eligible for promotion to the next semester.

16.5 A student who has completed the entire curriculum requirement, but could not register for the Semester examination can register notionally, for getting eligibility for promotion to the next semester.

16.6 A candidate who has not secured minimum marks/credits in internal examinations can re-do the same registering along with the University examination for the same semester, subsequently.

16. All programmes, courses and papers shall have unique alphanumeric code. Each teacher working in affiliated institutions shall have a unique

identification number and this number is to be attached with the codes of the courses for which he/she can perform examination duty.

17. PATTERN OF QUESTIONS

Questions shall be set to assess knowledge acquired, standard and application of knowledge, application of knowledge in new situations, critical evaluation of knowledge and the ability to synthesize knowledge. The question setter shall ensure that questions covering all skills are set. She/he shall also submit a detailed scheme of evaluation along with the question paper.

A question paper shall be a judicious mix of very short answer type, short answer type, short essay type /problem solving type and long essay type questions.

Pattern of questions for external examination for theory paper

Pattern	Marks	Choice of questions	Total marks
Short Answer	2	9/12	18
Paragraph answer	4	6/9	24
Problem/ Short Essay	6	3/5	18
Long Essay	10	2/4	20
		20/30	80

Each BOS shall specify the length of the answers in terms of number of words. Pattern of questions for external examination of practical papers will be decided by the concerned Board of Studies/Expert Committees.

18. MARK CUM GRADE CARD

The University under its seal shall issue to the students a MARK CUM GRADE CARD on completion of each semester, which shall contain the following information:

- (a) Name of the University
- (b) Name of the College
- (c) Title & Model of the Undergraduate Programme

- (d) Name of the Semester
- (e) Name and Register Number of the student
- (f) Date of publication of result
- (g) Code, Title, Credits and Maximum Marks (Internal, External & Total) of each paper opted in the semester.
- (h) Internal, External and Total Marks awarded, Grade, Grade point and Credit point in each paper opted in the semester
- (i) Institutional average (IA) of the marks of all papers and University Average (UA) of the marks of all papers.
- (j) The total credits, total marks (Maximum & Awarded) and total credit points in the semester
- (k) Semester Grade Point Average (SGPA) and corresponding Grade.
- (l) Cumulative Grade Point Average (CGPA), GPA corresponding to Common Courses I and II, Core Course, Complementary Courses, Vocational Courses and Generic Elective paper.
- (m) The final Mark cum Grade Card issued at the end of the final semester shall contain the details of all papers taken during the final semester examination and shall include the final Grade/Marks(SGPA) scored by the candidate from **1st to 5th** semesters, and the overall Grade/Marks for the total programme.

20. There shall **be 3 level monitoring** committees for the successful conduct of the scheme. They are -

1. Department Level Monitoring Committee (DLMC), comprising HOD and two senior-most teachers as members.
2. College Level Monitoring Committee (CLMC), comprising Principal, College Council secretary and A.O./Superintendent as members.
3. University Level Monitoring Committee (ULMC), headed by the Vice-Chancellor, Pro-Vice-Chancellor, Conveners of Syndicate Standing Committee on Examination, Academic Affairs and Registrar as members and the Controller of Examinations as member-secretary.

21. TRANSITORY PROVISION

Notwithstanding anything contained in these regulations, the Vice-Chancellor shall, for a period of one year from the date of coming into force of these regulations, have the power to provide by order that these regulations shall be applied to any programme with such modifications as may be necessary.

22. The Vice Chancellor is authorized to make necessary criteria for eligibility for higher education in the grading scheme, if necessary, in consultation with other Universities. The Vice Chancellor is also authorized to issue orders for the perfect realization of the Regulations.

MAHATMA GANDHI UNIVERSITY

KOTTAYAM

CHOICE BASED COURSE CREDIT SEMESTER

SYSTEM AND GRADING

SCHEME & SYLLABI

For

BSC RECREATION LEISURE & SPORTS STUDIES

(MODEL III, NEW GENERATION PROGRAMME)

BOARD OF STUDIES IN PHYSICAL EDUCATION

(U G) 2016

PROGRAMME DESIGN FOR APPROVAL

Name of the programme: **B.Sc RECREATION, LEISURE & SPORTS STUDIES**

Stream: **B.Sc**

Semester-I

Semester	Course code	Title of the course	Course type	Hours per week	Credit	Max. marks-Theory		Max. marks-practical	
						Ext	Int	Ext	Int
I		English I- Communication Skills in English	Common	4	4	80	20		
	RL1CRT01	Foundations of Recreation Leisure and Sports Services	Core	4	4	80	20		
	RL1CRT02	Basic and Systematic Human Anatomy	Core	4	4	80	20		
	RL1CMT01	Management Concepts in Recreation &Sports	Complimentary	3	3	80	20		
	RL1CRP03	Major Games(Conditioning Drills, Football, Badminton)	Core -practical	5	4	-	-	80	20
		Match Practice (ZERO HOUR)		5	-	-	-	-	-
		Total Credit				19			

Dr.Pearly Alex,

Chairman, Board of studies

Physical Education, M.G University

PROGRAMME DESIGN FOR APPROVAL

Name of the programme: **B.Sc RECREATION, LEISURE & SPORTS STUDIES**

Stream: **B.Sc** Semester-II

Semester	Course code	Title of the course	Course type	Hours per week	Credit	Max. marks-Theory		Max. marks-practical	
						Ext	Int	Ext	Int
II		English II- Critical Thinking, Academic Writing & Presentation	Common	4	4	80	20		
	RL2CMT02	Introduction to Sports Tourism	Complimentary	2	2	80	20		
	RL2CMT03	Sports Nutrition	Complimentary	3	3	80	20		
	RL2CRT04	Anatomy and Physiology	Core	4	4	80	20		
	RL2CMT04	Human Resource Management in Sports Recreation and Leisure	Complimentary	3	3	-	-		
	RL2CRP05	Major Games (Volleyball, Tennis, Track and Field)	Core -practical	4	4	-	-	80	20
		Match practice (ZERO HOUR)		5	-	-	-	-	-
		Total Credit				20			

Dr.Pearly Alex,

Chairman, Board of studies

Physical Education, M.G University

PROGRAMME DESIGN FOR APPROVAL

Name of the programme: **B.Sc RECREATION, LEISURE & SPORTS STUDIES**

Stream: **B.Sc Semester-III**

Semester	Course code	Title of the course	Course type	Hours per week	Credit	Max. marks-Theory		Max. marks-practical	
						Ext	Int	Ext	Int
III	RL3CRT06	Kinesiology and Biomechanics	Core	4	4	80	20		
	RL3CMT05	Marketing of Recreation and Sports Services	Complimentary	4	4	80	20		
	RL3VOT01	Adventure Sports Management	Vocational	3	3	80	20		
	RL3VOT02	Sports Massage and Spa Therapy	Vocational	3	3	80	20		
	RL3CRT07	Exercise Physiology	Core	4	4	80	20		
	RL3CRP08	Major Games (Weight training, Swimming)	Core -practical	4	4	-	-	80	20
		Match practice (ZERO HOUR)		5	-	-	-	-	-
		Total Credit			22				

Dr.Pearly Alex,

Chairman, Board of studies

Physical Education, M.G University

PROGRAMME DESIGN FOR APPROVAL

Name of the programme: **B.Sc RECREATION, LEISURE & SPORTS STUDIES**

Stream: **B.Sc** Semester-IV

Semester	Course code	Title of the course	Course type	Hours per week	Credit	Max. marks-Theory		Max. marks-practical	
						Ext	Int	Ext	Int
IV	RL4CRT09	Teaching and Training Methodology	Core	4	4	80	20		
	RL4CMT06	Entrepreneurship	Complimentary	4	4	80	20		
	RL4CRT10	Sports Injury Assessment & Management	Core	4	4	80	20		
	RL4CMT07	Foundation of Sports Physiology	Complimentary	4	4	80	20		
	RL4CRP11	Major Games (Cricket, Basket ball, Table Tennis)	Core -practical	4	4	-	-	80	20
		Match practice (ZERO HOUR)		4		-	-	-	-
		Total Credit				20			

Dr.Pearly Alex,

Chairman, Board of studies

Physical Education, M.G University.

PROGRAMME DESIGN FOR APPROVAL

Name of the programme: **B.Sc RECREATION, LEISURE & SPORTS STUDIES**

Stream: **B.Sc** Semester-**V**

Semester	Course code	Title of the course	Course type	Hours per week	Credit	Max. marks-Theory		Max. marks-practical	
						Ext	Int	Ext	Int
V	RL5CRT12	Research Methods	Core	4	4	80	20		
	RL5CRT13	Sports Training	Core	4	4	80	20		
	RL5CRT14	Therapeutic Recreation	Core	4	4	80	20		
	RL5GET01 RL5GET02 RL5GET03	General Elective: <ul style="list-style-type: none"> • Sports Physiotherapy • Information & Communication Technology • Disaster Management 	General Elective	4	3	80	20		
	RL5CRP15	Major Games (Yoga, Aerobics)	Core - practical	4	4	-	-	80	20
		Match practice (ZERO HOUR)		5	-	-	-	-	-
		Total Credit				19			

Dr.Pearly Alex,

Chairman, Board of studies

Physical Education, M.G University.

PROGRAMME DESIGN FOR APPROVAL

Name of the programme: **B.Sc RECREATION, LEISURE & SPORTS STUDIES**
 Stream: **B.Sc Semester-VI**

Semester	Course code	Title of the course	Course type	Hours per week	Credit	Max. marks-Theory		Max. marks-practical	
						Ext	Int	Ext	Int
VI	RL6CRT16	Exercise Prescription and Design	Core	4	4	80	20		
	RL6CRT17	Basics of Accounting	Core	4	4	80	20		
	RL6CBT01 RL6CBT02 RL6CBT03	Choice Based: <ul style="list-style-type: none"> • Health & Conditioning • Sports Event Management • Test and Measurement 	Core Choice Based	4	4	80	20		
	RL6PRT01	Project		4	4	80	20		
	RL6CRP18	Sports Specialization	Core practical	4	4	-	-	80	20
		Match practice (ZERO HOUR)		5	-	-	-	-	-
		Total Credit				20			

Dr.Pearly Alex,

Chairman, Board of studies

Physical Education, M.G University.

B.SC RECREATION LEISURE AND SPORTS STUDIES, DETAILED

SYLLABUS SEMESTER I (THEORY)

English – I Communication Skills in English

Credit: 4

Contact hours:

5 Total Hours: 90

(Existing university syllabus)

Paper I- Foundations of Recreation Leisure and Sports Services

Credit: 4

Module 1

Introductions and definitions for sports, physical education, recreation, leisure. Sociology of sports, leisure and recreation. Classical theories of play. History of sports leisure and recreation – Indian and ancient Greece. Olympics – motto, flag, legendary origin. Philosophy – idealism, realism, pragmatism, humanism. Role of sports in recreation.

Module 2

Nature, scope and importance of recreation and leisure. Geographical conditions (mountains, freshwater, saltwater, steppes, grasslands, deserts and plateaus and scope of recreation and leisure services in world, Asian and Indian perspectives. Modern trends in recreation and leisure. Social economic and administrative aspects of recreation and leisure in modern era.

Module 3

Introduction and definitions of tourism and sports tourism. Scope of sports tourism in modern conditions. Commercial recreation

system. Commercial recreation and sports tourism. Indoors and outdoors recreation systems. Administrative aspects of indoor and outdoor recreation.

Module 4

Professionalism in leisure and recreation. Professional ethics and issues in recreation and leisure administration. Responsibilities of a recreation and leisure managerial person or an organization. Recreation and leisure for special population. Professional competency and use of resources for professional betterment.

Module 5

Somato typing – William Herbert Sheldons classification of human beings. Male and female recreation administration – physical, physiological and psychological aspects. Aging and recreation administration. Hypokinetic diseases, cardiovascular diseases, diabetics type I and II, osteoporosis, cancer. Warm up and cool down – principles of warm up and cool down.

References –

Foundations of physical education, exercise science and sport -

Charles Bucher Outdoor adventure education: foundations, theory and research - Alen W Ewert Essentials of physical education – Hardayal Singh

Foundations of physical education and sports – Debo rah A Wuesh

Basic and Systemic Human Anatomy

Credits: 4
Hours: 72

Contact hours: 4, Total

Module I

The Cell: structure & functions: Plasma membranes, cell membrane, cytoplasm, cell organelles- nucleus, mitochondria, ribosome, Golgi apparatus, lysosomes, Tissues of the body – epithelial tissue, connective tissue, muscle tissue & nervous tissue. **The blood:** Plasma, Cellular contents of blood- Erythrocytes, platelets, leukocytes.

Module II

Skin: structure of skin – epidermis, dermis, sweat glands, hairs, nails. Functions of skin; protection, regulation of body temperature, heat production, heat loss, formation of vitamin D, sensory receptors, absorption, excretion. **Blood vessels & lymphatic system –** Arteries, Veins & Capillaries. Lymphatic system; lymph, Lymph capillaries, lymphatic vessels, lymphoid organs, lymph nodes.

Module III

Sensory organs: Ear; outer ear- auricle, auditory canal, middle ear – auditory ossicles, inner ear- bony labyrinth, membranous labyrinth, cochlea. Eye: sclera and cornea, choroid, ciliary body & iris, retina. Eyebrows, eyelids & eyelashes, Lacrimal apparatus. Nose & Tongue.

Module IV

The skeletal system- Bone: Types, structure & functions of bone; Axial skeleton: Skull, Vertebral column, Thoracic cage, cartilage. Appendicular skeleton: shoulder girdle & upper limb, pelvic girdle and lower limb. Joints of body: fibrous joints, cartilaginous joints & synovial joints. Main synovial joints of the limbs: shoulder joint, elbow joint, radioulnar joints, wrist joint, joints of hands & fingers, hip joint, knee joint, ankle joint, joints of feet & toes.

Module V

Muscle tissue: smooth muscle, cardiac muscle & skeletal muscle. Tendon & ligaments. Major skeletal muscles of face, neck, trunk, pelvic region, shoulder, upper & lower limbs.

Reference:

Basic Anatomy of Physiology of exercise-Piyush Jain

Introduction to anatomy & Physiology of Exercise- Sandhya Tiwari

Guyton, A.C. Text Book of Medical Physiology, W.B. Saunders Company, Philadelphia, 1981.

Frederic H. Martini, Michael J. Timmons, Robert B. Tallitsch, "Human Anatomy " (7th Edition

Management Concepts in Recreation & Sports

Total Credits: 3
Hours: 72

Contact hours 4 Total

Module 1

Management- Definition, meaning, nature scope and functions of management; Principle of management- Henry Fayol's 14 principles, scientific management principles; Corporate Social Responsibilities- meaning, importance and objectives.

Module 2

Managerial functions: Planning – meaning, definition, features, importance steps- types of plans; Organizing –meaning, definition, steps, importance- types of organisational structure-functional & divisional, line & staff organisation; Span of management, Centralization, Decentralization; Delegation of Authority-different aspects & importance.

Module 3

Staffing- meaning, importance; Directing- Meaning, importance; Elements of directing-Supervision, its meaning, importance & functions, Motivation- Meaning, importance, Theories of motivation- Need theories, Goal theories. Leadership: - meaning, importance, Autocrat and Democrat, Trait Theory; Communication- meaning & importance; Controlling-meaning, definition, importance, features, steps, types of Controlling.

Module 4

Introduction to hospitality management. Concept of hospitality- meaning, definition and features and challenges in hospitality management- The development of modern hotels and motels, Hotels industry in India & Kerala. Departments in a hotel. Special Facilities- water sports, art and entertainment; sport and entertainment, rest and relaxation

Reference Books:

- Essentials of Management - Harold Koontz and Heinz Weihrich
- Management Concepts and Practices - Tim Hannagan
- Principles & Practice of Management - L.M. Prasad
- Fundamentals of Sports Management- Robert E. Baker & Craig Esherick

- Management – James A.F. Stanton, Edward Freeman & Daniel R. Gilbert
- Management – Stephen P. Robbins, Mary Coulter & Neharika Vohra
- “Hospitality Management: An Introduction” - Tim Knowles
- Hospitality Operation and Management- Kishan. K. K and Kaimra Robbert

PRACTICAL OF MAJOR GAMES

(CONDITIONING DRILLS, FOOTBALL, BADMINTON)

B.SC RECREATION LEISURE AND SPORTS STUDIES, DETAILED SYLLABUS

SEMESTER II (THEORY)

English II – Critical Thinking, Academic Writing & Presentation

Total credit: 4

Total contact Hours: 90

As per existing university syllabus

INTRODUCTION TO SPORTS TOURISM

Total Credit:2

Total hours - 36

Module I

Introduction to tourism & sport tourism: meaning, definition & scope. Meaning of tourist, traveller, visitor, excursionist & transit visitor. Historical development: transportation advances, renaissance, age of grand tours, Industrial revolution and its impact. Concept of annual holidays & paid leave.

Module II

Types and forms of tourism: domestic, regional, international, inbound, outbound, inter regional & intra regional tourism. Forms of tourism: ethnic, rural, incentive, medical, pilgrimage, eco, business & education tourism. Introduction to MICE.

Module III

Categories of sports tourism – competitive, cultural, traditional and adventure sport. Categories of sports tourism resources on basis of geography perspective: Physical resources
– mountains, hills, beaches, eastern & western coastline, islands, rivers, lakes, canals, deserts. Biological reserves. Sport tourist profiles

Module IV

The sports tourism industry components: Attractions- resources, products, sites, manmade & symbiotic. Accessibility- modes of transport. Accommodation. Amenities - health, hygiene & security. Ancillary services - shopping, entertainment, telecommunication, guide, escorts, hospitality, airlines, travel agencies, tourism as an industry in India.

Module V

Socio economic aspects of sports tourism : employment generation, earnings of foreign exchange, national integration, regional development, patronage to local handicrafts, cultural exchange, infrastructure development, development of human relations, international understanding and world peace. The future of sports tourism: sports tourism industry, potential growth, characteristics and benefits of sports tourism

References

Kemp, "Leisure and Tourism"

James Higham, "Sports and Tourism"

Mike Weed, "sports and tourism: A Reader"

SPORTS NUTRITION

Total Credit: 3

Total hours 56

Module I

Nutrition sources for athletes; carbohydrates- glycemic index and glycemic load, carbohydrates and physical activity, fat- fat requirements, fat and physical activity, protein-protein quality, protein and physical activity, protein and muscle development, Vitamins-water soluble and fat soluble vitamins, minerals- macro & micro minerals, fluid – balancing fluid loss and intake, fluid related problems, fluid intake before, during and after exercise.

Module II

GI function and energy delivery; factors influencing food consumption, factors influencing digestion and absorption of nutrients, factors influencing energy metabolism, GI concerns for athletes, GI recommendations for athletes, carbohydrate loading- seven day taper.

Module III

Factors affecting nutrition needs; caloric calculation for different physical activities and food, influence of age, sex and weight on caloric needs. Positive and negative diet, pre-post and during –exercise and completion diet, nutritional specifications for weight gain and weight loss, meeting fluid needs, gender and age- female athletes, young athletes, older athletes.

Module IV

Nutrition strategies for specific energy systems; nutrition tactics for power athletes, sampling of sport relying on anaerobic metabolism- bodybuilding, hockey, track and field(sprints, jumps & throws), swimming(100-400mts), wrestling, weight lifting, sampling of sports relying on aerobic metabolism- distance running, triathlon, distance swimming, cycling, sampling of sports relying on a combination of anaerobic & aerobic

metabolism-basketball, soccer, tennis, volleyball, golf.

Module V

Doping in sports, influence of drugs in sports, classifications of prohibited drugs- substance banned at the time of competition, substance banned at all time, methods banned in competition time, drug testing, after effects of dope substances – physical, physiological and psychological.

Reference;

Dan Benardot, Phd - Sports nutrition

ANATOMY & PHYSIOLOGY

Credits: 4
Hours: 72

Contact hours: 4, Total

Module I

The cardiovascular system: The blood vessels- control of blood vessel diameter, capillary exchange. Heart: position, structure, flow of blood through heart, blood supply to heart, conducting system of heart, cardiac cycle, cardiac output. Blood pressure: factors determining blood pressure, control of BP. Pulse, pulmonary circulation, systemic circulation

Module II

The endocrine system: Pituitary gland and hypothalamus, Thyroid gland, Parathyroid gland, Adrenal gland- adrenal cortex, adrenal medulla, response to stress, Pancreatic gland, Pineal gland, Thymus gland, local hormones.

Module III

The respiratory system: respiratory function of nose, pharynx- structure & function, Larynx- structure & function, Trachea- structure & function, Lungs – pleura & pleura cavity, bronchi & bronchioles- structure & function, respiratory bronchioles & alveoli, Respiration – breathing, lung volumes & capacities, exchange of gases, control of respiration.

Module IV

The digestive system: organs & functions of the digestive system, structure of alimentary canal, mouth, salivary glands- structure & function, pharynx, oesophagus, stomach, small intestine, large intestine, rectum, anal canal, pancreas, liver, biliary tract, Metabolism: carbohydrate metabolism, protein & fat metabolism.

Module V

Nervous system : nerves, neurons & neuroglial cells. CNS: meninges &

ventricle of brain, cerebrospinal fluid. Brain: Cerebrum, Diencephalon, Brain stem, Cerebellum. Spinal cord: Grey matter, White matter. Pheripheral nervous system: Spinal nerve, Thoracic nerve, Cranial nerve, Autonomic nervous system.

Module VI

The urinary system: Kidneys- organs associated with kidneys, structure & function, Ureters - structure & function, Urinary Bladder- organs associated with bladder, structure & function, Urethra

Reference:

Anatomy & Physiology In health & Illness – Ross & Wilson
Basic Anatomy of Physiology of exercise- Piyush Jain

Introduction to anatomy & Physiology of Exercise- Sandhya Tiwari

Guyton, A.C. Text Book of Medical Physiology, W.B. Saunders Company, Philadelphia, 1981.

Frederic H. Martini, Michael J. Timmons, Robert B. Tallitsch, "Human Anatomy " (7th Edition

Human Resource Management in Sports, Recreation and Leisure

Total Credits: 3
47

Total Hours:

Module 1

HRM: meaning, definition, features, scope & functions of HRM. Challenges and relevance of HRM. Manpower planning- meaning, importance and objectives. Human resources responsibilities.

Module 2

Content: Job analysis: Methods for collecting Job Analysis Information, Job Description & Job Specification. Recruitment- Sources of recruitment; Selection- selection process; Training – Definition, Types of training; Executive Development.

Module 3

Performance Management & Appraisal: Meaning, objectives, advantages, Process and Techniques. Career Planning- meaning, definition and elements of career; need, objectives and process of career planning; Career Planning vs. Man Power Planning

Module 4

Compensations & Rewards Management: Job evaluation- meaning, definition, methods & importance; Compensation- meaning, importance, types- Direct financial compensation, Indirect financial compensation, Nonfinancial compensation; Labour turnover- meaning, causes and remedies

Module 5

Employee wellness – meaning and definition of employee wellness, need, importance and benefits of employee wellness programme, means for employee wellness; Stress management- meaning, definition, causes & consequences of stress, methods for managing stress; Quality Circle- definition, features & objectives; Crisis Management- meaning of crisis, meaning, definition, features & importance of crisis management; Time Management- meaning, definition & importance

Reference Books:

- Human resource and personnel management, K. Aswathappa

- A frame work for human resource management, Gary Desseler
- Personnel management, Mammoria & Mammoria
- Personnel management, Edwin Philipo
- Training and Development for the Hospitality Industry, Debra F. Cannon and

Catherine M. Gustafson "Performance Appraisal for Sport and Recreation Man agers" Joanne MacLean
Human Resource Management in Tourism, M. Madhukar HRM in
Tourism and Hospitality, Darren Lee-Ross

PRACTICAL'S OF MAJOR GAMES

VOLLEYBALL, TENNIS AND TRACK & FIELD

B.SC RECREATION LEISURE AND SPORTS STUDIES, DETAILED SYLLABUS

SEMESTER III (THEORY)

Kinesiology and biomechanics

Total Credit:4

Total hours – 72

Module I

Meaning, definition and importance- kinesiology and biomechanics, history of kinesiology and biomechanics, role of muscle, joint, ligaments and tendons in humans, anatomical standing position and fundamental standing position, planes and axis, meaning of the terms – distal, proximal, anterior, posterior, lateral and medial, fundamental movements and its muscle involvement – flexion, extension, abduction, adduction, circumduction, rotation, supination, pronation, inward rotation, outward rotation, plantar flexion, dorsiflexion.

Module II

Location and actions of various muscles in human body, origin and insertion- pectoralis, latissimus dorsi, deltoid, trapezius, biceps, triceps, forearm flexors, forearm extensors, quadriceps, hamstrings, gastrocnemius, soleus, adductors, gracilis, abductors, rectus abdominals, teres minor and major, erector spinae, serratus anterior and posterior, infraspinatus and supraspinatus, gluteus, rhomboids, Location and actions of various joints in human body – hip, knee, shoulder, elbow, ankle

Module III

Definitions and meaning for – kinetics, speed, velocity, acceleration, projectile, motion- linear motion, angular motion, forces - centripetal and centrifugal forces, energy – kinetic and potential energies, mass, weight, pressure, equilibrium, work, power, energy, momentum, friction, impulse, rebound, spin, floating, levers- first class, second class, third class,

Module IV

Newtons laws of motion and the application of it in sports, biomechanical analysis of various movements- walking, running, vertical jumping, horizontal jumping, throwing- javelin, discus, ball kicking, volleyball smashing, hurdling.

Module V

The spinal column, posture – meaning, types, importance of good posture, postural deformities- lordosis, kyphosis, flat foot, knock knee, bow legs, scoliosis

and round shoulder. Preventive and remedial measures of poor posture.

References –

Kinesiology: scientific basis of human motion - Nancy Hamilton Kinesiology and biomechanics - Dr. Sheel Tangri

Introduction to kinesiology - Shirl .J. Hoffman

Marketing of Recreation & Sports Services

Credit -4

Total hours-72

Module 1

Marketing: Definition, Concepts, functions; Market segmentation; market positioning; buying

motive and process, Factors affecting consumer behaviour; Role of marketing in sports,

Recreation and Leisure Industry. Sports marketing- meaning, characteristics.

Module 2

Marketing mix: meaning - product, product mix- Product life cycle; Characteristics of product /services, Physical products vs. Services; new product-meaning, definition and stages; importance of branding -packaging and labeling.

Module 3

Pricing: Pricing policies, objectives, factors influencing pricing decisions, different pricing

strategies: skimming- penetration; Place mix- Meaning, definition and importance, Physical

distribution, channel of distribution

Module 4

Promotion: Advertising - objectives and functions - methods of advertising; personal selling and direct marketing - Meaning, importance, advantages and disadvantages of direct marketing, New medias in direct marketing – internet marketing, mobile marketing, social networks, blogs, viral marketing; Database marketing- meaning and importance; Sales Promotion- Meaning, definition, features and techniques for sales promotion

Module 5

Relationship Marketing- Meaning, objectives, importance & strategies; Sponsorship - definition, objectives, benefits and types of sponsorship.

Reference Books:

1. "Advanced Theory and Practice in Sport Marketing", Eric C. Schwarz, Jason D. Hunter and Alan Lafleur.
2. New Era of Sports Management- Manoj Thomas

3. Marketing Management - Philip Kotler, Jha & Koshy
4. Marketing for leisure and tourism- Michael Morgan
5. Marketing Management Text and Cases - SHH Kazmi
6. Marketing Management- V. S Ramaswami & S. Namakumary

SPORTS MASSAGE & SPA THERAPY

Total Credit:3
3

Contact hours

Total hours
56

Module I

History of massage, need and importance of massage. Implications of massage in sports scenario. Different massage techniques - Deep Tissue, Neuro-Muscular Techniques, Trigger Points. Pre and Post event massage & benefits. various massage therapy equipments, Products uses for massage

Module II

Classical strokes of massage. Indications and contra indications of massage. Purpose and aim of the classical strokes of massage. Different categories of massage, Specific medical permissions issues and total / local contraindications. Client modesty / toweling technique. 5 senses and its function, Massage benefits on different systems: Muscular, Nervous, Circulatory, Endocrine

Module III

History of Spa concept, Introduction to Club spa, cruise ship spa, day spa, destination spa, medical spa, mineral spring's spa, resort/hotel spa, Grooming, personal hygiene, uniform-background and purpose. Housekeeping & treatment room set-up,

Module IV

Spa Product Knowledge: Herbs, essential oils, aromatic oils, preservatives, active ingredients, carrier oils & base creams, pre blended oils, pre blended creams, soaps, shampoos, lotions, licensing (drug control), product testing, efficacy, shelf life, storage, contamination, allergies. Spa therapies: Hydrotherapy, body treatments, deep tissue massage, reflexology, thai massage, hot stone massage, seated massage, lymphatic drainage,

Hydrotherapy - vichy, steam, sauna, jacuzzi, floatation, scotch hose, hamam.

Module V

Spa cosmetology Waxing, threading, hair spa, manicure, pedicure, facials, waxing, threading, hair spa, manicure pedicure, facials. Complementary spa therapies: Therapeutic touch (for example reiki), spa therapy types (massages, body, treatments, facials et cetera), aromatherapy, chromo therapy, balneo therapy, physiotherapy, chiropractic, botox, liposuction, acupuncture / acupressure, floatation, healing, kinesiology, neuro linguistic programming, past life regression, aura reading. First Aid & salon hygiene.

Reference:

Adele O'Keefe, "The Official Guide to Body Massage" Clare Maxwell-Hudson, " KISS guide to massage" Michael McGillicuddy, "Massage for Sport Performance" Susan Findlay, "Sports Massage"

Joan Scott, Andrea Harrison, "Spa: The Official Guide to Spa Therapy" Hannelore R. Leavy, Reinhar, " The Spa Encyclopedia"

Janet D'Angelo, "Spa Business Strategies"

Encarna Castillo, Ana G. C, " Spa & Health Club Design" Jane Crebbin-Bailey, John, " The Spa Book"

Adventure Sports Management

Total Credit: 3

Total hours 56

Module - I

Concept of adventure and its classification. Emergence of Adventure tourism & outbound adventure education, Adventure sports principles, profiling the adventure tourists: Mass and alternative tourism, Potential benefits from adventure tourism. Adventure tourism organizations and training institutes. Trends in adventure tourism. Challenges of adventure tourism – Litter, waste, pollution, overbuilding, destruction of flora and fauna. Understand the role of insurance for an adventure tourism business

Module - II

Land based Adventure tourism - Concept, Natural & manmade resources required, Planning required, Equipment and clothing requirements, Types - Trekking, Rock Climbing, Bouldering, Ice Climbing, zip line, jumering, Wall Climbing, motor sports, Uses of Knots: Thumb, Reef, Clove Hitch, Fisherman, Simple Bowline, Figure of Eight. Places where available in India, do's and don'ts.

Module - III

Water based Adventure tourism - Concept , Natural & manmade resources required , Planning required, Equipment and clothing requirements , Types - Canoeing, Kayaking, Rafting, Scuba Diving, Snorkeling, Surfing, Water skiing, river crossing, fly boarding, Rafting & Kayaking, Places where available in India, do's and don'ts.

Module - IV

Air based Adventure tourism - Concept , Natural & manmade resources required, Planning required, Equipment and clothing requirements, Types - Ballooning, Hang gliding, Paragliding, Parasailing, Skydiving & bungee jumping. Places where available in India, do's and don'ts

Module -V

Meaning, Scope and contents of Geography. Fundamentals of Geography,

Importance of Geography in tourism, Climatic variations, climatic regions of world, study of maps, longitude & latitude, international date line, time variations, time difference. Identification and plotting the major and most popular destinations of world with special reference to India - National Parks, Wild life sanctuaries, Tiger Reserves, Biosphere reserves, wetlands, coral reefs, desert, costal line, hills, mountains, rivers, lakes, glaciers.

Reference:

Buckley, Ralf, CAB International 2006, Adventure Tourisms

Hall, CM and Page, SJ. The Geography of Tourism and Recreation, Routledge.

Malik, S.S., 1 997, Adventure Tourism, Rahul Publishing, New Delhi.

EXERCISE PHYSIOLOGY

Total Credit: 4

Total hours 72

Module I

Energy transfer in the body; ATP, creatine phosphate, cellular oxidation, electron transport, oxidative phosphorylation, role of oxygen in energy metabolism. **Energy release from food;** Energy release from carbohydrates, glycolysis, Krebs cycle, energy release from fat, catabolism of glycerol and fatty acids, Energy release from protein, Metabolic Mill.

Energy transfer in exercise; ATP-PC System, Lactic acid system, The Aerobic system, Fast and Slow twitch muscle fibers, Energy spectrum of exercise, Oxygen Debt. **Measurement of human energy expenditure;** Direct and Indirect Calorimetry, Respiratory Quotient for carbohydrates, fat & protein, RQ for a mixed diet. **Human energy expenditure during rest and physical activity;** Basal metabolic rate, metabolism at rest, estimate of daily resting energy expenditure, Factors that affect energy expenditure, classification of physical activities by energy expenditure, Daily rates of average energy expenditure, energy expenditure for athletic competitors

Module II

Training for anaerobic and aerobic power; principles of training, Physiologic consequences of training- anaerobic and aerobic system changes, cardiovascular and respiratory changes, other training induced changes, factors affecting training- initial fitness level, intensity of exercise. **Muscular strength;** measurement of muscular strength, strength difference between men and women, training muscles to become stronger- progressive resistance weight training, progressive resistance exercise, variations of PRE, practical recommendations for initiating a weight training program, isometric strength training, isotonic strength training, isokinetic strength training. **Adaptations with strength training;** factors modifying the expression of human

strength-psychological and muscular factors, neuromuscular factors, muscle soreness and stiffness

Module III

Exercise at medium and High Altitude; stress of altitude, oxygen loading at altitude, acclimatization, immediate responses to altitude, longer term adjustments to altitude,

time required for acclimatization, metabolic , physiologic and exercise capacities at altitude. Mechanisms **of thermoregulation;** thermal balance, hypothalamic regulation of temperature,

Thermoregulation in cold and heat stress, effect of clothing on thermoregulation.

Thermoregulation and environmental stress during exercise; circulatory adjustments, core temperature during exercise, dehydration, electrolyte replacement, factors that modify heat tolerance.

Module IV

Body composition assessment; composition of the human body, essential and storage fat, fat free weight and lean body weight , minimal standards for leanness, underweight and thin, common techniques for assessing body composition, measurement of body volume, fat fold and circumference measurements, desirable body weight. **Effect of exercise;** effect of exercise training on body composition, Effects of diet and exercise on body composition during weight loss, gaining weight.

Module V

Exercise, aging and cardio vascular disease; aging and physiologic function, muscular strength, neural function, cardiovascular function, body composition, trainability and age, exercise and longevity, coronary heart disease, coronary heart disease risk factors, risk factors in children, exercise

stress testing.

References -

Introduction to anatomy & Physiology of Exercise- Sandhya Tiwari

Guyton, A.C. Text Book of Medical Physiology, W.B. Saunders Company, Philadelphia, 1981.

Frederic H. Martini, Michael J. Timmons, Robert B. Tallitsch, "Human Anatomy " (7th Edition

PRACTICAL'S OF MAJOR GAMES

(WEIGHT TRAINING AND SWIMMING)

B.SC RECREATION LEISURE AND SPORTS STUDIES, DETAILED SYLLABUS

SEMESTER- IV (THEORY)

Teaching and training methodology

Total Credit: 4
72

Total hours

Module I

Teaching and training – introduction, meaning and definitions. Qualities of a good teacher, qualities of trainer, methodology- meaning and definition.- factors influencing for the selection of a teaching method, Scientific principles of teaching.

Module II

Lesson plan- importance of lesson plan in teaching, lesson plan construction and its specifications, principles of lesson plan, types of lesson plan- teaching, coaching and training, different stages of lesson plan. Comparison between teaching, coaching and training.

Module III

Teaching and communication- instructional technology. Role of teaching methods in physical education, sports and fitness training. Different methods of teaching- verbal, command, demonstration, dramatization, at will, set drill, whole method, whole part whole method, progressive part method, observation method, audio-visual method, lecture discussion method, lecture demonstration method – preparation and presentation of lecture demonstration method

Module IV

Presentation technique, personal and technical preparation for presentation, steps in presentation, Teaching aids- importance and its types, Class room management – general and specific factors. Classification of students and remedial instruction – gifted, creative, high and low ability. Rapport between teacher and student.

Module V

Training and instruction, importance of planning in training, communication during training, factors of effective training, role of motivation during training. Tournaments and competition, Fixture- knock-out, league, knock out cum league and challenge tournament.

References –

Doing Task – Based Teaching by Willis and Willis

Creative Teaching Methods Marlene D. Lefever

Effective Teaching Methods, Gray D. Broich

ENTREPRENEURSHIP

Total Credits: 4
Hours: 72

Total Contact hours: 4 Total

Module-1

Entrepreneurship Definition Meaning-Concepts-Characteristics-Functions-Entrepreneurial traits Motivation; Role of entrepreneur in economic development-Factors affecting entrepreneurial growth.

Module-2

Types of entrepreneurs- Intrapreneurship -Women entrepreneurship-Problems- -EDP-Steps, contents, Need for training- target group- Contents of the training programme-Special Agencies for Entrepreneurial Development and Training-DIC

Module-3

Project Meaning Features-Classification-Project identification-Sources of Ideas-Stages in project identification -Project Life Cycle-Project formulation-elements, Feasibility Analysis-Network Analysis-Project Planning

Module-4

Project appraisal techniques, Payback period, ARR, Discounted cash flow techniques, Merits and demerits, Capital rationing, (Including Problems)Preparation of Project Report-Scope-Content.

Module-5

Setting up of micro small and medium enterprises, location significance, Green channel, Bridge capital, Seed capital assistance, Margin money scheme, Sickness, Causes-Remedies-Role of institutions/schemes in entrepreneurial development-SIDCO, SIDBI, NIESBUD, EDII,SISI, NREG Scheme-SWARNA JAYANTHI Rozgar Schemes.(Brief study only)

Reference:

Desai,Vasant : Dynamics of entrepreneurial development and

management. Drucker, Peter F: Innovation and
Entrepreneurship

SPORTS INJURY ASSESSMENT AND MANAGEMENT

Total credits 4

Total hours 72

Module I

Define sports injuries and its common classification, Pre-participation physical examination-characteristics to note during physical examination, conditions that might disqualify an athlete from specific athletic participation. Management of athletic injuries - taping and wrapping techniques, assessment of athletic injuries, therapeutic modalities, rehabilitation following injury.

Module II

Sports injuries- head and face injuries, shoulder girdle injuries, shoulder injuries, arm and elbow joint injuries, wrist and hand injuries, cervical and thoracic spine injuries, lumbar spine, pelvic and hip injuries, chest and abdominal injuries.

Module III

Sports injuries – thigh, knee and patellar injuries , lower leg, ankle and foot injuries, injuries to the running athlete, swimming injuries, inflammation, micro-trauma and stress related injuries,

Module IV

Other areas of consideration – the female athlete, athletes with disability, illnesses and skin condition, medications commonly used in athletic.

Reference

Sports medicine: prevention, assessment, management and rehabilitation of athletic injuries: Richard Irvin, Duane Iversen and Steven Roy

FOUNDATIONS OF SPORTS PSYCHOLOGY

Total Credit: 4

Total hours 72

Module I

Defining sports psychology. Specializing in sports psychology, reviewing history of sports psychology, understanding present and future trends. Importance of psychological skill training in sport (PST). Psychological skill training for sports.

Module II

PST knowledge base, PST effectiveness, three phases of PST, The ultimate goal of self regulation, pre requisites for conduct of PST. Implementation of PST programme, PST programme development, common problem in implementing PST programme.

Module III

Defining Personality, understanding personality structure, measuring personality and examining cognitive strategies & success. Defining motivation, understanding achievement motivation and competitiveness. Defining arousal, anxiety & stress. Measuring arousal & anxiety. Identifying sources of stress. Connecting arousal & stress to performance.

Module IV

Principles of reinforcement, approaches to influencing behaviour, guidelines for using positive reinforcement. Guidelines for using punishment. Intrinsic motivation & extrinsic rewards. Strategies for increasing intrinsic motivation.

Module V

Understanding different parameters for performance improvement: group & team dynamics, group cohesion, leadership, communication, Imagery technique, self confidence, goal setting, concentration, injury & recovery process, addiction, burnouts & overtraining.

Reference:

Robert S & Daniel, Foundations of sports & exercise psychology

M.L.Kamlesh, Psychology in Physical Education & Sports, Matropolitan book Co. New Delhi 1998.

Aldemen A.B., Psychological Behaviour in sports. A.B.Saunders Co.,

Saunders (1974) Cratty B.J., Psychological and Physical Activity, Prentice Hall.inc.London (1961)

PRACTICAL'S OF MAJOR GAMES**(BASKETBALL, CRICKET, TABLE TENNIS)**

B.SC RECREATION LEISURE AND SPORTS STUDIES, DETAILED SYLLABUS

SEMESTER- V (THEORY)

Research methods

Total Credit: 4
72

Total hours

Module I

Meaning and definition of research, need and importance of research in sports and sports studies, types of research, criterions of a good research, qualities of a good researcher.

Module II

Research problem- meaning, definition and its importance in research, factors or criterions considered to select a research problem, research design – need, features and types, data – primary and secondary.

Module III

Research methodology – meaning, definition and type s- sampling, case study, survey, experimental, observation, interviews and questioner methods- Experimental research, selection of subjects, variables, testes, equipments, experimental group design, experiment design, flow chart, administration of tests (pre- mid – post), statistical analysis.

Module IV

Research proposal- meaning and importance, Research proposal design, methods of research administration, scientific and technical approach in research, Research report- stages (preliminaries, main part and post research materials) -design - introduction, review of relative literature, methodology, analysis of data, summery conclusion recommendation, Bibliography, appendix.

Module V

Statistics – meaning definition and importance in s ports and research, types of statistical procedures – descriptive statistics, comparative st atistics, relationship statistics, inferential statistics and predictive statistics. Mean, median, mode, standard deviation, coefficient of correlation, t' ratio.

References –

Maitai DK, "Applied Statistics in Physical Education"

Diane Blankenship, "Applied Research and Evaluation Methods in Recreation"

A.J. Veal, "Research Methods for Leisure and Tourism."

SPORTS TRAINING

Total Credit: 4
72

Total hours

Module 1

Meaning, definition, aim and objectives of sports training. Importance of sports training, principles of physical training, prerequisite factors required to start a physical training program.

Module 11

Training load, recovery, adaptation of load, factors effecting load, principles of loading procedure, over load, over load symptoms, tackling of over load, physical training and gender differences.

Module 111

Interval training, circuit training, continues training, fartlek training, playometric training, weight training, up-hill training, down-hill training, beach training, aqua training, functional training, reactions training, sprint training, agility training

Module IV

Methods for the development of strength, endurance, speed, flexibility and coordination with detailed scoring. Development of fitness components for different age categories. Conditioning- importance, types.

Module V

Talent identification- importance, phases, functional screening and long term development pathway, importance of planning on sports- macro, micro, meso, technical training and tactical training- importance, periodization- importance, types, construction, competition and its effects, build up competitions.

References -

Science of sports training – plan and control for peak performance - Thomas Kurz

Essentials of physical education – Hardayal Singh

High performance training for sports – Dan Lewindon

Strength training and conditioning – Human Kinetics

Therapeutic Recreation

Total Credit: 4
72

Total hours

Module I

Therapeutic Recreation Concepts, Beginnings of Therapeutic Recreation, Current Status of Therapeutic Recreation, Parallels in Societal Attitudes, Four Views of Therapeutic Recreation, Continuum Position of Therapeutic Recreation (NTRS), ATRA's Definition of Therapeutic Recreation **clinical and community services**; Types of Settings, Types of Populations, Implications for Programming, Wellness and Health, Stress and Social Interaction, Medical Model vs. Health Model Means vs. Ends Debate

Module II

Therapeutic recreational goals; Typical Areas of Treatment, Goals Statements in Three Areas of Service, Student Activity , Basic Program Planning , Comprehensive Program Planning in TR Services, Translating Client Problems into Goals, Translating Goals into Activities, Translating Activities into Programs, Measuring Therapeutic Benefits, Sample Activity Ideas.

Module III

Activity analysis; Various Activity Analysis Models- Peterson & Gunn Activity Analysis Model Activity Modification, Basic Measurement Characteristics , Areas to be Assessed , Examples of Client Assessments, Role in Overall Program Design, Role in Facilitating Client Change. **Treatment Plans** Role in Overall Program Design, Role in Facilitating Client Change, Translating Assessment into Client goals, Translating Client Goals into Activities, Examples of Treatment Plans.

Module IV

Progress/ discharge notes; Role in Overall Program Design, Relationship to Treatment Plans, Treatment Team Meetings, Referrals Between Facilities, professional organizations- National Therapeutic Recreation Society, American Therapeutic Recreation Association, Related Health & Recreation Organizations. **Standards of Practice** ;NTRS/ATRA Standards of Practice, Joint Commission on Accreditation of Healthcare Organizations, Commission on Accreditation of Rehabilitation Facilities, Terms: Certification, Licensure, Registration, National Council for Therapeutic Recreation Certification, NCTRC Requirements.

Module V

Professional Development; Higher Education, Continuing Education, In-service Staff Training, Professional Resources. **Quality Improvement;** Focus on Client Outcomes, Use in Program and Staff Improvement, Use in Program and Staff Improvement. **Ethics;** NTRS/ATRA/ITRS Codes of Ethics, Examples of Ethical Dilemmas. **Future of TR;** Where is Therapeutic Recreation Headed?

Reference –

Kraus, R., & Shank, J. (1992). Therapeutic recreation service: Principles and practices (4th ed.). Dubuque, IA:Wm. C. Brown Publishers.

Peterson, C.A., & Gunn, S.L. (1984). Therapeutic recreation program design: Principles and procedures (2nd ed.)Englewood Cliffs, NJ: Prentice Hall, Inc.

Elective I -

Total credit - 3

SPORTS PHYSIOTHERAPY

Total Contact hours: 4 Total Hours: 72

Module I

Meaning of Physiotherapy, Scope and utility of physiotherapy, Physiotherapy in sprain, strain, muscle pull, muscle soreness, Hydrotherapy, meaning, precaution in giving the hydrotherapy, Benefits of hydrotherapy.

Module II

Massage: Meaning and importance in sports, Physical benefits of massage with its utility in sports, Electrotherapy: Meaning & Importance, Danger of using Electrotherapy, Benefits of Electrotherapy

Module III

Meaning of Thermotherapy, Physiological effects of Thermotherapy. Do's and don't do's in Thermo Therapy, Cryo-Therapy importance of CryoTherapy methods employed in Cryo Therapy. First aid in sports, principle of first aid.

Module IV

Exercise therapy meaning of therapeutic exercise, kinds and its utility in sports. Therapeutic exercise for person suffering from back pain and spondylosis.

Reference:

Sports Physiotherapy-K.C.Shekhar

Preventive & Corrective Physical Education by George Thomos

Giving to elderly people –understanding and practical help

Physiotherapy in Medical conditions by Joan R.Cash

Elective II

INFORMATION & COMMUNICATION TECHNOLOGY

Contact hours: 2 Total Hours: 36

Module I

Introduction to IT, Computer based information systems, categories of information systems, Management concerns regarding information technology.

Module II

Hardware: Components of computer hardware typical configuration of modern personal computer Factors determined by hardware configuration.
Software: Systems software Application software Customized or readymade application packages

Module III

Information: concepts data and information processing, Batch and online processing

Data base concepts, data base architecture, data modeling, data dictionaries, data base administration and data security. Distributed databases introduction to data mining and Data warehouses.

Module IV

Concepts of Data communication and Computer networks. Introduction to Internet Technology Telecommunications: Network options available E-commerce. Control: General controls Application controls, End user computing, Explanation; Role of information centre

Module V

Information Security- Computer Crimes and Sate guarding, Social, ethical and legal Aspects of IT. Knowledge on MS-Office- MS Word, MS-Excel, MS-Power Point. Cyber security and its implications.

Reference:

"Informatics- Technology in Action" by Alan Evans, IT L ESL, Leslie Lamport Robson Wendy, Strategic Management and Information Systems Pitman Publisher

s Wayne

Pease, Michelle Rowe, Malcolm Cooper, "Information and Communication Technologies in Support of the Tourism Industry"

Pauline J. Sheldon, "Tourism information technology "

Brian N. Hilton, "Emerging Spatial Information Systems and Applications" World Tourism Organization, "E-business for tourism "

Elective III

DISASTER MANAGEMENT

Module I

Disaster types-Introduction, Scope, Need. Natural disaster – Earthquakes, drought, floods, cyclones, landslides & tsunami. Manmade disaster – Technological, Industrial, components. Impact on Environment – General, Economic, Social, Political.

Module II

Strategies and management- Meaning. Strategies – Four phases of activity – Risk assessment, Risk prevention, Preparedness, Emergency response, some disasters and their management, Role of Government, Disaster management in India.

Module III

Preparedness planning, Key preparedness, Emergency co-ordination centers, Early warning systems, Damage assessment & Need with the help of media, Evacuation & camp management.

Module IV

Prevention / mitigation, Framework for prevention and mitigation, structural mitigation, community based disaster management, Institutional and Legal mechanisms, Role of public awareness, Preparation of mitigation strategies.

Module V

Mitigation models, Disaster Mitigation models, Flat source model, Structured source model, Hub - Less model, Disaster Co-ordination centre, Coastal Hazards, Current Conditions, Science and Technology, Application at different Level, Local, regional & national.

Module VI

Use of technologies, Geographical Information system (GIS), Remote sensing (RS), Global positioning system (GPS), Data Mining (DM), Global Telecommunication system (GTS), Disaster Analyzer and Tracking Environment (DATE), Information Communication system (ICS).

REFERENCE:

Ayaz. (2009). Disaster Management: Through the New Millennium. New Delhi:

Anmol
Publications.

Bose, B. C. (2009). Modern Encyclopaedia of Disaster and Hazard Management. New Delhi: Rajat Publications.

PRACTICAL'S OF MAJOR GAMES

(YOGA AND AEROBICS)

B.SC RECREATION LEISURE AND SPORTS STUDIES, DETAILED SYLLABUS

SEMESTER- VI (THEORY)

EXERCISE PRESCRIPTION AND DESIGN

Total Credit: 4

Total hours 72

Module I

Introduction and Overview - Risks and benefits of exercise, Physical Activity, Health, and Hypo kinetic Disease, Preliminary Health Screening and Risk Classification-Health evaluation, Lifestyle evaluation, Informed consent. **Principles of Prescription and Exercise Adherence** - Basic principles for exercise program design, Components of an exercise program (frequency, intensity, duration, and mode), Principles of training, Components of fitness, The art and science of exercise prescription (safety and effectiveness), Exercise program adherence, Certification and licensure.

Module II

Designing Cardio- respiratory Exercise Programs - The exercise prescription, Essentials of a cardio- respiratory exercise workout, Aerobic training methods and modes, personalized exercise programs. **Designing Resistance Training Programs** - Types of resistance training, Comparison of resistance training methods, developing a resistance training program, Common misconceptions and questions about resistance training.

Module III

Designing Body Composition Programs - Basics of body composition, Body composition management principles and practices, Fat mass programs, Muscle mass programs, Bone mass programs. **Designing Flexibility Programs** - Stretching, Low back care.

Module IV

Programming for Special Populations - Cardiac patients, pulmonary patients, Clinical conditions: Hypertension, peripheral vascular disease, diabetes mellitus, and obesity Children, the elderly, and pregnancy.

Programming in Professional Settings - Clinical settings, Community settings, corporate settings, Commercial settings.

Module V

Weekly, monthly and yearly training for speed (sprinting speed, speed endurance), strength (maximum strength, strength endurance, explosive strength), endurance (speed endurance, general endurance and strength endurance), Agility, coordination, reaction time, flexibility, power

REFERENCES:

1. Heyward, V.H. (2010). Advanced Fitness Assessment & Exercise Prescription. 6th ed. Champaign, IL: Human Kinetics.
2. American College of Sports Medicine (2010). ACSM's Guidelines for Exercise Testing and Prescription. 8th ed. Baltimore, MD: Lippincott, Williams & Wilkins.
3. American College of Sports Medicine (2010). ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription. 5th ed. Baltimore, MD., Lippincott, Williams & Wilkins

Basics of Accounting

Credit -4

Total hours- 72

Module 1

Accounting- Introduction, definition, objectives and functions; Accounting Concepts and Principles; System of accounts-single entry, double entry; Uses and users of accounting information.

Module 2

Origin and recording of transaction: meaning of source document; Accounting equation; Rules of debit and credit; Books of original entry: format and recording – Journal; Compound journal entries; Ledger – meaning, format, posting from journal

Module 3

Sub-Division of Journal- meaning, importance; Cash Book- Single column, double column & Petty cash book; Purchase day book; Sales day book; Purchase return book; Sales return book

Module 4

Trial Balance- meaning, features, objectives and methods for preparing trial balance; Depreciation- meaning, definition, types, need for providing depreciation & methods (including problems); Reserves & provisions- meaning, types.

Module 5

Final Accounts-Preparation of Trading and Profit and Loss Account and Balance Sheet(with adjustments)

Reference Books:

- Advanced Accountancy- R L Gupta and M Radhaswamy.
- Fundamentals of Accounting -S Kr. Paul.
- Advanced Accounting, M.C.Sukla and T.S.Grewal.
- Advanced Accounting - Jain and Narang
- Advanced Accounting - S P Iyengar.

Health and conditioning (Elective)

Credit 4

Module 1

Definition and meaning for health and exercise design, importance of conditioning in physical education, sports and society, general guidelines for health and conditioning trainers, classification of humans in trainers view, What is muscle toning, how to start a physical training programme.

Module 11

Hypo kinetic diseases and conditioning, training chart construction for different patients – cardiac patients, hypertension, type 2-diabetes, cholesterol, back pain, obesity, weakness and osteoporosis with training examples for one week programme, one month programme and year programme.

Module 111

Weight management and conditioning, factors considering on weight management, weight loss, weight gain and maintenance with training examples of weekly, monthly and yearly programme's.

Module IV

Weekly, monthly and yearly training for speed (sprinting speed, speed endurance), strength (maximum strength, strength endurance, explosive strength), endurance (speed endurance, general endurance and strength endurance), Agility, coordination, reaction time, flexibility, power

Module V

Sports specific conditioning- six month and year plan construction for major games – football, basketball, volleyball, sprinters, throwers, kabaddi and wrestlers. Micro session for strength, endurance, speed, power, agility for advance level players or athletes.

Sports Event Management (Elective)

Total Credit: 4

Module 1.

Understanding the Sport Event Industry. Career Paths in Sport Event Management, Sport Events versus Nonsport Events, Types of Sporting Events. Event Conceptualization: Purpose of the Event, Choosing the Type of Event, Developing a Mission for the Event, Setting Goals and Objectives, Planning Logistics, Thinking Creatively and Planning for Uniqueness, Decision Making in Event Management, Developing an Operational Timeline, Planning for Contingencies, SWOT Analysis.

Module 2.

Event Bidding: Bidding Process, Feasibility Studies, Bid Documents, Sports Commissions, Event Staffing: Organizational Chart, Identifying Necessary Staff, Preparing Job Descriptions, Scheduling Staff, Considering Outsourcing Staff, Managing and Motivating Staff, Personal Management Style and Effective Leadership, Management Meetings, Communicating With Staff, Volunteers, Team Building.

Module 3.

Event Budgeting: Stages of the Budgeting Process, Budget Components, Types of Budgets, Types of Revenues, Types of Agreements, Types of Expenses, Controlling Costs, Using Spreadsheets, Cash Flow and Cash Management. Contract Considerations: Types of Contracts, Tips for Negotiating Contracts, Legislations. Event Sponsorship: Sponsorship, Sponsorship Components, Sponsorship Benefits, Components of a Sponsorship Proposal.

Module 4.

Developing a Marketing Plan, Target Marketing, The Marketing Mix, Event Promotion, Attracting Spectators, Attracting Participants, Branding the Event, Media Promotion and Relations, Promotional Tools, Social Media & Creating Community Support, Staging. Choosing the Event Site. Developing the

Theme. Conducting Rehearsals. Providing Services. Arranging Catering. Organizing Accommodation. Managing the Environment

Module 5.

Risk Management Process: Risk Management Planning, Threats to Events, Crowd Control, Crowd Management Plans, Negligence. Event Services and Logistics: Event Timeline, Event Registration, Ticket Sales, Food and Beverage Operations, Waste Management Services, Transportation Services, Vendor Relationships, Event Facility Selection, Customer Service, Awards Ceremonies. Event-Day Management: Event Flow, Alternative Plans, Communication Managing Staff, Managing Spectators, Managing Participants, Managing Sponsors, Monitoring and Control. Easily Missed Details. Post event Details and Evaluation: Post event Promotions, Post event Media Coverage, Sponsor Follow-Up, Post-Event Debriefing, Event Evaluation, Evaluating Outcomes and Objectives, Measuring Economic Impact.

Reference:

1. Managing Sport Events; by T. Christopher Greenwell, Leigh Ann Danzey-Bussell, David Shonk
2. Event Management; by Lynn Van Der Wagen & Brenda R. Carlos, Published by Pearson, 2004.

Tests and measurements (Elective)

Total Credit: 4

Module I

Meaning and definitions of the terms test, measurements and evaluation. Importance of test, measurement and evaluation in sports and fitness field. Classifications of test, Criteria's for the selection of a standard test, validity, reliability, objectivity, norms and standards.

Module II

Administrative aspects of test – written and physical. Motor fitness – components and its test's- speed, strength, endurance, flexibility and co-ordination. Assessment and evaluation of psychomotor skills.

Module III

BMI, anthropometric measurements, RHR, MHR, THR, THR calculation and its formula, body posture- New York postural test, personal fitness profile management & assessment-card construction, personnel and group work out scheduling.

Module IV

Physical fitness testes – AAPERD physical fitness test, JCR test, Cooper test, Rogers physical fitness test, Tuttle pulse ratio.

Sports performance tests – Badminton – miller wall volley test, French short service test. Basket ball – Johnson basket ball test, AAPHER basket ball test, hockey – hentry fridel hockey test, soccer – mc Donald soccer test, volley ball

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References –

Measurement in physical education – Donald K Mathew s

Test measurement and evaluation in physical education – Dr. P.L. Karad

Measurement and evaluation in physical education and exercise sciences – Alen C Lacy

Measurement and evaluation 2nd edition – Barrow and McGee

Project – credit 4

Practical exam – credit 4

Specialization – Sports

MODEL QUESTION PAPER

BSc RECREATION LEISURE AND SPORTS STUDIES

SEMESTER –I

PAPER –I COMMUNICATION SKILLS IN ENGLISH.

(AS PER UNIVERSITY SCHEME)

C.B.C.S.S. B.Sc RECREATION, LEISURE AND SPORTS STUDIES

DEGREE EXAMINATION, OCTOBER 2016

Model Question Paper

PAPER – II FOUNDATIONS OF RECREATION LEISURE & SPORTS SERVICES

Time: Three hours

Maximum: 80 Marks

Answer any nine of the following. Each question carry 2 marks.

(
12x9=18)

1. Define play.
2. Define the term recreation.
3. Any four historical examples for recreation.
4. Write a note on health.
5. Idealism.
6. Olympic motto.
7. Define sports sociology.
8. Any four physical activities for late adulthood.
9. Which age is suitable to learn skill and coordination?
10. Note on commercial recreation.
11. Life of a Spartan women.
12. Role of sports in recreation.

Answer any six of the following. Each question carry 4 marks.

(6x4 = 24
)

13. Global context of recreation and leisure.
14. Note on professional ethics.
15. Physical and physiological differences of men and women.
16. Issues in outdoor recreation.
17. Note on the legendary origin of Olympics.
18. Scope of recreation and leisure in Indian conditions.
19. List responsibilities of a recreation and leisure organization towards the public.
20. Specifications of the age adolescence.

21. Enumerate difference between sport and recreational activity.

Answer any three of the following. Each question carry 6 marks. (6 x 3 = 18)

22. Effect of aging on recreation and leisure

23. Sheldon's classification of humans

24. Recreational activities for special peoples

25. Note on Athenian life.

26. What you mean by professionalism in sports

Answer any two of the following. Each question carry 10 marks. (10 x 2 = 20)

27. Different geographical conditions and recreation administration?

28. Theories of play

29. Why recreation and leisure are important in human's life?

30. How can you conduct a recreation day in your college?

C.B.C.S.S. B.Sc RECREATION, LEISURE AND SPORTS STUDIES

DEGREE EXAMINATION, OCTOBER 2016

Model Question Paper

PAPER – III
Time: Three
hours

BASIC AND SYSTEMIC HUMAN ANATOMY

Maximum: 80
Marks

Answer any nine of the following. Each question carry 2 marks.

*(2 x 8 =
16)*

1. Define Anatomy.
2. Define Cell.
3. What is Thoracic cage?
4. Define Tendon.
5. Define ligament.
6. Elaborate Synovial joint.
7. Elaborate Femur.
8. Explain Sternum.
9. Define blood cells.
10. Explain lymphatic system
11. Define arteries.
12. What are the sensory organs of body?

Answer any six of the following. Each question carry 4 marks.

*(4 x 6 = 24
)*

13. Explain structure & function of eyes
14. Elaborate Muscles of neck.
15. Define Meninges.
16. Explain Knee joint.
17. Effect of Exercise on bone?
18. Different types of bone.
19. Explain skeletal muscle.
20. Bones of lower limb.

21. Write about scapula.

Answer any three of the following. Each question carry 6 marks.

22. Briefly explain about the ear.

23. Explain the bones of cranium.

24. Explain about Mandible.

25. Characteristics of typical vertebrae?

26. List down the types of muscle? Explain the cardiac muscle.

Answer any two of the following. Each question carry 10 marks.

27. Describe the structure & function of cell with help of diagram.

28. Enumerate any five muscles of hip and lower joint.

29. Explain Contraction of muscle.

30. Explain the functions of skin with help of diagram.

C.B.C.S.S. B.Sc RECREATION, LEISURE AND SPORTS STUDIES

DEGREE EXAMINATION, OCTOBER 2016

Model Question Paper

PAPER – IV MANAGEMENT CONCEPTS IN RECREATION & SPORTS

Time: Three hours

Maximum: 80 Marks

Answer any nine questions. Each question carries two marks

1. Define management.
2. What is corporate social responsibility?
3. Defining planning.
4. What is span of management?
5. What is authority?
6. What is centralisation?
7. What is staffing?
8. Define motivation.
9. What is trait theory?
10. What is hospitality?
11. What is democratic leadership?
12. What is organizing?

(2x9=18 mark)

Answer any six questions. Each question carries four marks

13. Explain the principles of scientific management.
14. Explain the social responsibilities of business.
15. Explain the concept of span of management.
16. Distinguish between centralisation and decentralisation.
17. What is trait theory of leadership?
18. Explain need theories of motivation.
19. Explain the characteristics of hospitality industry.
20. Write a note on "hotels industry in India".
21. What is division of structure of organization?

(4x6=24 marks)

Answer any three questions. Each question carries six marks

22. Which are the challenges faced by hospitality industry?
23. Explain the functions of management.
24. Explain the functional and divisional structure of an organisation.
25. What is planning? Explain the steps in planning process.
26. What is democratic leadership and explain its features?

(6x3=18
marks)

Answer any two questions. Each question carries ten marks

27. Explain Henry Fayol's 14 principles of management.
28. What is organising? Explain the different types of organisation.
29. What is motivation? Explain the theories of motivation.
30. What is leadership? Explain the different types of leadership.

(10x2=20 marks)

C.B.C.S.S. B.Sc. RECREATION, LEISURE AND SPORTS STUDIES

DEGREE EXAMINATION, OCTOBER 2016

Model Question Paper - Semester II

PAPER –I

ENGLISH II - CRITICAL THINKING, ACADEMIC WRITING & PRESENTATION

(As per existing university syllabus)

C.B.C.S.S. B.Sc. RECREATION, LEISURE AND SPORTS STUDIES

DEGREE EXAMINATION, OCTOBER 2016

Model Question Paper - Semester II

PAPER – II INTRODUCTION TO SPORTS TOURISM

Time: Three hours

Maximum: 80 Marks

Write short note on any nine questions. Each question carries 2 marks. (2 x 9 = 18)

1. Define tourism.
2. Define sports tourism
3. Who is a sports tourist?
4. What is Incentive tourism?
5. Meaning of word 'disport'.
6. List different categories of tourism.
7. List different categories of sports tourism.
8. Who is a visitor?
9. Define Inbound & outbound tourist
10. Explain MICE.
11. Define primary motivation of a tourist.
12. Comment on educational tourist.

Answer any six in a maximum of 100 words. Answers carry 4 marks each. (6 x 4 = 24)

13. Elaborate on the attractions of a tourist destination.
14. Comment on competitive sports tourism phenomena.
15. Discuss sports tourism prospects based upon traditional sports.
16. Comment on the ancillary requirements in tourist destination.
17. What is event based tourism?
18. Explain the significance of recreational games in hospitality sector.
19. Write about event based sports tourism.
20. Discuss on the facilities required at a destination for tourism.

21. Note on modern trends in sports tourism.

Answer any three in a maximum of 150 words. Answers carry 6 marks each. (6 x 3 = 18)

22. Describe a tourist's perception of attractions towards a destination.

23. Discuss the issues in sports tourism.

24. Explain the process of bidding for an event.

25. Discuss the prospectus of sports tourism in Kerala.

26. Comment on natural resources of a tourist destination.

Answer any two in a maximum of 300 words. Answer carries 10 marks. (10 x 2 = 20)

27. Discuss about the future growth of sports tourism.

28. Explain the socio economic aspects of sports tourism.

29. Discuss on the historical development of sports tourism.

30. Comment on the physical & biological resources of India for tourism.

C.B.C.S.S. B.Sc. RECREATION, LEISURE AND SPORTS STUDIES

DEGREE EXAMINATION, OCTOBER 2016

Model Question Paper - Semester II

PAPER – III

SPO RTS NUTRITION

Time: Three hours

Maximum: 80 Marks

Write short note on any nine questions. Each question carries 2 marks. (2 x 9 = 18)

- 1) What is glucose?
- 2) Write two basic function of protein.
- 3) What do you mean by lactose intolerance?
- 4) What is glycemic index?
- 5) What are the fat soluble vitamins?
- 6) What do you mean by dehydration?
- 7) What is GI tract?
- 8) What is acute mountain sickness?
- 9) What do you mean by the term calorie?
- 10)What is gluconeogenesis?
- 11)What are the essential fatty acids?
- 12)What are the dietary sources of vitamin B12?

Answer any six in a maximum of 100 words. Answers carry 4 marks each. (6 x 4 = 24)

- 13)Write down the basic function of proteins.
- 14)Write a short note on monosaccharide.
- 15)What do you mean by glycemic load?
- 16)What do you know about lipid structure?
- 17)Write a note on protein and post exercise muscle recovery.
- 18)What is the difference between folate and folic acid?
- 19)What are the factors influencing fluid intake?
- 20)What do you mean by heat exhaustion?
- 21)Note on positive and negative diet.

Answer any three in a maximum of 150 words. Answers carry 6 marks each. (6 x 3 = 18)

- 22)What is celiac disease?
- 23)What are the gastrointestinal concerns for athletes?
- 24)What is exercise induced asthma?
- 25)What is the effect of vitamin C on delayed onset of muscle soreness?
- 26)How do you use skinfold measurement for body composition estimation?

Answer any two in a maximum of 300 words. Answer carries 10 marks. (10 x 2 = 20)

- 27)Write a detailed note on protein and muscle development.
- 28)Explain fat soluble vitamins.
- 29)Explain about importance of fluid intake before exercise.
- 30)What are the factors influencing food consumption?

C.B.C.S.S. B.Sc. RECREATION, LEISURE AND SPORTS STUDIES

DEGREE EXAMINATION, OCTOBER 2016

Model Question Paper – Semester II

PAPER – IV

ANATOMY AND P HYSIOLOGY

Time: Three hours

Maximum: 80 Marks

Write short note on any nine questions. Each question carries 2 marks. (2 X 8 = 18)

1. Define blood vessel
2. Explain capillary exchange
3. Explain blood pressure
4. Define pituitary gland
5. Explain about adrenal gland
6. Define alveoli.
7. Explain about salivary gland
8. Explain about liver
9. Describe nerves & neurons
10. What is meninges
11. Define cardiac output.
12. Define lung volume

Answer any six in a maximum of 100 words. Answers carry 4 marks each. (4 X 6 = 24)

13. Describe the structure and function of arteries, veins & capillaries.
14. Describe the main factors determining heart rate & cardiac output
15. Define SA node & AV node.
16. State the functions of sensory & motor nerves
17. Outline the functions of cerebrum
18. Define hypothalamus
19. Describe about the functions of smooth muscles in alimentary canal

20. Explain the functions of small intestine

21. Define oesophagus.

*Answer any three in a maximum of 150 words. Answers carry 6 marks each.
(6 X 3 = 18)*

22. Describe the pulmonary & systemic circulation

23. List the functions & flow of cerebrospinal fluid in brain

24. Describe the sensory & motor nerve tracts in the spinal cord.

25. Define Autonomic nervous system.

26. Discuss the digestive function of stomach

Answer any two in a maximum of 300 words. Answer carries 10 marks. (10 X 2 = 20)

27. Describe the structure & functions of heart with schematic diagram

28. Explain how body water & electrolyte balance is maintained.

29. Explain in detail about the blood cells.

30. Describe the structure & function of cerebellum.

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Model Question Paper – Semester II

PAPER – V

HUMAN RESOURCE MANAGEMENT

IN SPORTS RECREATION AND LEISURE

Time: Three hours

Maximum: 80 Marks

Write short note on any nine questions. Each question carries 2 marks. (2 X 8 = 18)

1. Define H R M
2. What is manpower planning?
3. What is recruitment?
4. What is the off the job training?
5. What is job description?
6. What is performance appraisal?
7. What is career planning?
8. What is compensation?
9. What is mean by labour turnover?
10. Define wellness.
11. Define QC?
12. What is stress management?

Answer any six in a maximum of 100 words. Answers carry 4 marks each. (4 X 6 = 24)

13. What are the benefits of employee wellness programme?
14. What is QC? Explain its objectives.
15. What is the importance of job evaluation?
16. What are the objectives of performance appraisal?
17. What is the difference between Career Planning and Man Power Planning?
18. What is the difference between training and development?
19. Explain the functions of HRM.
20. Explain the causes of labour turnover.
21. Factors effecting staffing?

*Answer any three in a maximum of 150 words. Answers carry 6 marks each.
(6 X 3 = 18)*

22. What is man power planning? What are the objectives of manpower planning?
23. Which are the steps involved in selection process of an employee?
24. What is performance appraisal? What is the importance of performance appraisal?
25. Which are the financial compensations provided by a firm to the employees?
26. What is stress management? Explain its causes and consequences.

Answer any two in a maximum of 300 words. Answer carries 10 marks. (10 X 2 = 20)

27. Explain the nature, scope and importance of HRM.
28. Which are the different types of training?
29. Explain the techniques and process of performance appraisal.
30. Explain the compensation packages provided to the employees in an organisation.

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Model Question Paper

Semester III

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Model Question Paper - Semester III

PAPER – I

KINESIOLOGY AND BIOMECHANICS

Time: Three hours

Maximum: 80 Marks

Write short note on any nine questions. Each question carries 2 marks. (2 x 9 = 18)

1. Define kinesiology.
2. Bones of knee joint.
3. Frictional force.
4. Quadriceps.
5. Define force.
6. Types of joints.
7. Adduction.
8. Location of trapezius?
9. Example for slightly movable joint.
10. Posture.
11. Define fixture and types
12. Work, power and energy

Answer any six in a maximum of 100 words. Answers carry 4 marks each. (6 x 4 = 24)

13. Lordosis and its remedial exercises
14. Projectile motion
15. Spin and its types
16. Role of muscles in human body
17. Anatomical and fundamental standing positions
18. Meaning of the terms – distal, proximal, anterior, posterior, lateral and medial
19. Causes of scoliosis
20. Functions of tendons and ligaments in human body?
21. What are the differences between walking and running?

Answer any three in a maximum of 150 words. Answers carry 6 marks each. (6 x 3 = 18)

22. What are lever and its types?

24. Hip joint – bones, muscles and movements

25. Importance of good posture in sports?

26. Biomechanical analysis of walking

27. Plane and axis of human body

Answer any two in a maximum of 300 words. Answer carries 10 marks. (10 x 2 = 20)

27. Biomechanical analysis of javelin throw

28. Newton's law of motion with suitable examples from sports

29. Fundamental movements of human body

30. Need and importance of kinesiology and biomechanics in sports?

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Model Question Paper - Semester III

PAPER – II MARKETING OF RECREATION AND SPORTS SERVICES

Time: Three hours Maximum: 80 Marks

Write short note on any nine questions. Each question carries 2 marks. (2 x 9 = 18)

1. What is marketing?
2. What is market positioning?
3. What is PLC?
4. What is branding?
5. What is marketing mix?
6. What is market segmentation?
7. What is sports marketing?
8. What is skimming pricing?
9. What is direct marketing?
10. Define blog
11. What is relationship marketing?
12. Define sponsorship.

Answer any six in a maximum of 100 words. Answers carry 4 marks each. (6 x 4 = 24)

13. What is market positioning? Describe the various positioning strategies.
14. What are the characteristics of sports marketing?
15. Distinguishes between product and service.
16. Explain the importance of branding.
17. Distinguish between skimming and penetration pricing.
18. What is the importance of direct marketing.
19. What are the objectives of sponsorship?
20. Briefly explain the basis of market segmentation.
21. Note on modern marketing trends.

Answer any three in a maximum of 150 words. Answers carry 6 marks each. (6 x 3 = 18)

22. What is sports marketing? Explain its characteristics.
23. What is marketing? Explain its functions.
24. Explain the stages of new product development.
25. What is relationship marketing? Explain its objectives
26. What is sales promotion? Explain the techniques used for sales promotion.

Answer any two in a maximum of 300 words. Answer carries 10 marks. (10 x 2 = 20)

27. Explain the role of marketing in recreation, leisure and sports.
28. Explain the different stages in new product development.
29. What is pricing? Explain the various pricing policies and strategies.
30. What is direct marketing? Explain the new media in direct marketing.

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Model Question Paper -

Semester III

ADVENTURE SPORTS MANAGEMENT

Time: Three hours

Maximum: 80
Marks

Write short note on any nine questions. Each question carries 2 marks.

(2 x 9 =

)

1. Define Rappelling.
2. List five air borne adventure sports activity.
4. List any five prominent adventure sports training institute in India.
5. What is Fly boarding?
6. Define Snorkeling.
7. Any four famous trekking places in India
8. Any four water sports activity & suitable places in India.
9. What you mean by the word 'adventure'?
10. Define national parks.
11. Comment on the Tiger reserves.
12. Write a note on aero sports.
13. List down the equipments that are required for Scuba Diving.

Answer any six in a maximum of 100 words. Answers carry 4 marks each.

(6 x 4 = 24
)

13. What are the safety harness and their use in adventure sports?
14. Need & Importance of insurance for adventure tourists.
15. Which are the equipments required for Para Gliding?
16. What is the difference between canoeing & Kayaking?
17. Comment on base jumping.
18. Explain Belay technique.
19. Explain longitudes & latitudes.
20. What do you mean by Outbound adventure education?
21. Note on modern trends in Kerala.

Answer any three in a maximum of 150 words. Answers carry 6 marks each.

(6 x 3 =
18

)

22. Comment on the challenges faced in adventure tourism.
23. Write a note on the new trends in adventures sports.
24. Discuss the role of adventure sports in personality development.
25. Comment on the different career opportunities associated with adventure sports and list disadvantages and advantages.
26. What are the skills required for adventure sports?

Answer any two in a maximum of 300 words. Answer carries 10 (10 x 2 = 20 marks.)

27. Comment on the suitability of the geographical condition prevailing in Kerala for adventure sports.
28. Role of print & electronic media in growth & development of adventure sport.
29. Explain the discipline & precautions to be adhered during adventure activity.
30. Explain about the river crossing technique.

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Model Question Paper - Semester III

PAPER – IV

SPORTS MASSAGE AND SPA THERAPY

Time: Three hours

Maximum: 80 Marks

Write short note on any nine questions. Each question carries 2 marks. (2 x 9 = 18)

1. Define Massage.
2. Explain the meaning of Spa
3. Who is known as the Father of Massage
4. List the situations when massage should be avoided.
5. What is Deep tissue Massage?
7. What is Effleurage? What is waxing?
8. List down few International Massage Therapies.
9. What is Trigger Point?
10. Explain the technique of pressure adjustment.
11. List the aims and objectives of first aid application in massage.
12. What is Personal Hygiene?

Answer any six in a maximum of 100 words. Answers carry 4 marks each. (4 X 6 = 24)

13. Explain the process of facilitated stretching.
14. Explain the techniques of Massage.
15. What are the contra indications of Massage?
16. What are the benefits of Pre and post event massage?
17. Elaborate classical strokes of massage and sports specific strokes.
18. Explain about the effect of massage on various systems of our body.
19. Elaborate on the importance of massage in sports performance.
20. Explain about the facilities, surroundings and equipments needed for massage.
21. What is destination Spa?

Answer any three in a maximum of 150 words. Answers carry 6 marks each. (6 x 3 = 18)

22. Briefly explain the types of spa.
23. List down products using for the spa Treatment?
24. What is Acupuncture and Acupressure?
25. What is neuro Linguistic Programme?
26. Describe Reflexology and Thai Massage?

Answer any two in a maximum of 300 words. Answer carries 10 marks. (10 x 2 = 20)

27. What are they difference between steam and Sauna?
28. What is Ayurveda and explain the few treatments in ayurveda?
29. What are the procedures of Housekeeping and explain about the personal Hygiene?
30. Explain effect of the spa and the treatments for an individual in their day to day life?

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Model Question Paper - Semester III

PAPER – V

EXERCISE PHYSIOLOGY

Maximum: 80

Time: Three hours

Marks

Write short note on any nine questions. Each question carries 2 marks. (2 x 9 = 18)

1. What do you mean by ATP?
2. What is glycolysis?
3. Which energy system is immediately available during exercise?
4. What is BMR?
5. What does the principle of individual difference states?
6. What do you mean by anaerobic training?
7. How does initial fitness level affect training?
8. What is 1-RM?
9. Name two causative agent of muscle soreness?
10. What is acclimatization?
11. Name any two methods of losing body heat?
12. What are heat cramps?

Answer any six in a maximum of 100 words. Answers carry 4 marks each. (6 x 4 = 24)

13. Why is creatine phosphate known as energy reservoir?
14. What do you mean by oxidative phosphorylation?
15. How is hydrogen released in glycolysis?
16. What is the total energy transfer from fat catabolism?
17. What is the R.Q. for carbohydrates?
18. What do you mean by interval training?
19. What do you mean by progressive resistance training?
20. How does altitude put stress on human body?
21. Note on physical activity and caloric expenditure.

Answer any three in a maximum of 150 words. Answers carry 6 marks each. (6 x 3 = 18)

22. Explain acute mountain sickness.
23. How does hypothalamus regulate temperature?
24. What is the adequacy of rehydration during exercise?
25. Explain fat-free weight and lean body weight?
26. What should be the desirable body weight

Answer any two in a maximum of 300 words. Answer carries 10 marks. (10 x 2 = 20)

27. Explain Krebs cycle with diagram.
28. What are the cardiovascular and respiratory changes following exercises?
29. What are the comparative responses of men and women to strength training?
30. How do you measure the subcutaneous fat folds?

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Model Question Paper

Semester IV

C.B.C.S.S. B.Sc RECREATION, LEISURE AND SPORTS STUDIES

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Model Question Paper Semester IV

PAPER – I **TEACHING AND TRAINING METHODOLOGY**

Time: Three hours
Marks

Maximum: 80

Answer any nine questions from the following .Each question carries 2 marks

1. Define methodology.
2. What is a teaching aid?
3. Benefits of demonstration method.
4. Drawbacks of whole method.
5. Define lesson plan.
6. Role of motivation during physical training.
7. Which is the best method to teach sports skill.
8. Important stages of lesson plan.
9. Define competition.
10. Note on challenge tournament.
11. Compare teaching and coaching.

(2 x 9 = 18
)

12. Define fixture and types.

Answer any six questions. Each question carries 4 marks

13. Note on planning in training.
14. Explain lecture demonstration method.
15. Importance of rapport between teacher and student.
16. Types of lesson plans.
17. How many matches are there in a league of 6 teams, draw diagram.

- 18. Qualities of a trainer.
- 19. Role of instructions in training.
- 20. Role of teaching aids in learning.

21. Which are the classifications of teaching aids? (4 x 6 = 24)

Answer any four of the following. Each question carries 6 marks

- 22. Factors influencing for the selection of teaching method.
- 23. Personnel and technical preparation for teacher.
- 24. Factors affecting training class.
- 25. General and specific factors of class room teaching.
- 26. Classification of students and remedial practices . (6 x 3 = 18)

Answer any two of the following. Each question carries 10 marks

- 27. Draw a knock out cum league fixture for 13 teams.
- 28. Principles of teaching.
- 29. Methods of teaching – definition and types.
- 30. Draw a neat lesson plan for teaching any two free hand exercises. (10 x 2 = 20)

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Model Question Paper Semester IV

PAPER – II **ENTREPRENEURSHIP DEVELOPMENT**

Time: Three hours

Maximum: 80 Marks

Answer any **nine** questions. Each question carries **two** marks

1. Define entrepreneur.
2. Who is Fabian entrepreneur?
3. What is EDP?
4. What is green channel?
5. Define project.
6. What is payback period?
7. Expand (i) SIDCO; (ii) SISI
8. What is achievement motivation?
9. What is feasibility study?
10. What is sick unit?
11. What is MSME?
12. Distinguish between entrepreneur and intrapreneur. (2x9=18 marks)

Answer any **six** questions. Each question carries **four** marks.

13. List out the advantages of NPV method.
14. Write a note on women entrepreneur.
15. What is project planning?
16. Explain project life cycle.
17. Explain PERT.
18. How a project report is formulated?
19. What is seed capital assistance?
20. Write a note on NREG scheme.
21. Explain CPM. (4x6=24 marks)

Answer any **three** questions. Each question carries **six** marks

22. Which are the essential characteristics of an entrepreneur?
23. Explain the functions of DIC.
24. Which are the contents of EDP?
25. Explain network analysis.
26. From the following information calculate the NPV of the two projects and suggest which of the two projects should be accepted assuming a discount rate of 10%.

	Project X	Project Y
Initial investment (Rs.)	20000	30000
Estimated life (years)	5	5
Scrap value (Rs.)	1000	2000
Profit before depreciation and after tax (cash inflows);		
	Rs.	Rs.
1 st year	5000	2000 0 1000
2 nd year	10000	0
3 rd year	10000	5000
4 th year	3000	3000
5 th year	2000	2000

Present value of Rs.1 at 10% discount;

0.909, 0.826, 0.751, 0.683, 0.621

(6x3=18 marks)

Answer any **two** questions. Each question carries **ten** marks

27. Explain the different types of entrepreneurs.
28. Define project report and explain its contents.

29. Explain the techniques of project appraisal.

30. Explain the institutions/schemes involved in entrepreneurship development.

(2x10=20
marks)

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Model Question Paper Semester IV

**PAPER – III SPORTS INJURY ASSESSMENT &
MANAGEMENT**

Time: 3hrs

Max. Marks:80

Write short note on any nine questions. Each question carries 2 marks.

1. What are the secondary objectives of pre- participation physical examination?
2. Name one eye condition which should be refrained from contact sports.
3. What is shin guard used for?
4. What are the general principles of taping?
5. Short note on primary assessment of athletic injuries.
6. What is hydrotherapy?
7. What is manipulative therapy?
8. What is rehabilitation?
9. What is iso-kinetic contraction?
10. What are resistive exercises?
11. What is microtrauma?
12. What is scalp hematoma?

Answer any six in a maximum of 100 words. Answers carry 4 marks each.

13. How can you prevent dental injuries?
14. What do you know about Rotator Cuff?
15. What is shoulder dislocation?
16. What are the goals of dynamic strengthening?
17. What is supracondylar fracture?

18. What are the main functions of the cervical portion of the spine?
19. What is spinal cord concussion?
20. Write on neck rehabilitation exercises.
21. Define ACL injury.

Answer any three in a maximum of 150 words. Answers carry 6 marks each.

22. How do you prevent lumbar backache?
23. What is the treatment for groin muscle strain?
24. What are medial and lateral knee ligament injuries?
25. Write a note on second degree sprain grade 1.
26. What is the treatment for acute dislocation of patella?

Answer any two in a maximum of 300 words. Answer carries 10 marks.

27. Explain the injuries caused to the lower leg.
28. What are the causes of overuse injuries in runners?
29. Write in detail about Breaststroker's knee?
30. Write an essay on athletics and pregnancy.

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Model Question Paper Semester IV

PAPER – IV FOUNDATION OF SPORTS PSYCHOLOGY

Time: 3hrs
Marks:80

Max.

Write short note on any nine questions. Each question carries 2 marks.

1. Meaning of psychology.
2. Meaning of sport.
3. Meaning of motivation.
4. Meaning of sports psychology.
5. What is anxiety?
6. List down the techniques of motivation
7. List the two general objectives of sport psychology
8. What is imagery?
9. Define motivation.
10. Define stress.
11. Define cohesion.
12. Define communication in sports.

Answer any six in a maximum of 100 words. Answers carry 4 marks each.

13. What are the tools used to measure personality?
14. Describe the role of sport psychology specialist.
15. Discuss the important guidelines for administering psychological tests & providing feedback.
16. Give examples of motivational factors that are readily influenced.
17. What is group dynamics?
18. Describe personality.
19. Describe the three negative side effects of using punishment.
20. Define active listening.
21. Define parameters of stress.

Answer any three in a maximum of 150 words. Answers carry 6 marks each.

22. What are the types of motivation, explain.
23. What are the prerequisites for conduct & implementation of psychology skill training?
24. Define educational sports psychology & clinical sport psychology.
25. Define methods of measuring arousal & anxiety.
26. Define intrinsic & extrinsic motivation.

Answer any two in a maximum of 300 words. Answer carries 10 marks.

27. Explain the role of psychology in sports.
28. Review the history of sports psychology.
29. Discuss the three levels of personality.
30. Discuss four components of effective leadership. What implication do they have for coaching, teaching or training.

MODEL QUESTION PAPER

BSc RECREATION LEISURE AND SPORTS STUDIES

SEMESTER –V

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Model Question Paper Semester V

PAPER – I

RESEARCH METHODS

Time: Three
hours

Maximum: 80 Marks

Answer any nine of the following. Each question carry 2 marks.

(
12x9=18)

1. Meaning of research.
2. Types of data.
3. Types of sampling.
4. Discuss different types of drought and highlight their causes and characteristics.
5. Describe cyclone Warning and Forecasting system.
6. Examine the nature, causes and impacts of Volcanic Hazard.
7. What are the causes of Sea Level Change?
8. What research hypothesis?
9. Define research.
10. What is plagiarism?
11. What is literature review?
12. Write the guidelines for constructing questionnaire.

Answer any six of the following. Each question carry 4 marks.

(6x4 = 24
)

13. Explain case study method.
14. Comment on the characteristics of a good sample design.
15. Explain the need for research design.
16. Explain the survey protocol.
17. Define mean, median, mode.
18. Explain range and standard deviation.
19. What are the difference between survey and experiment?
20. Explain observation method.

What are factors determining sample design?

Answer any three of the following. Each question carry 6 marks. (6 x 3 = 18)

22. What are the criteria of a good research?
23. Explain the different methods of collecting data.
24. Explain about Qualitative research.
25. Elaborate on the need and importance research in recreation, leisure & sports.
26. Explain the contents of research proposal.

Answer any two of the following. Each question carry 10 marks. (10 x 2 = 20)

27. Discuss the problems encountered by researcher in India?
28. Describe various measures of dispersion. Find the Arithmetic mean and S.D of the following data giving the runs scored by a batsman in 10 innings.

8 0 12 17 0 5 15 12 0 11

29. Ten students got the following percentage of marks in the course of physical education & sports training:

Register no.	1	2	3	4	5	6	7	8	9	10
Marks in physical education	78	36	98	25	75	82	90	62	65	39
Marks in sports training	84	51	91	60	68	62	86	58	53	47

Calculate the coefficient of correlation.

30. What is testing of hypothesis? Explain how it is useful for illustrating a research problem.

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Model Question Paper Semester V

PAPER – II

SPORTS TRAINING

Time: Three hours

Maximum: 80 Marks

Answer any nine questions. Each question carries two marks. (2 x 9 = 18)

1. Define sports training.
2. Define load.
3. Types of endurance.
4. 50 m run is a test to assesof an individual?
5. Explain Flexibility.
6. Note on micro – cycles.
7. Types of recovery.
8. Note on Plyometric training.
9. Define agility.
10. Define Periodization.
11. Note on Interval training.
12. Any four activities to develop explosiveness

Answer any six of the following. Each question carries 4 marks. (4 x 6 = 24)

13. Define aim and objectives of sports training.
14. Recovery and its importance in sports.
15. Construct a good work out to develop explosive strength for a session.
16. Talent identification and its importance.
17. What are benefits of up – hill and down - hill tra ining?
18. What are the factors affecting load?
19. Talent identification and its importance.
20. What are the basic qualities for a Volleyball player?
21. Design a workout for high school level students.

Answer any three questions. Each question carries 6 marks.

(6 x 3 = 18)

22. Any two methods of developing speed endurance?
23. Draw a neat diagram of 12 station circuit training.
24. Explain relationship between functional screening and long term player development pathway.
25. Note on over load, symptoms and methods of talking over load.
26. Which are pre requisites factors to start an intense training programme?

Answer any two of the following. Each question carries 10 marks.

(10 x 2 = 20)

27. Define periodization, types and draw a neat model of it.
28. Define strength. Types, methods of developing strength with examples?
29. Importance of training methods in sports
30. What is conditioning, what are the factors should be considered to train different age group?

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Model Question Paper Semester V

PAPER – III

THERAPEUTIC RECREATION

Maximum: 80

Time: Three hours

Marks

Write short note on any nine questions. Each question carries 2 marks.

1. When therapeutic recreation as a profession did began?
2. Can you name any four examples of TR interventions?
3. How will you describe a therapeutic recreational professional?
4. What are the outcomes of recreational therapy?
5. Why are standards of practice important in recreational therapy?
6. Expand NTRS.
7. What is modality in TR?
8. What are the assessment tools used in TR?
9. What do you mean by clinical reasoning?
10. What are the elements involved in establishing a therapeutic relationship?
11. How will you describe old age?
12. What do you mean by an aggressive patient?

Answer any six in a maximum of 100 words. Answers carry 4 marks each.

13. Where do you see the future of therapeutic recreation?
14. Who would be your favorite population to work with? Why?
15. What do you mean by holistic approach to treat patients or clients?
16. How will you analyze data to understand a patient's strength?
17. How will you motivate clients who never participate in recreational activities?
18. What attributes and interest do you need to be a recreational therapist?

19. How will you involve families in the client's assessment process?
20. What is human service approach in TR?
21. Write a note on different types of disability.

Answer any three in a maximum of 150 words. Answers carry 6 marks each.

22. What is behaviour modification? Explain.
23. What are the outcomes of therapeutic recreation? Explain.
24. What do you know about ATRA?
25. What is problem list? How will you develop a problem list?
26. How does TR fit into the health care and the human service delivery system?

Answer any two in a maximum of 300 words. Answer carries 10 marks.

27. Explain in detail about the leisure ability model.
28. What do you know about means vs end debate?
29. Explain why a therapeutic recreation specialist should be familiar with basic management tools and techniques?
30. Write a detailed note on the scope of therapeutic recreation as a profession.

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Model Question Paper Semester V (General Elective I)

PAPER – IV

SPORTS PHYSIOTHERAPY

Time: Three hours
Marks

Maximum: 80

Write short note on any nine questions. Each question carries 2 marks.

1. Define muscle sprain.
2. What is lumbar spondylosis?
3. Name the types of muscle sensors.
4. What is mean by hydrotherapy?
5. Explain the meaning of cryotherapy?
6. Define therapeutic exercise?
7. What is buoyancy of water?
8. What is muscle strain?
9. List down the techniques used under 'petrissage'?
10. What is mean by contusion?
11. Explain physiological effects of thermotherapy?
12. Describe therapeutic uses of cryotherapy.

Answer any six in a maximum of 100 words. Answers carry 4 marks each.

13. Define massage and explain essential features of massage techniques?
14. What is the role of massage in sports?
15. Describe the modalities used to heating the tissues?
16. List down the techniques used under pressure manipulations?
17. Explain necessary steps in physiotherapy management?
18. Describe acute and chronic sprain?
19. Explain therapeutic uses of massage?

20. What are the types of therapeutic X's interventions?
21. Explain methods of application of cryotherapy? *Answer any three in a maximum of 150 words. Answers carry 6 marks each.*
22. Describe the treatment of ligament injuries?
23. Explain in detail about physiotherapy and its importance.
24. Explain different stages and clinical features of strain.
25. Briefly explain the classification of massage techniques.
26. Describe therapeutic exercise for person suffering from back pain.

Answer any two in a maximum of 300 words. Answer carries 10 marks.

27. Explain detail hydrotherapy benefits and contraindication of hydrotherapy?
28. Explain physical impairments managed with therapeutic exercise and common functional limitations related to physical tasks.
29. What is the meaning of electrotherapy? Benefits & damages of electrotherapy?
30. Describe different degrees of sprain, clinical features and treatments.

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DEGREE EXAMINATION, OCTOBER 2016

Model Question Paper Semester V (General Elective II)

PAPER – IV **INFORMATION & COMMUNICATION TECHNOLOGY**

Time: Three hours
Marks

Maximum: 80

Write short note on any nine questions. Each question carries 2 marks.

1. What is booting?
2. 2nd generation computers used which technology?
3. What is the extension name of MS word 2007 files?
4. How many buses are used in Microprocessor? Name them.
5. What is ALU?
6. Define software?
7. What is a Database?
8. What is the fifth component of an information system?
9. What is order processing?
10. What do you mean by End user computing?
11. Explain the role of Information centers?
12. What are the different types of computers?

Answer any six in a maximum of 100 words. Answers carry 4 marks each.

13. What is an Information system?
14. What does GIGO means?
15. What is Information Security? Explain.
16. Why did the size of computer get reduced in Third Generation computer?
17. What is a virtual memory? Explain.
18. What are the main factors determined by hard ware

configuration?

19. Define Application software?
20. What is cyber security?
21. Explain general controls and application controls?

Answer any three in a maximum of 150 words. Answers carry 6 marks each

22. What is data base architecture? Explain a sample data base with sketch.
24. What is an operating system? Give examples.
25. Explain the features of MS-word 2007?
26. What are the main Social, Ethical and legal aspects of IT?

Answer any two in a maximum of 300 words. Answer carries 10 marks.

27. What are the main difference between data and information?
28. Explain Computer based information systems. What are the main categories?
29. Explain the structure of a modern digital computer with sketch.
30. Briefly explain the computer networks. What are the different network options available?

C.B.C.S.S. B.Sc RECREATION, LEISURE AND SPORTS STUDIES

DEGREE EXAMINATION, OCTOBER 2016

Model Question Paper Semester V (General Elective III)

PAPER – IV **DISASTER MANAGEMENT**

Time: Three hours
Marks

Maximum: 80

Write short note on any nine questions. Each question carries 2 marks.

1. Meaning of disaster.
2. Expand hazard.
3. Meaning of vulnerability.
4. Expand NDMA.
5. List different major disasters in India.
6. List different steps in disaster management.
7. List major manmade disasters in India.
8. Expand GPS.
9. Earthquake monitoring device.
10. Expand GIS.
11. Define earthquake.
12. Explain disaster mitigation.

Answer any six in a maximum of 100 words. Answers carry 4 marks each.

13. Explain importance of communication system for disaster management.
14. What is cyclone?
15. What is tsunami?
16. What is drought?
17. Give the impact of mining on environment and human being.
18. List the different factors that affect the soil erosion.
19. Types of disaster.

20. What are the main sources of air pollution?

21. What are the causes of Sea Level Change?

Answer any three in a maximum of 150 words. Answers carry 6 marks each

22. List the types of man-made disasters and highlight the concerns in disaster management.

23. Define the role of media in disaster management.

24. Explain the causes and impacts of Flood

25. Discuss different types of drought and highlight their causes and characteristics.

26. Write a note on Orissa super cyclone of 1999.

Answer any two in a maximum of 300 words. Answer carries 10 marks.

27. Describe cyclone Warning and Forecasting system

28. Examine factors for disaster preparedness.

29. What is biological disaster? Describe the specific factors which aggregate the vulnerability of biological disaster

30. Explain the need and procedure for recovery & rehabilitation after disaster.

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DEGREE EXAMINATION,

Model Question Paper - Semester VI

PAPER – I

EXERCISE PRESCRIPTION AND DESIGN

Time: Three hours

Maximum: 80 Marks

Write short note on any nine questions. Each question carries 2 marks. (2 x 9 = 18

)

1. What is intensity in exercise means?
2. Expand THR.
3. How does exercise helps in osteoporosis?
4. What are the three levels of physical activity an exercise assessment form identifies?
5. What do you mean by sedentary individual?
6. Expand GXT.
7. How much does the initial conditioning phase last for?
8. What is static stretching?
9. Which form of exercise is best for a diabetic patient?
10. Which position should a pregnant woman avoid exercising after the first trimester?
11. How is BMI calculated?
12. What should be the normal caloric intake for an adult male?

Answer any six in a maximum of 100 words. Answers carry 4 marks each. (6 x 4 = 24)

13. What are the functional changes associated with age?
14. What should be the component of exercise for chronically ill patients?
15. What is the role of a health care provider?
16. Write a note on exercise related sudden death.
17. What do you know about the evolution of the physical activity recommendations?
18. Write a note on FITT principle.
19. How is the rate of progression separated?

20. What do you know about muscle conditioning?
21. One week training plan for an endurance runner.

Answer any three in a maximum of 150 words. Answers carry 6 marks each.

(6 x 3 =

)

22. How will you prevent hypoglycaemia during exercise?
23. What are the exercise guidelines for post partum period?
24. What do you know about exercise induced asthma?
25. What does external barriers of a client mean? How can you overcome that?
26. What are the benefits of cardio-respiratory exercises?

Answer any two in a maximum of 300 words. Answer carries 10 marks.

(10 x 2 = 20)

27. What are the benefits of exercises?
28. Write down the summary of recent physical activity recommendations.
29. What do you know about components of COPD exercise prescription?
30. Design an exercise routine for an arthritic patient.

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DEGREE EXAMINATION,

Model Question Paper - Semester VI

PAPER – II

BASIC S OF ACCOUNTING

Time: Three hours

Maximum: 80 Marks

Write short note on any nine questions. Each question carries 2 marks. (2
x 9 = 18
)

1. Define accounting
2. State the accounting equation.
3. What is source document?
4. What is journalising?
5. What is compound journal entry? Give an example.
6. What is debit note?
7. What is petty cash book?
8. What is system?
9. What is depreciation?
10. What is amortisation?
11. What is meant by prepaid expenses?
12. What is outstanding expense?

Answer any six in a maximum of 100 words. Answers carry 4 (6 x 4 = 24
marks each.)

13. Explain the rules of debit and credit.
14. Explain the objectives of accounting.
15. Distinguish between debit note and credit note.
16. What are the features of trial balance?
17. What is bad debt and explain its treatment in final accounts?
18. Distinguish between prepaid expenses and outstanding expenses.
19. Identify the debit and credit aspects involved in the following business transactions
 - a) Commenced business with cash.
 - b) Took a bank loan
 - c) Purchased goods from Anand Traders
 - d) Salary paid
20. Explain the different types of reserves.
21. Role of accounting in recreation services?

(6x4=24 marks)

Answer any three in a maximum of 150 words. Answers carry 6 marks each. (6 x 3 = 18

)

22. Who are the users of accounting information?

23. Enter the following credit transactions in the purchase day book of Mr. Arun of Chennai and post them in the ledger.

2005

Jan. 1 Bought goods from Ram for Rs 5,000

10 Purchased goods from Shyam for Rs 10,000

17 Purchased goods from Mohan for Rs 9,000

25 Purchased goods from Raja for Rs 8,000

24. Define depreciation. What is the need for charging depreciation?

25. What is balance sheet? Explain its importance and features.

26. Enter the following transactions in the cash book of Mr. Jamil:

2005.	Rs.
Jan. 1 Mr. Jamil started business with cash	2,00,000
Jan. 3 Bought goods for cash	1,40,000
Jan. 5 Paid for stationary	2,000
Jan. 7 Sold goods for cash	80,000
Jan. 10 Paid for trade expenses	2,000
Jan. 11 Sold goods for cash	20,000
Jan. 14 Received cash from Mr. Asif	10,000
Jan. 15 Paid cash to Mr. Manu	20,000
Jan. 18 Withdrew cash for personal use	6,000
Jan. 22 Bought goods for cash	40,000
Jan. 25 Sold goods for cash	90,000

Jan.		
27	Paid for electricity bill	4,000
Jan.		
31	Paid salary	10,000
Jan.		
31	Paid rent	3,000

27. Explain the accounting concepts and conventions.

28. Define accounting. Explain its objectives and functions.

29. Bharath Co. Ltd., purchased on 1st January, 2001 machinery for Rs.19200 and spent Rs. 800 for its erection. On 1st July 2002 additional machinery costing Rs.10000 was purchased. On 1st April 2003, the machinery purchased on 1st January 2001 having become obsolete, was sold for Rs.7500 and on the same date new machinery was purchased at a cost of Rs.20,000. Depreciation was provided annually on 31st December at 10% per annum on the original cost of the asset.

Write up the machinery account for the years 2001 to 2003.

30. Prepare Profit and Loss Account and Balance Sheet from the following balances of Mr. Murugan for the year ending 31.12.2004.

Particulars	Dr.	Cr.
	Rs.	Rs.
Capital		105000
Drawings	12000	
Plant and Machinery	50000	
Stock	30000	
Purchases	94000	
Return inwards	2400	
Returns outwards		1400
Furniture and fixtures	10000	
Freight	2800	
Carriage outwards	1700	

Rent, rates and taxes	4200	
Printing and stationery	1200	
Office expenses	1000	
Bad debt	1500	
Provision for doubtful debts		2400
Debtors	40000	
Creditors		38000

Bills payable		
Bills receivable		7300
Discount	6900	
Wages and salaries		1000
Cash in hand	6000	
Cash at bank	4900	
Sales	16500	130000

Additional Information:

- Closing stock on December 31st, 2004 is Rs.45000
- Write off Rs.1000 as bad debts
- Provision for doubtful debts is to be maintained at 5% on debtors
- Wage and salaries outstanding Rs. 1400
- Depreciate plant and machinery by 5%

C.B.C.S.S. B.Sc. RECREATION, LEISURE AND SPORTS STUDIES

DEGREE EXAMINATION,

Model Question Paper - Semester VI – Choice Based I

PAPER – IV

HEALTH & CONDITIONING

Time: Three hours

Maximum: 80 Marks

Write short note on any nine questions. Each question carries 2 marks. (2 x 9 = 18)

1. Definition of conditioning
2. Note on hypo Kinetic diseases
3. Intensity range of exercise to build strength endurance
4. Write a single session work out for improving power
5. What are the specifications considered to train cardiac patients
6. Physical qualities required for a wrestler
7. Role of diet in weight loosing
8. Weight training is the best method to build lean body mass, why?
9. Draw a session to improve flexibility for an adolescent
10. Relationship between sports and society
11. Which is the best method to develop explosiveness? Why?
12. Draw a 6 station circuit for developing general strength?

Answer any six in a maximum of 100 words. Answers carry 4 marks each. (6 x 4 = 24)

13. Importance of conditioning in sports and society?
14. Design one week training for hypertension patients
15. Design one week training for osteoporosis patients
16. Strength training helps to decrease the chance of injuring. How?
17. Factors considered constructing work out design for old age people?
18. Draw a micro session to develop sprinting speed for advance level footballers?

19. Factors affecting physical training

20. List down the qualities required for a footballer and its importance in ascending order.

21. Maximum strength training should give before the power training. Why?

Answer any three in a maximum of 150 words. Answers carry 6 marks each. (6 x 3 = 18)

22. Classification of humans in trainers view?

23. Write a session specifications on weight gain workouts? example for a

24. Factors considering for the construction of a six month plan for state level sports person?

25. What are the pre requisite factors to start a training programme

26. Draw a neat workout for one week muscle toning for an average sports man.

Answer any two in a maximum of 300 words. Answer carries 10 marks. (10 x 2 = 20)

27. Procedure for the development of power?

28. Construct a one year plan for an advance level sprinter?

29. Hypo-kinetic diseases and conditioning with training examples?

30. One week specific plan for developing agility with exercise examples?

C.B.C.S.S. B.Sc. RECREATION, LEISURE AND SPORTS STUDIES

DEGREE EXAMINATION,
Model Question Paper - Semester VI – Choice Based I I

PAPER – IV

SPORT EVENT MANAGEMENT

Time: Three hours

Maximum: 80 Marks

*Write short note on any nine questions. Each question carries 2 marks. (2
x 9 = 18
)*

1. What is sport
2. List types of sporting events
3. What is SWOT analysis?
4. Comment on choosing event site
5. Types of budget
6. Define leadership
7. Define logistics
8. Comment on volunteers in event management
9. Define contingencies
10. Importance of team building
11. Define personnel management
12. Define social media.

*Answer any six in a maximum of 100 words. Answers carry 4 (6 x 4 = 24
marks each.)*

13. Different sports management job opportunities available in sports industry
14. Discuss on the set of skills required for sports event managers
15. Define event bidding
16. Define crowd control
17. Need & importance of thinking creatively & planning for uniqueness
18. Define staffing.
19. Comment on the importance of waste management services
20. Describe the evaluation process

21. Scope of event management in Kerala?

Answer any three in a maximum of 150 words. Answers carry 6 marks each. (6 x 3 = 18)

22. Define sports industry

23. How sport industry has been transformed by media.

24. Comment on setting goals & objectives of event

25. Comment on the budgeting process for event management

26. Define sponsorship for an event

Answer any two in a maximum of 300 words. Answer carries 10 marks. (10 x 2 = 20)

27. Need & importance of professional preparation for students of sports management

28. Elaborate on the three major stages of event management – pre event, event & post event.

29. Comment on risk management

30. Write the need and importance of developing sports marketing plan.

C.B.C.S.S. B.Sc. RECREATION, LEISURE AND SPORTS STUDIES

DEGREE EXAMINATION,
Model Question Paper - Semester VI – Choice Based I II

PAPER – IV

TEST A ND MEASUREMENT

Time: Three hours

Maximum: 80 Marks

*Write short note on any nine questions. Each question carries 2 marks. (2
x 9 = 18
)*

1. Define anthropometric measurements
2. Define test
3. Test batteries of J C R test
4. Duration of cooper test and what is the targeted fitness quality
5. Push up is test item for measuring?
6. Define validity
7. Note on psycho-motor test
8. Valued equipments to measure body height and weight
9. THR calculation formula
10. Note on split half reliability
11. Test for measuring agility for adolescent group with score chart
12. Note on norms and standards

*Answer any six in a maximum of 100 words. Answers carry 4 (6 x 4 = 24
marks each.)*

13. French short service test
14. Johnsons basket ball test
15. Hendry Fridel hokey test
16. Mac. Donald soccer test
17. AAPHERD physical fitness test
18. Construct a valued test to asses agility with exact scoring procedure
19. Note on evaluation
20. Draw a neat diagram of Personnel fitness assessment card
21. Formula for BMI

Answer any three in a maximum of 150 words. Answers carry 6 marks each. (6 x 3 = 18)

22. Explain the factors affecting reliability?
23. Note on fitness profile management and assessment.
24. Note on Anthropometric measurements with assessment procedure
25. Construct effective testes for assessing various speed qualities.
26. What is validity? It's testing criterions.

Answer any two in a maximum of 300 words. Answer carries 10 marks. (10 x 2 = 20)

27. Define test. Classify and explain with suitable examples?
28. What are the criterions that consider constructing a standard test?
29. Need and importance of test, measurement and evaluation in sports field?
30. Major motor components and its testes with examples?