

B.Sc. RECREATION, LEISURE AND SPORTS STUDIES

(UGC sponsored Innovative Programme)

CURRICULAM OF PROGRAMME

Revised detailed scheme and syllabus of the programme

2017

(C.B.C.S.S under Model III – New generation programme)

Prepared by Board of studies in Physical Education and Faculty of Education

**MAHATMA GANDHI UNIVERSITY,
KOTTAYAM**

Prepared by Board of Studies in Physical Education and
Faculty of Education

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Acknowledgement

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Members of faculty from different colleges who participated in the workshop conducted on 18.4.17 and 26.4.17 are thanked for their contribution to syllabus revision.

Dean - Faculty of Education
Mahathma Gandhi University
Kottayam

PROGRAMME IN B.Sc. RECREATION LEISURE AND SPORTS STUDIES
UNDER UGC INNOVATIVE PROGRAMME

COURSE - CREDIT - SEMESTER SYSTEM AND GRADING

INTRODUCTION

This course in Recreation, Leisure and Sports Studies is designed to demonstrate new models of intervention facilitating critical thinking and analysis by responding to the emerging needs and changing Sports, recreation and leisure scenario. The course will facilitate the process of experience based teaching-learning by practicing and enhancing student's professional skills. This programme provides a perspective of society, environment, education, technology and innovation so that a fresh and unique approach in the fields of sports, fitness, recreation and leisure industry may be developed thereby creating more meaningful products, approaches and experiences.

The syllabus of the course is designed in such a way that it provides skill development required to be a successful recreation manager, fitness expert and physical education enthusiast along with entrepreneurial skills to set up their own venture. A unique feature of this programme is the continuous interaction of the students with society and environment through projects and providing training programmes to the needy.

AIMS AND OBJECTIVES:

The following are the objectives of this course:

1. Explain new understandings of career prospects in sports, therapeutic recreation and leisure services.
2. To provide the highest possible quality of undergraduate teaching that prepares students to function effectively in the leisure, recreation and sport services field and make a valued contribution to the profession and the individuals whom they serve.
3. Demonstrate the ability to design, implement, and evaluate, recreation, sport, leisure travel and human service offerings facilitating targeted human experiences that embrace personal and cultural dimensions of diversity.
4. Demonstrate entry-level knowledge about management/administration of recreation, sport, leisure and human services offerings.

5. Understanding of the psychological, sociological, and physiological significance of play, recreation, and leisure from an historical perspective of all populations and settings
6. Demonstrate overall competencies in concentration areas and preparedness for entry level careers in the recreation, therapeutic recreation, sport, leisure, or human services fields.
7. Participate in the development and implementation of leisure services to individuals with special needs.
8. Understanding of the technological, economic, and political significance of play, recreation, and leisure in contemporary society.
9. Understanding the significance of play, recreation, and leisure throughout the life cycle relative to the individual's attitudes, values, behaviors, and use of resources.
10. To provide opportunities for students to learn practical skills and apply knowledge related to physical education, sport and exercise science
11. To provide learning opportunities to assist students in acquiring the body of knowledge pertaining to the physical, psychological and emotional components of physical activity.
12. To encourage fitness through the teaching of mechanical, physiological, and nutritional principles.

Model III (New Generation course) B.Sc. Recreation, Leisure & Sports Studies Course and its number are as follows:-

Type of Programme	Course	Paper Number
Model III	Common	2
	Core + Complementary (including practical)	29
	Open Course	1

CONSOLIDATED SCHEME, SEMESTER I to VI

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

Semester	Course code	Title of the course	Course type	Hours per week	Credit	Max. marks– Theory/Practical	
						Ext	Int
I		English I	Common	5	4	80	20
	PE1CRT01	Methodology of Recreation Leisure and Sports Services	Core	4	4	80	20
	PE1CRT02	Basic Human Anatomy	Core	4	4	80	20
	PE1CMT01	Management Concepts in Recreation & Sports	Complimentary	4	3	80	20
	PE1CRP01	Introduction to Conditioning Drills, Minor Games & Swimming	Core - practical	8	4	80	20
II		English II	Common	5	4	80	20
	PE2CMT02	Introduction to Sports Tourism	Complimentary	2	2	80	20
	PE2CRT03	Kinesiology and Biomechanics	Core	4	4	80	20
	PE2CRT04	Anatomy and Physiology	Core	4	4	80	20
	PE2CRT05	Human Resource Management in Sports Recreation and Leisure	Core	3	3	80	20
	PE2CRP02	Introduction to Football, Weight Training, Cricket.	Core - practical	7	4	80	20
III	PE3CRT06	Sports Training	Core	4	4	80	20
	PE3CRT07	Marketing of Recreation and Sports Services	Core	4	4	80	20
	PE3CMT03	Sports Massage and Spa Therapy	complimentary	3	3	80	20
	PE3CRT08	Adventure Sports Management	Core	3	3	80	20
	PE3CRT09	Exercise Physiology	Core	4	4	80	20
	PE3CRP03	Introduction to Basketball, Badminton and Adventure Sports.	Core - practical	7	4	80	20

Semester	Course code	Title of the course	Course type	Hours per week	Credit	Max. marks– Theory/Practical	
						Ext	Int
IV	PE4CRT10	Teaching and Training Methodology	Core	4	4	80	20
	PE4CRT11	Research Methods	Core	4	4	80	20
	PE4CRT12	Sports injury assessment & management	Core	4	4	80	20
	PE4CMT04	Sports Nutrition	Complementary	3	3	80	20
	PE4CRP04	Introduction to Track and Field, Tennis, Beach Volleyball.	Core - practical	10	4	80	20
V		Open course	Core	4	3	80	20
	PE5CRT13	Exercise Prescription and Design	Core	4	4	80	20
	PE5PRP01	Project	Core	4	4	80	20
	PE5CRT14	Environmental studies in sports	Core	4	4	80	20
	PE5CRP05	Introduction to Yoga and Aerobics	Core - practical	9	4	80	20
VI	PE6CRT15	Entrepreneurship development	Core	4	4	80	20
	PE6CRT16	Basics of Accounting for sports	Core	4	4	80	20
	PE6CRT17	Sport Event Management	Core	4	4	80	20
	PE6CRT18	Therapeutic Recreation	Core	4	4	80	20
	PE6CRP06	Sports Specialization (optional)- Athletics/Swimming/Volleyball/Football/ Badminton/Tennis/Weight training	Core -Practical	9	4	80	20

COURSESUMMARY

COMMON COURSE

1. English- I
2. English II

CORE COURSE

Sl,No	Title of the course	Course type
1.	Methodology of Recreation Leisure and Sports Services	Core
2.	Basic Human Anatomy	Core
3.	Introduction to Conditioning Drills, Minor Games & Swimming	Core practical -
4.	Kinesiology and Biomechanics	Core
5.	Anatomy and Physiology	Core
6.	Human Resource Management in Sports Recreation and Leisure	Core
7.	Introduction to Football, Weight Training, Cricket.	Core practical -
8.	Sports Training	Core
9.	Marketing of Recreation and Sports Services	Core
10.	Adventure Sports Management	Core
11.	Exercise Physiology	Core
12.	Introduction to Basketball, Badminton and Adventure Sports.	Core practical -
13.	Teaching and Training Methodology	Core
14.	Research Methods	Core
15.	Sports injury assessment & management	Core
16.	Introduction to Track and Field, Tennis, Beach Volleyball.	Core practical -
17.	Open course*	Core
18.	Exercise Prescription and Design	Core
19.	Project	Core
20.	Environmental studies in Sports	Core
21.	Introduction to Yoga and Aerobics	Core practical -
22.	Entrepreneurship development	Core
23.	Basics of Accounting for sports	Core

24.	Sport Event Management	Core
25.	Therapeutic Recreation	Core
26.	Sports Specialization (optional)- Athletics/Swimming/Volleyball/Football/ Badminton/Tennis/Weight training	Core - practical

COMPLEMENTRY COURSE

1.	Management Concepts in Recreation & Sports	Complimentary
2.	Introduction to Sports Tourism	Complimentary
3.	Sports Massage and Spa Therapy	Complimentary
4.	Sports Nutrition	Complimentary

*OPEN COURSE (ELECTIVE) Offered by Other streams

COURSES WITH CREDITS

Type of Programme	Course	Credits	Total Credits
Model III	Common	08	120
	Core + Complementary	109	
	Open Course	3	

B.SC RECREATION LEISURE AND SPORTS STUDIES,
DETAILED SYLLABUS
SEMESTER I (THEORY)

English – I

Credit: 4 Contact hours: 5 Total Hours: 90

(As per existing university syllabus)

Paper II- METHODOLOGY OF RECREATION, LEISURE AND SPORTS SERVICES

Credit: 4

Contact hours: 4, Total Hours: 72

Module 1

Definitions for sports, physical education, recreation and leisure. Sociology of sports, leisure and recreation. Classical theories of play. History of sports, leisure and recreation – Indian and ancient Greece. Olympics – motto, flag, 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, desserts and plateaus). 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 present 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 – Deborah A Wuesh

Paper III- BASIC HUMAN ANATOMY

Credits: 4 Contact hours: 4, Total Hours: 72

Module I

Introduction to Anatomy. 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 – Ross & Wilson

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

Paper IV - MANAGEMENT CONCEPTS IN RECREATION & SPORTS

Total Credits: 3 Contact hours 4 Total Hours: 72

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

Paper V - PRACTICAL Credit – 4, contact hours - 8 Hours. Total - 144 Hours

INTRODUCTION TO - CONDITIONING DRILLS, SWIMMING AND MINOR GAMES

SEMESTER- II

English II

Total credit: 4

Total contact Hours: 90

As per existing university syllabus

Paper I- 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”

Paper –III – 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, plantarflexion, dorsiflexion.

Module II

Location and actions of various muscles in human body, origin and insertion- Pectoralis, Latissimusdorsi, 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, infra spinatus and supra spinatus, 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- liner 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

Newton's laws of motion and the application of it in sports, biomechanical analysis of various movements- walking, running, vertical jumping, horizontal jumping, throwing- javelin, discuss, 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. SheelTangri

Introduction to kinesiology - Shirl .J. Hoffman

Paper IV - ANATOMY & PHYSIOLOGY

Credits: 4 Contact hours: 4, Total Hours: 72

Module I

Introduction to physiology – Definition and Meaning, 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, esophagus, stomach, small intestine, large intestine, rectum, anal canal, pancreas, liver, biliary tract, Metabolism: carbohydrate metabolism, protein & fat metabolism.

Module V

Nervous System: Nerves, Neurons & Neuroglia cells. CNS: meninges & ventricle of brain, cerebrospinal fluid. Brain: Cerebrum, Diencephalon, Brain stem, Cerebellum. Spinal cord: Grey matter, White matter. Peripheral 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

Paper - V- HUMAN RESOURCE MANAGEMENT IN SPORTS AND RECREATION

Total Credits: 3

Contact hours – 3, Total Hours: 54

Module I

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

Paper VI – PRACTICAL Contact hours- 7, Total Hours 126

Introduction to Football, Weight Training and Cricket

SEMESTER- III

Paper – I SPORTS TRAINING

Total Credit: 4 Total hours 72

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 2

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 3

Interval training, circuit training, continuous training, fartlek training, plyometric training, weight training, up-hill training, down-hill training, sand training, aqua training, functional training, reactions training, sprint training, agility training, high altitude training.

Module 4

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 5

Talent identification- importance, phases, functional screening and long term development pathway, importance of planning on sports- macrocycle, mesocycle, microcycle, 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

Paper II- 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 behavior; 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 media 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:

“Advanced Theory and Practice in Sport Marketing”, Eric C. Schwarz, Jason D. Hunter and Alan Lafleur.

New Era of Sports Management- Manoj Thomas

Marketing Management - Philip Kotler, Jha&Koshy

Marketing for leisure and tourism- Michael Morgan

Marketing Management Text and Cases - SHH Kazmi

Marketing Management- V. S Ramaswami& S. Namakumary

Paper III - SPORTS MASSAGE & SPA THERAPY

Total Credit:3 Contact hours 3

Total hours 54

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 equipment, 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"

Paper –IV - ADVENTURE SPORTS MANAGEMENT

Total Credit: 3

Total hours 54

Module - I

Concept of adventure and its classification. Emergence of Adventure tourism & outbound adventure education, Adventure sports principles, profiling the adventure tourists: 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. Important places in India for land based sports, do's and don'ts of land based adventure sports.

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, wind surfing, fly boarding. Important places in India for water sports, do's and don'ts of water sports.

Module - IV

Air based Adventure tourism - Concept , Natural & manmade resources required, Planning required, Equipment and clothing requirements, Types - Ballooning, Hang gliding, Paragliding, Parasailing, base jumping, Skydiving & bungee jumping. Important places in India for land based sports, do's and don'ts of land based adventure sports.

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.

Paper – V- 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 -

Exercise Physiology

Introduction to anatomy & Physiology of Exercise- SandhyaTiwari

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

Paper VI PRACTICAL

credit – 4, contact hours -7, Total Hours 126

Introduction to Basketball, Badminton and Adventure Sports

SEMESTER- IV

Paper – I - TEACHING AND TRAINING METHODOLOGY

Total Credit: 4

Contact hours – 4, Total hours 72

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, Defining Personality, understanding personality structure, measuring personality and examining cognitive strategies. 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

Paper – II - RESEARCH METHODS

Total Credit: 4

Contact hours – 4,

Total hours 72

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 types- sampling, case study, survey, experimental, observation, interviews and questioner methods. Experimental research, selection of subjects, variables, tests, equipment, 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 sports and research, types of statistical procedures – descriptive statistics, comparative statistics, relationship statistics, inferential statistics and predictive statistics. Mean, median, mode, standard deviation, coefficient of correlation.

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.

Paper – III- SPORTS INJURY ASSESSMENT AND MANAGEMENT

Total credits 4

Contact hours – 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. CPR

Reference

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

Paper – IV - SPORTS NUTRITION

Total Credit: 3 contact hours – 3, Total hours 54

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

Paper V – PRACTICAL

Credit -4, Contact hours – 10, Total Hours 180

INTRODUCTION TO TRACK AND FIELD, TENNIS, BEACH VOLLYBALL

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:

Heyward, V.H. (2010). Advanced Fitness Assessment & Exercise Prescription. 6th ed. Champaign, IL: Human Kinetics.

American College of Sports Medicine (2010).ACSM's Guidelines for Exercise Testing and Prescription. 8th ed. Baltimore, MD: Lippincott, Williams & Wilkins.

American College of Sports Medicine (2010). ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription. 5th ed. Baltimore, MD., Lippincott, Williams & Wilkins

Paper – III – PROJECT

Total Credit : 4, contact hours – 4,

Total Hours 72

Paper – IV- Environmental Studies in Sports

Credit – 4 Contact hours – 4, Total hours- 72 hrs

Module I

Unit 1 :Multidisciplinary nature of environmental studies

Definition, scope and importance

Need for public awareness.

Unit 2 : Natural Resources : Renewable and non-renewable resources : Natural resources and associated problems.

- a) **Forest resources** : Use and over-exploitation, deforestation, case studies.
Timber extraction, mining, dams and their effects on forest and tribal people.
- b) **Water resources** : Use and over-utilization of surface and ground water, floods, drought, conflicts over water, dams-benefits and problems.
- c) **Mineral resources** : Use and exploitation, environmental effects of extracting and using mineral resources, case studies.
- d) **Food resources** : World food problems, changes caused by agriculture and overgrazing, effects of modern agriculture, fertilizer-pesticide problems, water logging, salinity, case studies.

e) **Energy resources:** Growing energy needs, renewable and non renewable energy sources, use of alternate energy sources, Case studies.

f) **Land resources:** Land as a resource, land degradation, man induced landslides, soil erosion and desertification. Role of individual in conservation of natural resources. Equitable use of resources for sustainable life styles.

(10hrs)

Unit 3: Ecosystems

- Concept of an ecosystem
- Structure and function of an ecosystem
- Producers, consumers and decomposers
- Energy flow in the ecosystem
- Ecological succession
- Food chains, food webs and ecological pyramids.
- Introduction, types, characteristic features, structure and function of the given ecosystem:- Forest ecosystem

Module II

Unit 1: Biodiversity and its conservation

- Introduction
- Biogeographical classification of India
- Value of biodiversity: consumptive use, productive use, social, ethical, aesthetic and option values.
- India as a mega-diversity nation
- Hot-spots of biodiversity
- Threats to biodiversity: habitat loss, poaching of wildlife, man-wildlife conflicts
- Endangered and endemic species of India

Unit 2: Environmental Pollution

Definition

Causes, effects and control measures of: -

- a. Air pollution
- b. Water pollution
- c. Soil pollution
- d. Marine pollution
- e. Noise pollution
- f. Thermal pollution
- g. Nuclear hazards
- Solid waste Management: Causes, effects and control measures of urban and industrial wastes.

- Role of an individual in prevention of pollution
- Pollution case studies
- Disaster management: floods, earthquake, cyclone and landslides.

Unit 3: Social Issues and the Environment

- Urban problems related to energy
- Water conservation, rain water harvesting, watershed management
- Resettlement and rehabilitation of people: its problems and concerns, Case studies
- Environmental ethics: Issues and possible solutions
- Climate change, global warming, acid rain, ozone layer depletion , nuclear accidents and holocaust, Case studies
- Consumerism and waste products
- Environment Protection Act
- Air (Prevention and Control of Pollution) Act
- Water (Prevention and control of Pollution) Act
- Wildlife Protection Act
- Forest Conservation Act
- Issues involved in enforcement of environmental legislation

Module III

Causes of conflict between sports and environment. Achieving sustainable development of sport. Criteria for sustainable development of sports. Areas of action – sports activities in nature and country side. Exploring environment through sports. Sports and physical activity in built up areas. Sports facilities. Sports and mobility. Sports equipment and environment.

Module IV

Impact of sport on environment, promoting ecofriendly sports events, maintaining clean play fields. Role of environment in catalyzing physical activity. Sports policies and sports environment. Developing eco-friendly sports infrastructure. Effect of weather on sports performance

Module – V

Unit 1- Human Rights– An Introduction to Human Rights, Meaning, concept and development, Three Generations of Human Rights (Civil and Political Rights; Economic, Social and Cultural Rights).

Unit-2 Human Rights and United Nations – contributions, main human rights related organs - UNESCO, UNICEF, WHO, ILO, Declarations for women and children, Universal Declaration of Human Rights.

Human Rights in India – Fundamental rights and Indian Constitution, Rights for children and women, Scheduled Castes, Scheduled Tribes, Other Backward Castes and Minorities

Unit-3 Environment and Human Rights - Right to Clean Environment and Public Safety: Issues of Industrial Pollution, Prevention, Rehabilitation and Safety Aspect of New Technologies such as Chemical and Nuclear Technologies, Issues of Waste Disposal, Protection of Environment

Conservation of natural resources and human rights: Reports, Case studies and policy formulation. Conservation issues of western ghats- mention Gadgil committee report, Kasthuriengan report. Over exploitation of ground water resources, marine fisheries, sand mining etc.

Reference

1. Bharucha Erach, Text Book of Environmental Studies for undergraduate Courses. University Press, IInd Edition 2013 (TB)
2. Clark.R.S., Marine Pollution, Clarendon Press Oxford (Ref)
3. Cunningham, W.P.Cooper, T.H.Gorhani, E & Hepworth, M.T.2001 Environmental Encyclopedia, Jaico Publ. House. Mumbai. 1196p .(Ref)
4. Dc A.K.Environmental Chemistry, Wiley Eastern Ltd.(Ref)
5. Down to Earth, Centre for Science and Environment (Ref)
6. Heywood, V.H & Watson, R.T. 1995. Global Biodiversity Assessment, Cambridge University Press 1140pb (Ref)
7. Jadhav.H&Bhosale.V.M. 1995. Environmental Protection and Laws. Himalaya Pub. House, Delhi 284p (Ref)
8. Mekinney, M.L &Schock.R.M. 1996 Environmental Science Systems & Solutions. Web enhanced edition 639p (Ref)
9. Miller T.G. Jr., Environmental Science, Wadsworth Publishing Co. (TB)
10. Odum.E.P 1971. Fundamentals of Ecology. W.B. Saunders Co. USA 574p (Ref)
11. Rao.M.N&Datta.A.K. 1987 Waste Water treatment Oxford & IBII Publication Co.Pvt.Ltd.345p (Ref)
12. Rajagopalan. R, Environmental Studies from crisis and cure, Oxford University Press, Published: 2016 (TB)
13. Sharma B.K., 2001. Environmental Chemistry. Geol Publ. House, Meerut (Ref)
14. Townsend C., Harper J, and Michael Begon, Essentials of Ecology, Blackwell Science (Ref)

15. Trivedi R.K., Handbook of Environmental Laws, Rules Guidelines, Compliances and Standards, Vol I and II, Enviro Media (Ref)
16. Trivedi R. K. and P.K. Goel, Introduction to air pollution, Techno-Science Publication (Ref)
17. Wanger K.D., 1998 Environmental Management. W.B. Saunders Co. Philadelphia, USA 499p (Ref)
18. (M) Magazine (R) Reference (TB) Textbook
19. www.thesportjournal.org/article/sports-and-the-environment
20. www.blogs.hss.ed.ac.uk
21. www.ncbi.nlm.nih.gov

Human Rights

1. Amartya Sen, The Idea Justice, New Delhi: Penguin Books, 2009.
2. Chatrath, K. J.S., (ed.), Education for Human Rights and Democracy (Shimla: Indian Institute of Advanced Studies, 1998)
3. Law Relating to Human Rights, Asia Law House, 2001.
4. Shireesh Pal Singh, Human Rights Education in 21st Century, Discovery Publishing House Pvt.Ltd, New Delhi,
5. S.K.Khanna, Children And The Human Rights, Common Wealth Publishers, 1998. 2011.
6. Sudhir Kapoor, Human Rights in 21st Century, Mangal Deep Publications, Jaipur, 2001.
7. United Nations Development Programme, Human Development Report 2004: Cultural Liberty in Today's Diverse World, New Delhi: Oxford University Press, 2004.

Paper - V, Credit – 4

Contact hours -9, Total hours -162.

INTRODUCTION TO YOGA AND AEROBICS

SEMESTER- VI**Paper – I – ENTREPRENEURSHIP DEVELOPMENT**

Total Credits: 4

contact hours - 4

Total Hours: 72

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 program-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

Paper – II - BASICS OF ACCOUNTING FOR SPORTS

Credit -4 contact hours – 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, stock register.

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.

Paper – III- SPORTS EVENT MANAGEMENT

Total Credit: 4 Contact hours – 4, Total hours 72

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:

Managing Sport Events; by T. Christopher Greenwell, Leigh Ann Danzey-Bussell, David Shonk.

Event Management; by Lynn Van Der Wagen& Brenda R. Carlos, Published by Pearson, 2004.

Paper – IV- THERAPEUTIC RECREATION

Total Credit: 4

Contact hours – 4,

Total hours 72

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.

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.

Paper VI- PRACTICAL

Total Credit: 4,

Contact hours- 9, Total Hours -162

Specialization (optional sport) – Athletics, Volleyball, Football, Swimming, Badminton, Tennis, Weight Training.

MAHATAMA GANDHI UNIVERSITY

KOTTAYAM

**CHOICE BASED COURSE CREDIT SEMESTER SYSTEM AND
GRADING**

SCHEME & SYLLABI

FOR

OPEN COURSE

IN

VTH SEMESTER

PHYSICAL, HEALTH AND LIFE SKILL EDUCATION

**BOARD OF STUDIES IN PHYSICAL EDUCATION (UG)/FACULTY OF
EDUCATION**

2017

MAHATAMA GANDHI UNIVERSITY KOTTAYAM

OPEN COURSE

UNDER GRADUATE COURSE – CREDIT SEMESTER SYSTEM

Course Title:- Physical, Health & Life skills Education

Course Code:- PE5OPT01

Number of Credit:-3

Number of contact hours:-72

Aim of the course

“The course is intended to familiarize the students towards the concepts of health and Physical education and the relative contribution of physical education and sports for the life skills development”

Objectives of the Course

1. To provide an awareness about the scientific basis and benefits of Physical activity
2. To impart knowledge about health, nutrition & First Aid measures.
3. To introduce the fundamentals of Health & Physical Fitness
4. To enable the students to lead a healthy lifestyle
5. To provide basic knowledge about various sports & Games activities and their influence in the society.

SCHEME

Sem	Title With Course Code	Course Category	Hours Per Week	Credit	Marks	
					Intl	Extl
V	Physical Health and Life Skill Education Course code – PE5OPT01	Open Course	4	3	20	80

Syllabus for Open course in Physical Education

Module 1. Introduction to Physical Education & Physical Fitness -Concept of Physical Education, Meaning, Definition, Aims and Objective of Physical Education, Need and Importance of Physical Education, Physical Fitness Components, Types of Fitness-Health related, Skill/Performance related, Activities for the development of physical fitness (Aerobic and Anaerobic).

(20 Hours)

Module 2. Health & Nutrition- Definition and meaning of Health, Dimensions of Health, Factors affecting Health, Major systems in human body (Circulatory, Respiratory, Muscular and Skeleton Systems), Effects of Exercise on Body Systems (Circulatory, Respiratory, Muscular and Skeleton Systems), Classification of nutrients – carbohydrate, protein, fat, minerals and vitamins, Balanced diet, Malnutrition, Dietary guidelines for healthy eating, Hypo -kinetic Diseases and their common causes, prevention and management (Obesity, Diabetics & Hypertension, Osteoporosis), BMI.

(20 Hours)

Module.3 Human Body Type , First Aid & Yoga - Human body type (Ectomorph, Endomorph, Mesomorph), important of correct posture, Postural deformities(Kyphosis, Lordosis, Scoliosis, Knock knee,Bow legs, Flat foot, Text neck), Causes and corrective exercises.

First Aid - Meaning definition and importance , Principles of First Aid ,Common injuries, emergencies and their management(Sprain, Strain, Fracture, Dislocation, Wound, Cuts, Drowning, CPR)

Meaning, definition of Yoga. Need and importance of Yoga in the modern society, Benefits and effects of Asanas, Surya Namaskar.

(16 hours)

Module.4 –Introduction to Sports & Games, Events and Awards - International- Olympic Games(winter, summer, Paralympics), Asian Games, Common Wealth Games, National- National Games , Santhosh Trophy, Ranji Trophy. Sports Awards- Rajiv Gandhi Khel Rethna Award, Dronacharya Award ,Arjuna Award and G.V Raja Award. Tournaments - Type of Tournament (Knock Out &League)

(16 Hours)

REFERENCES

1. AAPHERD, Health related physical fitness test manual, Published by Association drive Reston Virginia:1980.
2. ACSM fitness book, Leisure Press Campaign, Illinois, Leisure Press, Canada: 1996.
<http://www.pitt.edu/gsphome>
3. Alice. C, Yoga for Sports. Chicago : CB :2002.
4. B.C. Rai, Health education and hygiene, published by Prakashan Kendra, Lucknow.
5. Birch, MacLaren, George, Sports and exercise physiology-instant notes, UK:BIOS scientific Publishers : 2005.
6. Corbin, Charles B et al, Concepts of fitness and wellness, Boston; McGraw Hill:2004.
7. Fahey, Insel, Roth, Fit and well, 6th Ed. Boston; McGraw Hill Co : 2004.
8. Fashey et al, Fit and well, New york ; McGrawHill Inc: 2005.
9. Frank, AM, Sports and Education, CA ; ABC-CLIO : 2003.
10. Greenberg, Dintiman, Oakes, Physical fitness and wellness, 3rd Ed. IL ; Human Kinetics:2004.
11. Iyengar, BKS, Light on yoga, Yoga Dipika, London ; UNWIN Paperbacks : 1980.
12. Jackson Sharman, Modern Principles of Physical Education, New York ; A.A. Barnes and Co.
13. Kamlesh, ML, Physical education facts and foundation, New Delhi ; P.B Publication : 1998.

14. Lussier and Kimball, Sports management-Principles, application, skill development, Ohio ; Thomson-South Western : 2004.
15. Michael, H, Sports injuries recognition and management, 3rd Ed. ; Oxford University press: 2001.
16. Norman Bezzant, Help! First aid for everyday emergencies ; Jaico Publishing House, Bombay.
17. Puri, K Chandra, Health and Physical Education, New Delhi ; Surjeet Publications : 2006.
18. Rob, James et al, Complete A-Z Physical Education Handbook, 2nd Ed ; Hodder and Stoughton England : 2003.
19. Tiwari, OP, Asanas why and how?, Lonavala : Kaivalayadham : 2002.
20. Uppal, AK, Principles of sports training, New Delhi ; Friends Publication : 2001.
21. Ziegler, EF, An Introduction to sports and Physical Education Philosophy, Delhi ; Sp.Educational Technology : 2007.
22. Goel, RG and Goel, Gaurav, Encyclopaedia of sports and games, 12th Ed.; Tarang paperbacks-Vikas publishing house PVT LTD, New Delhi: 1995.