

# **BSc RECREATION LEISURE AND SPORTS STUDIES**

## **V SEMESTER**

### **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, soilerosion 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-sports 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 eco-friendly sports events, maintaining clean play fields. Role of environment in catalysing 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 –History of Human Rights-Different Generations of Human Rights- Universality of Human Rights- Basic International Human Rights Documents - UDHR ,ICCPR,ICESCR.-Value dimensions of Human Rights

#### **Unit 2 - Human Rights and United Nations**

Human Rights co-ordination within UN system- Role of UN secretariat- The Economic and Social Council- The Commission Human Rights-The Security Council and Human rights-The Committee on the Elimination of Racial Discrimination- The Committee on the Elimination of Discrimination Against Women- the Committee on Economic, Social and Cultural Rights- The Human Rights Committee- Critical Appraisal of UN Human Rights Regime.

#### **Unit 3- Human Rights National Perspective**

Human Rights in Indian Constitution – Fundamental Rights- The Constitutional Context of Human Rights-directive Principles of State Policy and Human Rights- Human Rights of Women-children –minorities- Prisoners- Science Technology and Human Rights- National Human Rights Commission- State Human Rights Commission- Human Rights Awareness in Education.

#### **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. DcA.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) 41
15. Trivedi R.K., Handbook of Environmental Laws, Rules Guidelines, Compliances and Stadards, Vol I and II, Enviro Media (Ref)
16. Basic documents in human rights – Ian Brookie
17. Universal human rights in theory and practise – Jack Bonely.
18. Future of human rights – UpendraBaxi
19. Understanding Human rights an overview – O P Dhiman
20. Reforming human rights – D P Khanna
21. Human rights in Indian Historical, social and political perspective – Chiranjiv J Nirmal
22. Human rights in post-colonial India- Om Prakash Diwedi and V G Julie Rajan.