

B.Sc. RECREATION, LEISURE AND SPORTS STUDIES

Detailed scheme and syllabus of the programme

**MAHATMA GANDHI UNIVERSITY,
KOTTAYAM**

**B.Sc. RECREATION, LEISURE AND
SPORTS STUDIES**

(UGC sponsored Innovative Programme)

CURRICULAM OF PROGRAMME

Detailed scheme and syllabus of the programme

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

**MAHATMA GANDHI UNIVERSITY,
KOTTAYAM**

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

COURSE - CREDIT - SEMESTER SYSTEM AND GRADING

AIMS AND OBJECTIVES

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.

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.

ELIGIBILITY:

1. A pass in plus two or equivalent examinations recognized by the University, irrespective of the streams/subjects
2. Applicants should appear for an entrance examination comprising of a) General aptitude test and Comprehension in English, and b) Physical fitness test, conducted by the College under the supervision of an external expert appointed the University.
3. The merit list will be drawn on the basis of the marks secured for the qualifying examinations and the entrance test at a ratio of 1:1 respectively.

DURATION OF THE COURSE:

B.Sc. Recreation, Leisure & Sports Studies shall be a six semester **full time residential programme** extending to three academic years consisting of 90 working days of instruction each

semester including examination. The classes for the programme will be conducted in three sessions on a full working day. Session I (two hours) morning from 6.00am to 8.00am, Session II (three hours) 10.00am -1.00pm, Session III (two hours) 4.00pm-6.00pm. Activities which require on field practical training in sports and allied activities will be conducted in session I & III.

PROGRAMME

B.Sc. Recreation, Leisure & Sports Studies programme is grouped under the model III - New Generation Courses. It will be a fully residential programme. All the students enrolled for the course has to reside in the college hostel.

COURSE STRUCTURE

The B.Sc. Recreation, Leisure & Sports Studies programme must include (a) Common Course, (b) Core Courses, (c) Complementary Courses, (d) Open Courses, (e) Workshops and Training, and (f) Project. The students shall select any choice based course offered by the department which includes the core courses, depending on the availability of teachers and infrastructure facilities, in the institution. Open course shall be offered in any subject and student shall have the option to do courses offered by other departments.

COURSE

The programme gives ample weightage to English as a communication medium. Students must develop the basic skills in English through Common Courses (2) in the first and second semester. The Core Course includes Recreation Leisure & Sports studies (23 courses), Complementary Courses (7 courses), Choice based course (2) and Open course (1).

The programme provides all the necessary practical skills and knowledge required to become a responsible recreation manager and physical education scholar. They are required to do two field camps one after the semester-III i.e. adventure camp and the other in the form of Leadership training camp during the vacation time after fourth semester.

As the uniqueness of this programme is to create a responsible physical education, fitness & recreation manager, the students are required to do an actual study among stakeholders, understanding their problems and giving innovative solutions for programme development and its marketability employing the programme thinking process. They have to submit this Project

work at end of the sixth semester.

PROGRAMME SCHEME OF COURSE

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

Type of Programme	Course	Number
Model III	Common	2
	Core + Complementary	30
	Choice based Course	2
	Open Course	1

COURSE SUMMARY

COMMON COURSE

1. English- I Communication skills in English
2. English II - Critical thinking, Academic writing & presentation

CORE COURSE

1. Foundations of Recreation, Leisure and Sports Services
2. Basic and systemic Human Anatomy
3. Scientific Principles and Practices of Health & Fitness Training
4. Science of Sports Training
5. First Aid, Doping, Sports Medicine and Nutritional Supplements
6. Recreation and sports event planning & facility management
7. Adventure sports management (T+P)
8. Spa therapy (T+P)
9. Applied Physiology of Sport/Exercise
10. Sports Massage technique (T+P)
11. Tests and Measurements (T+P)
12. Teaching Methodology & Practice (T+P)
13. Applied Psychology of sports learning and performance
14. Marketing of Recreation & sports Services
15. Therapeutic Recreation and adapted physical education

16. Management concept in sports & recreation
17. Managerial accounting for Sports, leisure and recreation
18. Research Methods in Physical Activity & recreation
19. Human resource management in Sports, recreation and leisure
20. Economics for recreation and leisure management
21. Choice based course (sport specialization)*
22. Introduction to fundamental skills of major sports**
23. Entrepreneurship development
24. Open course***
25. Performance Portfolio/ Case study/Internship
26. Project

COMPLEMENTRY COURSE

1. Introduction to Sports tourism
2. Use of Information & communication technology
3. Kinesiology
4. Disaster Management
5. Sports Physiotherapy (T+P)
6. Advertising and Public Relation
7. Sports, Recreation & Leisure Law and Risk Management

*CHOICE BASED COURSE

1. Sport Specialization - (Volleyball, Athletics, Swimming, Tennis, Basketball, Football, Cricket).

**INTRODUCTION FUNDAMENTAL SKILLS OF VARIOUS SPORTS

a) Soccer	b) Yoga
c) Cricket	d) Basketball
e) Weight training	f) Swimming
g) Indoor recreational games,	h) Baseball
i) Table Tennis	j) Tennis

k) Aerobics	l) Volleyball & Beach Volleyball
m) Track and Field	n) Badminton
o) General conditioning, Cross-Country Running / Nordic walking	p) Creative and cultural activities - (Magic, origami, caricature, juggling, musical instrument, dance)
q) Adventure & Leadership camps	

OPEN COURSE (ELECTIVE)***

1. Ecotourism,
2. Fundamentals of accounting,
3. Fundamental of Journalism,
4. Ornamental fish breeding,
5. German
6. English for career

COURSES WITH CREDITS

Semester VI includes Internship, Portfolio Presentation and Project work.

Type of Programme	Course	Credits	Total Credits
Model III	Common	08	120
	Core + Complementary	108	
	Open Course	04	

COURSE CODE:

Every course in the programme should be coded according to the following criteria. The first three letters of the code indicate the programme i.e. RLS for Recreation Leisure & Sports. One digit to indicate the semester, i.e. RLS1 (Recreation, Leisure & Sports, 1st semester). One letter from the type of courses such as, A for Common Course, B for Core Course, C for Complementary Course, D for Open Course and P for skills of various sports. The last digit indicates course number of the semester. i.e. RLS1B1 (Recreation, Leisure & Sports, 1st Semester Core course, Course number 1).

**B.Sc RECREATION LEISURE & SPORTS STUDIES SCHEME & SYLLABUS WITH COURSE CODE, HOURS PER WEEK
AND DISTRIBUTION OF CREDIT (THEORY & SPORTS ACTIVITY)**

Sem Code	Course code	Title of course	Hours / week	Theory	Practi- cal	Credit	Total hrs. sem.	Weight Ratio		
								Internal eval.	External eval.	
	ENCN01	English I	5	5	4	4	90	3	1	3
	RLSIE1	Foundations of Recreation, Leisure and Sports Services	2	2	2	2	36	3	1	3
	RLSIE2	Scientific Principles and Practices of Health & Fitness Training	3	3	3	3	54	3	1	3
	RLSIE3	Basic and systemic Human Anatomy	4	4	4	4	72	3	1	3
	RLSIC1	Use of Information & communication technology	2	2	2	2	36	3	1	3
I	RLSIE4	Management concept in Recreation & Sports	2	2	2	2	36	3	1	3
		General conditioning	5		-	-	90			
		Football	2		1	1	36	1	1	3
		Aerobics	2		1	1	36	1	1	3
		Table tennis	1		1	1	18	1	1	3
		Cultural activity	2		1	1	36	1	1	3
		Match Practice	5		-	-	90			
		Total	35		21	21	630			



Semester	Course code	Title of course	Hours / week	Theory	Practical	Credit	Total hrs semester	Univ. exam	Weight Ratio	
									Internal evaluation	External evaluation
	ENCN02	English II	5	5		4	90	3	1	3
	RLS2B1	Applied Physiology of Spor/Exercise	3	3		3	54	3	1	3
	RLS2B2	Science of Sports Training	4	4		4	72	3	1	3
	RLS2B3	Sports Massage technique (T+P)	3	2	1	3	54	3	1	3
	RLS2B4	Human resource management in Sports, recreation and leisure	3	3		3	54	3	1	3
		General conditioning	5		5	-	90	-		
		Weight training	2		2	1	36		1	3
		Track & Field	2		2	1	36		1	3
		Volleyball	2		2	1	36		1	3
		Recreational games	2		2	1	36		1	3
		Match Practice	4		4		72			
		Total	35			21	630			

Semester	Course code	Title of course	Hours / week	Theory	Practical	Credit	Total hrs. semester	Univ. exam div.	Weight Ratio		
									Internal evaluation	External evaluation	
III	ELS3B1	Tests and Measurements (T→P)	4	2	2	4	72	3	1	3	
	ELS3B2	Advanced sports management (T→P)	2	1	1	2	36	3	1	3	
	ELS3B3	First Aid, Doping, Sports Medicine and Nutritional Supplements	4	4		4	72	3	1	3	
	ELS3B4	Marketing of Recreation & sports Services	3	3		3	54	3	1	3	
	ELS3C1	Introduction to Sports tourism	2	2		2	36	3	1	3	
	ELS3B5	Economics for recreation and leisure management	2	2		2	36	3	1	3	
		General conditioning		5			90				
		Basketball (1)		2		2	36		1	3	
		Baseball (1)		2		2	36		1	3	
		Badminton (1)		2		2	36		1	3	
	Swimming (1)		2		2	36		1	3		
	March Practice		5		5	90					
	Total		35			21	630				

Semester	Course code	Title of course	Hour / week	Theory	Practical	Credit	Total hrs. semester	Uty. exam dur.	Weight Ratio		
									Internal evaluation	External evaluation	
IV	RLS4B1	Spa therapy (T-P)	3	2	1	3	54	3	1	3	
	RLS4B2	Recreation and sports event planning & facility management	3	3		3	54	3	1	3	
	RLS4B3	Managerial accounting for Sports, leisure and recreation	4	4		3	54	3	1	3	
	RLS4B4	Research Methods in Physical Activity & recreation	4	4		4	72	3	1	3	
	RLS4B5	Teaching Methodology & Practices (T-P)	3	2	1	4	72	3	1	3	
		General conditioning		5	5		90				
		Basketball		2	2	1	36		1	3	
		Baseball		2	2	1	36		1	3	
		Badminton		2	2	1	36		1	3	
		Swimming		2	2	1	36		1	3	
	March Practice		5	5		90					
		Total	35			21	630				

Semester	Course code	Title of course	Hours / week	Theory	Practical	Credit	Total hrs. semester	University exam due	Weight Ratio		
									Internal evaluation	External evaluation	
V	ELLSB1	Open course	4	4		4	72	3	1	3	
	ELLSC1	Sports Physiotherapy(T+P)	3	2	1	3	54	3	1	3	
	ELLSC2	Advertising and Public Relation	2	2		2	36	3	1	3	
	ELLSC3	Disaster Management	2	2		2	36	3	1	3	
	ELLSB2	Kinesiology	2	2		2	36	3	1	3	
	ELLSC4	Entrepreneurship development	3	3		3	54	3	1	3	
		General conditioning	5		5		90				
		Yoga	4		4		72		1	3	
	Specialization	5		5		90		1	3		
	Match Practice	5		5		90					
	Total		35			21	630				

Semester or Course code	Title of course	Hours/ week	Theory	Practical	Credit	Total hrs. semester	Ury exam dur.	Weight Ratio	
								Internal evaluation	External evaluation
RL8631	Therapeutic Recreation and adapted physical education	3	3		3	60	3	1	3
RL8632	Applied Psychology of sports learning and performance	3	3		2	60	3	1	3
RL8633	Sports, Recreation & Leisure Law and Risk Management	3	3		2	54	3	1	3
	Project	2	2		4			1	3
VI	Performance Portfolio/ Case study				3				
	Internship/ Assignment				1				
	General conditioning								
	Total	15			15				

TOTAL CREDIT DISTRIBUTION



Semester	Theory paper credits	Practical skills credits	Total credits
I	17	4	21
II	17	4	21
III	17	4	21
IV	17	4	21
V	16	5	21
VI	15		15
Grand Total	99	21	120

COURSE DETAILS

Zero Credit Courses (On the Job Training/Internship)

Zero credit courses are courses done during vacation and which therefore do not take up semester hours. One month on the job training during the interval between fourth and fifth semester shall be compulsory for all students. This course will have only internal assessment based on viva-voce examination.

Project Work

The students shall do a detailed study in groups of minimum five for a month after the fourth semester about the lifestyle, fitness level and physical activity, physiological and anthropometrical profile of the people of a particular state of India, understanding their problems and giving innovative solutions. They are required to present a documentary of their research and prepare programme schedule of activities which represents the geographic conditions of the state & individual. The students can also take up projects in association with self help groups, local governing body, NGOs and Govt. of Kerala.

Portfolio Presentation

The students have to document all their best presentable work done through all the semesters and those that portray the student's area of interest. The portfolio can be an effective means of communicating the capacities and capabilities of the students to anyone who seeks their skills and talent. A viva based on their presentation will be conducted at the end of the VI semester by an external examiner.

EXAMINATIONS

The evaluation of each course shall contain two parts such as internal or In-Semester Assessment (IA) and External or End-Semester Assessment (EA). The ratio between internal and external examinations shall be 1:3. The Internal and External examinations shall be evaluated using Direct Grading systems based on 5 - point scale.

Internal or In-Semester Assessment (IA)

Internal evaluation is to be done by continuous assessments on the following components. The components of the internal evaluation for theory and practical and their weights are as below

Module	%	Weightage
Attendance	5.00%	1
Test Papers (average of 2)	10.00%	2
Assignment	5.00%	1
Seminar	5.00%	1
Total	25.00%	5

Theory

Component	Weights
Attendance*	1
Assignment	1
Seminar/Viva-Voce	1
Best two test papers	2

Attendance*

Percentage of attendance	Grade
> 90%	A
> 5 and 90	B
> 0 and 5	C
> 5 and 0	D
5	E

Assignments:

The student has to take 1 assignment, 1 seminar / Viva-voce per course. Different components for the evaluation of Assignment:

Components	Weight
Punctuality	1
Review	1
Content	2
Conclusion	1
Referencs	1

Seminar: Different components for the evaluation of Seminar

Components	Weights
Innovation of topic	1
Review/Reference	1
Content	2
Conclusion	1
Presentation	2

Test Paper: A minimum of two class tests are to be attended. The grades of best 2 tests are to be taken.

Practical Internal:

Component	Weights
Attendance	1
Involvement	1
Test	2
Record/Neatness	2
Demonstration	2

Structure of the Report

- Title Page
- Certificate from the guide
- Name of the Student, Name and Designation of the supervising Teacher
- Acknowledgements
- Contents
- Chapter I: Introduction (Research problem, Objectives of the study, methodology etc
- Chapter II: Review of Literature
- Chapter III : Data Analysis
- Chapter IV: Summary /findings/ Recommendations
- Appendix (Questionnaire, Specimen copies of forms, other exhibits etc ;)
- Bibliography

The break up for internal evaluation of Project work is as follows:-

Component	Weights
Attendance	1
Depth of Research	2
Total	3

Portfolio Presentation: The break up for internal evaluation of portfolio making is as follows:-

Component	Weights
Attendance	1
Punctuality	1
Design Assignment	4
Total	6

- The evaluation of all components is to be published and is to be acknowledged by the candidate.
- All documents of internal assessments are to be kept in the institution for 2 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 course.

External or End - Semester Assessment (EA)

The external examination of all semesters shall be conducted by the University on the close of each semester. There will be no supplementary exams. For reappearance / improvement as per university rules, students can appear along with the next batch.

Pattern of Questions & Weights of Theory Courses:

Questions shall be set to assess knowledge acquired, standard 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. He or she shall also submit a detailed scheme of evaluation along with the question paper. A question paper shall be a judicious mix of objective type, short answer type, short essay type/ problem solving type and long essay type questions. Different types of questions shall be given different weights to quantify their range.

- The examination has duration of 3 hours.
- Each question paper has four parts A, B, C, and D.
- Part 'A' contains 16 objective type questions of which the candidate has to answer all. Each bunch of questions carries a weightage of 1.
- Part 'B' contains eight short answer type questions spanning the entire syllabus and the candidate has to answer 5 questions. Each question carries a weightage of 1.
- Part C contains 6 descriptive type questions spanning the entire syllabus and the candidate has to answer 4 questions. But for open courses, Part C contains short essay type questions only. Each question carries a weightage of 2.
- Part 'D' contains 3 essay type questions spanning the entire syllabus and the candidate has to answer 2 questions. Each question carries a weightage of 4.

Examinations (Practical):

The examinations for the practical core courses and complementary courses shall be conducted at the end of each semester one external and one internal examiners appointed by the University. The Board of Examiners constituted by the University shall have the freedom for formulating the scheme of evaluation of the concerned practical examination.

Student strength for Practical

There shall be at least one teacher to supervise a batch of not more than 15 students in each laboratory session.

Project Work

Evaluation of the Project Report

The project report shall be subject to internal and external evaluation followed by a Viva-voce. Internal Evaluation is to be done by the supervising teacher and external evaluation by an external evaluation board consisting of an examiner appointed by the University and the Head of the Department or his nominee. A viva voce related to the project work will also be conducted by the external evaluation board and students have to attend the viva voce individually. Grades are to be awarded to the students combining the internal evaluation, external evaluation and viva voce. The student should get a minimum of D grade in project report. If the student fails to get a minimum D grade in project report, he or she shall submit the project report after modifying it on the basis of the recommendations of the examiners.

The break up for external evaluation of Project Work is as follows

Component	Weights
Presentation	1
Product Development & Marketability	2
Viva	2
Total	5

Portfolio Presentation

The breakup of the external evaluation of portfolio presentation is as follows

Component	Weights
Layout and Presentation	2
Design Assignment	6
Creativity	4
Total	12

Final Grade Card:

The Final Grade Card issued at the end of the final semester shall contain the CGPA of the Core courses and allied courses of the entire Programme. The CGPA shall contain the awarded **GRADE LETTER** and the corresponding **GRADE POINT** in two decimal places.

B.SC RECREATION LEISURE AND SPORTS STUDIES, DETAILED SYLLABUS

SEMESTER I (THEORY)

Course code – ENCN01

English –I Communication Skills in English

Credits: 4

Contact hours: 5 Total Hours: 90

(Existing university syllabus)

Course code – RLS1B1

Foundations of Recreation, Leisure and Sports Services

Credits: 2

Contact hours: 2 Total Hours: 36

Module I

Introduction to Recreation, Leisure and sport studies. Sociology of Sport, Leisure and Recreation. A critical analysis of definitions, concepts and assumptions of classical, recent and modern theories of recreation and leisure. History and Philosophy of Sports, Leisure, and Well-being, Outdoor Recreation Systems.

Module II

Understanding of the nature and scope of leisure & recreation. Global and local contexts of leisure and recreation. Geography, leisure and recreation in Asia perspective, Sport's role in leisure. Leisure trend: Popular sport, leisure and recreation. Social, economic and administrative aspects of professional, amateur, commercial and public recreation. sports organizations and services.

Module III

Recreation and Community. Perspectives on International Tourism. Introduction to Recreation

Services. Introduction to discipline and exploration of professional career models/ paths, historical development of profession, expectations and opportunities in recreation services. Introduction to Commercial Recreation and Tourism, Leisure and recreation in modern era: Outdoor recreation pursuit

Module IV

Understanding of contemporary professional issues and how they impact the delivery of leisure services. Contemporary professional issues and the trends impacting leisure and human service agencies. Aging and Leisure Development, theoretical aspects of aging and their implications for leisure and on the practical aspects of recreation and leisure program development, delivery, and facilitation for all older adults.

Module V

Understanding of the concept of a profession and professional organizations and the responsibilities of professionals in leisure and human service agencies. Understanding of the importance of maintaining professional competence and use of resources for professional development. Men's and women's leisure & recreation experiences, attitudes, constraints, challenges and behaviours.

Reference:

Wuest DA, "Foundations of Physical Education, Exercise Science"

Gayle," Water Based Tourism, Sports, Leisure and Recreation"

Kemp, "Leisure and Tourism"

Human kinetics, "Introduction to Recreation and Leisure"

Thomas L. Goodale, Peter A. Witt, "Recreation and leisure: issues in an era of change"

Peter A. Witt, "Recreation And Youth Development"

Human Kinetics, "Dimensions of Leisure for Life: Individuals and society"

Christopher R Edginton, "Leisure Programming: A Service-Centered and Benefits Approach"

Chris Wolsey, J Abrams, "Understanding the Leisure and Sport Industry"

Richard G. Kraus," Recreation and leisure in modern society."

Human kinetics, "Introduction to recreation and leisure"

Ruth V. Russell, "Pastimes: The Context of Contemporary Leisure"

NIRSA, “The Value of Recreational Sports in Higher Education”

McLean, D. Hurd, A. R. & Rogers, N. B. (2008). Kraus' Recreation and Leisure in Modern Society. Sudbury, Mass. USA: Jones and Bartlett Publishers (ISBN: 0763707562)

Course code –RLS1B2

Scientific Principles and Practices of Health & Fitness Training (Theory)

Credits: 3

Contact hours: 3, Total Hours: 54

Module I

Health & wellness: Concepts of health, wellness, illness, disease. Lifestyle and health. Path physiology of cardiovascular diseases, obesity, Type 2 diabetes, cancer, osteoporosis, Effect of physical activity on mental health

Module II

Role of physical activity in reducing the risk of : mortality, CVD, obesity, Type 2 diabetes, cancer, osteoporosis, Factors that promote or inhibit behavioral changes towards and engagement in physical activity; Stages of Change

Module III

Components of Fitness: Health related and skill/performance related components of fitness, Principles of overload, progression, specificity, reversibility, placement, adaptation, individual difference and enjoyment, Principles of warm-up and cool-down, Phases of free-movement warm up. Justification of new exercise recommendations. Exercise prescription for the general population,

Module IV

Resistance Training: Local muscular endurance training. Strength training, Safe lifting technique, Safety in the weights room, Types of resistance training, Phases of a resistance

training session, Terminology of resistance training, Spotting, Observation and correction.

Reference:

David, "Wellness Concepts and Applications (2nd Edition), "Mosby

Thomas.D, "Basic Weight Training for Men and Women (3rd Edition)," Mayfield.

Hoeger, "Fitness and Wellness (7th Edition)," Thomson

Chiton, "Health and Fitness Concepts," B P

Daryl.S, "Introduction to Phy. Edu. Fitness and Sports (4th Edition)," MGH

Stone.M, "Weight Training A Scientific Approach," B I

Fahey.T, "Weight Training Basics A complete Guide for Men and Women," MGH

Course code –RLS1B3

Basic and Systemic Human Anatomy

Credits: 4

Contact hours: 4, Total Hours: 72

Module I

The cell- The general biological organisation of the human body. The role of the plasma membrane, the nucleus and the mitochondria in cellular function.Skeletal system- Structure and function of the skeletal system. Joints and joint actions. Movement terminology.

Module II

Muscular system - Structure and function of skeletal muscle. Neuromuscular relationship. Physiology of contraction. Muscle fibre types.

Module III

Cardiovascular system - Structure and function of the heart. Blood. Blood vessel structure and function.

Module IV

Respiratory system - Structure and function of the respiratory system. Exchange of gasses.

Module V

Neurological system - Structure and function of CNS & PNS. Anatomy of a nerve cell. Proprioceptors and their importance for human movement and performance.

Module VI

Energy systems - ATP. Aerobic and anaerobic energy pathways. Effects of training on energy metabolism. Endocrine system - Structure and function of the main endocrine glands. Name and role of key hormones - in particular those with a role in exercise and training.

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)

Course code – RLS1C1

Use of Information & Communication technology

Credits: 2

Contact hours: 2 Total Hours: 36

Module I

Introduction: Computer based information systems, categories of information systems, Management concerns regarding information technology, Batch and online processing

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, 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

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- PowerPoint. Cyber security and its implications.

Reference:

Robson Wendy, Strategic Management and Information Systems Pitman Publishers 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”

Craig Van Slyke, “ Information communication technologies: concepts, Methodologies”

Course code – RLS1B4

Management concepts in Recreation & Sports

Total Credits: 2

Total Contact hours: 2 Total Hours: 36

Module I

Need and importance of management concept in sports & recreation. Concepts of management - Definition, meaning, nature and scope of management, Evolution of management thought. Different Approaches to management, corporate social responsibility.

Module II

Process of management - Functions of Management. Planning- Nature, Scope, steps and hierarchy of plans; Organizing – Types of organization, line and staff organization, Span of

management, Centralization, Decentralization. Delegation of Authority, Power, Accountability, Types of Control, Controlling for organizational effectiveness and Job satisfaction.

Module III

Motivation & leadership - Theories of motivation, Maslow's Need Hierarchy, Need theories, Goal theories. Equity Theory, Expectancy Theory. Leadership: Concept and theories, Trait Theory, Autocrat and Democrat. Leadership.

Module IV

Introduction to hospitality management. Concept of hospitality- meaning definition and nature of hospitality- hospitality in the cultural settings of India- inducting management in hospitality industry- historical perspective of hospitality management. Hospitality management in the Indian scenario.

Suggested Books:

Essentials of Management - Harold Koontz and Heinz Weihrich (KW)

Management Concepts and Practices - Tim Hannagan (TH)

Principles & Practice of Management - L.M. Prasad (LMP)

Organization Behaviour. Prentice Hall of India, New Delhi

Robbins, S. (2003). Organizational Behaviour. Pearson Education, New Delhi.

Tim Knowles, "Hospitality Management: An Introduction"

Kishan. K. K and Kaimra Robbert- Hospitality Operation and Management

B.SC RECREATION LEISURE AND SPORTS STUDIES, DETAILED SYLLABUS

SEMESTER II (THEORY)

Course code - ENCN02

English II - Critical thinking, Academic writing & presentation

Total Credits: 4

Total Contact hours: 5 Total Hours: 90

Course code - RLS2B1

Applied Physiology of Sport and Exercise

Total Credits: 3

Total Contact hours: 3, Total Hours: 54

Module I

Energy Expenditure during rest and physical activity: Energy transfer in the body. Energy generating capacity of humans. Respiratory quotient for different nutrients.

Module II

Basal metabolic rate. Measurement of human energy expenditure: Measuring BMR. Direct and indirect calorimetric. Energy costs of a variety of sports and physical activities.

Module III

The acute and chronic effects of exercise on the respiratory, muscular, cardiovascular, neurological and endocrine systems. The short and long term physiological adaptations of the main body systems to exercise and training

Module IV

Training the aerobic and anaerobic energy systems: Application of the principles of training to aerobic and anaerobic training. Developing aerobic and anaerobic training programmes. Maintenance of aerobic and anaerobic fitness.

Module V

Training the muscular system for strength and endurance: Measurement of muscular strength and endurance. Gender differences in strength. Types of resistance training. Application of the principles of training to strength training.

Module VI

Effect of environmental conditions on exercise performance: Effect of heat and humidity, cold and altitude on exercise performance.

Reference:

Basic Anatomy of Physiology of exercise-Piyush Jain

Introduction to anatomy & Physiology of Exercise- Sandhya Tiwari

Essential of Physical Education & Sports – Dr. Ajmer Singh & others

Essential of Exercise Physiology – Lessy G. Shower.

Devries, H.A. Physiology of Exercise for Physical Education and Athletics. London: Staoles

Course code – RLS2B2

Science of Sports Training

Total Credits: 4

Total Contact hours: 4, Total Hours: 54

Module I

Meaning, definitions, Aims and objectives of sports training. Importance of Sports Training
Muscle/Exercise Identification, Aerobics and Cardio room, Personal Workout Development,
Body Mass Index, Target Heart Rate, Recovery

Module II

Principles of sports training, Competition Effects on Sport Performance, Performance Analysis,
Training for Improvement, and Evaluation.

Module III

Training load, load adaptation, overload and recovery, factors of load. Talent identification, Long Term Player Development Pathway, Functional screening, Anatomical adaptation,

Module IV

Circuit training, interval training, Fartlek training, plyometric training, Sprint training. Development of Motor components: Speed, Strength, endurance, flexibility, agility.

Module V

Periodization: Meaning and definition of periodization, importance of periodisation single, double and triple, periodization, long term and short term plan, planning for competition main and build up competitions.

Reference:

Bompa TO, "Periodization: Theory & Methodology of Training,"

Batty, B: Article and Motor Development in infants and Children, Prentice Hall, 1979.

Dick, F.W : Sports Training Principles Lepus, London 1980.

Jenson, C.R. Bischer, A.G. Scientific Basis of Athletic Conditioning Lea and Bebiger, Philedephic, 1972.

Matweyew, L.P: Fundamentals of Sports training (Translation from Russian) Mir Publishers, Moscrow, 1981

Thomas.D, "Basic Weight Training for Men and Women (3rd Edition)," Mayfield.

Fahey.T, "Weight Training Basics A complete Guide for Men and Women," MGH

Course code – RLS2B3

Sports Massage technique (T+P)

Total Credits: 3

Total Contact hours: 3, Total Hours: 54

Module I

Introduction to massage concept, technique, need and importance. Implications of massage in sports scenario.

Module II

Deep Tissue, Neuro-Muscular Techniques, Muscle Energy Techniques, Facilitated Stretching, Soft Tissue Release, Myofascial Release, Trigger Points and Strain Counter strain. Case studies. Pre and Post event massage, Benefits of pre and post event massage. Aim of treatment and recommended strokes for specific sports.

Module III

Classical strokes of massage and contraindications. Purpose and aim of the classical strokes of massage. When to and when not to apply specific strokes. Adjustment of pressure to suit clients needs. When to treat and when not to treat. Specific medical permissions issues and total / local contraindications. Client modesty / toweling technique.

Module IV

Structures that are worked over, Structure, function, and diseases of the skin, lymphatic, reproductive, urinary, digestive, and muscular / skeletal systems. Range of movement terminology.

Module V

First Aid & salon hygiene, Correct First Aid procedures. Maintenance of a hygienic clinic. Common infections and preventative measures. Relevant legislation. Aftercare, Recommendations for suitable aftercare actions. Referral procedures to other practitioners.

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"

Course code RLS2B4

Human resource management in Sports, recreation and leisure

Total Credits: 3

Total Contact hours: 3 Total Hours: 54

Module I

Examines theoretical and technical principles of personnel managers in leisure service agencies. recruitment, training, selection, and evaluation of personnel with special emphasis on applied measurement

Module II

Overview of management-The management process, kinds of managers, roles and skills. Managing Leisure. The Indian Business Environment - and service industries in India.. Modern approaches to management. Women in Management. Leisure management versus leisure administration.

Module III

Time management - Crisis management, Personal effectiveness, Delegation and motivation, Supervision in recreation services, including theories, strategies, group dynamics, applied leadership and decision-making skills.

Module IV

Managerial leadership and decision making - new perspectives. International context of management. Teambuilding Facilitation Learn leadership and teambuilding skills to facilitate group dynamics and adventure, team activities

Module V

HRM in the service Industry, Services management - Customer driven service companies, Managing corporate wellness: Stress management. Staff development within industry - provision of health focuses.

Reference:

Human resource management in Sports, recreation and leisure

Packianathan Chelladurai, "Human Resource Management in Sport and Recreation"

David K. Hayes, "Human Resources Management in hospitality industry"

Robert H. Woods, "Managing Hospitality Human Resources"

Joanne MacLean, "Performance Appraisal for Sport and Recreation Managers"

Debra Jean Jordan, "Leadership in Leisure Services: Making a difference"

Aswathappa, K. (1997). Human resources and Personnel Management. Tata McGraw Hill, New Delhi.

M. Madhukar - Human Resource Management in Tourism, R. Publications

B.SC RECREATION LEISURE AND SPORTS STUDIES, DETAILED SYLLABUS

SEMESTER III (THEORY)

Course code – RLS3B1

Tests and Measurements (T+P)

Credit -4

contact hours-4, total hours-72

Module I

Meaning of the terms, Test, Measurement and Evaluation. Need for measurement and evaluation, Criteria for selection of a standard test, Validity, Reliability, Objectivity, Administrative Procedure, Norms.

Module II

Classification of Group, Need and Importance, Methods of Classification, Motor Fitness, Definition, Components, JCR test, Cardio respiratory endurance, Coopers 12 minute Run/Walk Test. Various other test to assess the physical fitness

Module III

Anthropometric measurements, physical fitness tests, posture, weight training monitoring, personal fitness profile management & assessment, group workout scheduling.

Module IV

Tests of Specific Skills. Badminton - Miller wall volley test – French short service test, Basketball - Johnson basket ball test – Leilich basketball test, Hockey - Friedal field Hockey test, Football - Johnson soccer test – McDonald soccer test, Tennis - Dyer Tennis test, Volleyball - Brady volley ball test – Russell Lange volleyball

Reference:

NSCA's Guide to Tests and Assessments

James Morrow Jr., Allen Jackson, James Disch, Dale Mood, “Measurement and Evaluation in Human Performance Presentation Package/Image Bank

Hayward, “Applied Body Composition Assessment-2 E”

ACSM, “Health-Related Physical Fitness Assessment Manual” LWW

Williams, “ACSM’s Resource Manual for Guidelines For Guidelines for Exercise Testing and Prescription (3rd Edition)” S T

Course code RLS3B2
Adventure sports management (T+P)

Credit -2

contact hours-2, total hours-36

Module I

Introduction to Adventure Sports, Definition, Classification of Adventure Sports, Scope of Adventure Sports: New Trends, Training Institutes, Job Opportunities, Advantages & Disadvantages, Fitness Training: Physical Fitness Factors, Fitness Training & its Importance in adventure sports.

Module II

Introduction to Water Sports & Aero Sports, Types of Water Sports: Canoeing, Kayaking, Rafting, Scuba Diving, Snorkelling, Surfing, Water skiing, Rafting & Kayaking: Equipment & Clothing, Scuba Diving & Snorkelling: Equipment & Clothing. Types of Aero Sports: Ballooning, Hang gliding, Paragliding, Parasailing, Skydiving. Hang gliding & Paragliding: Equipment & Clothing, Parasailing: Equipment & Clothing. Sites of Water & Aero Sports in India

Practical: Visits to Water & Aero Sports sites, Canoeing, Rafting & Kayaking demo, Hang gliding, Para Gliding & Para Sailing demo, Practice of the above sports to the students is optional (if Possible).

Module III

Introduction to Mountaineering, Definition of Mountaineering, Types: Trekking, Rock Climbing, Bouldering, Ice Climbing, Wall Climbing, Trekking: Mountain Manners, Trek Planning, Trekking Sites in India. Rock Climbing: Principles, Route Planning, Equipment, Clothing, Uses of Knots: Thumb, Reef, Clove Hitch, Fisherman, Simple Bowline, Figure of Eight, Introduction

to Techniques: Abseiling (Rappelling), Jumaring, River/Valley Crossing Techniques, Bushcraft.

Practical: Visits to Mountaineering, Trekking & Climbing Wall sites, Explanation & Teaching of knots Demo & Practice of Rock Climbing, River/Valley Crossing Techniques & Bushcraft

Module IV

Safety Measures & Rescue Techniques, Safety Measures: Safety Equipment & Clothing. Introduction to Rescue Techniques & Stress Calls, Injuries & first aid: classification of Injuries, General first aid. Demo of Rescue Techniques & Stress Calls, First-Aid of Injuries, Bandaging & Carrying Techniques

Module V

Planning & Organisation, Requirements for Planning & Organizing an Activity, Backpacking list. Outdoor Management, Personality Development, Team Building, Cooperation, etc. Ethics & Qualities of an Adventure Expert

Practical: Planning & Organisation of Adventure Activities., Team Building & Personality Development Programs/Activities.

Reference:

Simon Hudson, "Sport and Adventure Tourism"

Ralf Buckley, "Adventure Tourism"

Ralf Buckley, "Adventure Tourism Management"

Paul Fawcett, "Aquatic Facility Management"

Jim Stiehl, Tim Ramsey, "Climbing Walls"

Aram Attarian, "Risk Management in Outdoor and Adventure Programs"

Mark Wagstaff, Aram Attarian, "Technical Skills for Adventure Programming"

Course code RLS3B3

First Aid, Doping, Sports Medicine and Nutritional Supplements

Credit -4

contact hours-4, total hours-72

Module I

First Aid: Importance, precautions, responsibility, Assessment procedures: Visual/Physical observation. Palpation of tissue. Range of movement examination. Active, Passive and active resisted examination. Muscle testing.

Module II

Bleeding (Internal/External), Fractures, Sprains and Dislocations, Head, Neck and Back Injuries, Shock and Trauma, Burns, Electric Shock, Heat & Cold Emergencies (Exhaustion, Heat, stroke, Hypothermia), Poisoning, Bites & Stings,

Module III

Heart Attack, Seizure, Cardiac & Respiratory Arrest, Choking, Loss of Consciousness, Eye, Ear, Nose and Throat Emergencies, Cardio Pulmonary Resuscitation, Bleeding (External), First Aid Equipment handling, Fire Fighting Equipment.

Module IV

Fundamentals of Nutrition: Basic nutrition and its relationship to health and weight. The role of macro and micro nutrients. Basic Food Groups, Carbohydrates, Proteins, Lipids, Vitamins, Minerals, Water, Fibre, Balanced Diet, Calculation of BMI, BMR and calories, Obesity, diabetes, hypertension, anorexia, bulimia, Nutrition and Lifestyle, Food Allergies.

Module V

The difference between supplements - dietary and performance, their use and side effects. Introduction to drugs in sport, Classification of Prohibited List, Substances Banned at All Times, Methods Banned at All Times, Substances Banned in Competition, Drug Testing

Reference:

Harries.M, "ABC of Sports Medicine (2nd Edition)," BMJ

Hutson.M A, "Sports Injuries Recognition and Management," Oxford

Louise Burke, "Practical Sports Nutrition."

Ross E Andersen, "Obesity : Etiology Assessment Treatment and Prevention."

Thakur KC , "A Latest Book on Doping in Sports."

Course code RLS3B4**Marketing of Recreation & sports Services**

Credit -3

contact hours-3, total hours-54

Module I

Exploration of marketing concepts and methods available to public, commercial and private leisure & sports service organizations. Marketing and its role in the sports, Recreation and Leisure Industry. The emergence of sports marketing.

Module II

Overview of marketing principles, role and responsibilities of the Marketing Manager: Market Focus, Analysis, Planning, Implementation and Control. Environmental Analysis: Understanding the importance of marketing environmental analysis and the importance of continually monitoring and adapting to the changing environment.

Module III

Direct Marketing - Growth in direct marketing, database marketing, managing a direct marketing campaign, advantages and disadvantages of direct marketing media. Internet marketing – Internet, mobile marketing, social networks, blogs, viral marketing and new media in marketing communications.

Module IV

Marketing Strategy: Product policy and planning. Application of the product life cycle. New

product development. Brand management. Portfolio techniques. Price objectives and strategies.

Module V

Relationship Marketing - Goals of relationship marketing, customer retention, relationship marketing strategies, the importance of employee retention as an indirect contribution to customer retention.

Module VI

Sponsorship: Growth of sponsorship, current developments and future directions in sponsorship, types of Sponsorship, planning and evaluating sponsorship programmes, key benefits of sponsorship, the growing importance of broadcast sponsorship as an alternative to television advertising.

Reference:

Marketing of Recreation & sports Service

Wim Lagae, "Sports Sponsorship and Marketing Communications"

Stowe Shoemaker, Margaret Shaw, "Marketing Essentials in Hospitality and Tourism"

Morgan, "Marketing For Leisure and Tourism"

Bernard Mullin, Stephen Hardy, William Sutton, "Sport Marketing"-3rd Edition

Course code RLS3C1 Introduction to Sports tourism

Credit -2

contact hours-2, total hours-36

Module I

Introduction to sport tourism, Course preview, Sport tourism concepts and definitions. Sport tourism industry, Suppliers of sport tourism goods and services, Indicators of sport tourism demand, Government and sport tourism

Module II

Sport tourist profiles, Consumer behaviors and trends, serious sport tourists Event-based sport tourism, Mega-events and sport tourism, Event bidding processes

Module III

Sport tourism strategic planning and research, Sport tourism impacts and measurements- Economic, Environmental, Social-cultural

Module IV

Sport tourism and destination marketing, Strategic Plan due, Destination image/branding and sport tourism, Marketing Plan, Issues in sport tourism, summary

Module V

Categories of sports tourism – competitive, cultural, traditional and adventure sport. Various form of arts and crafts. Geography perspective of sports tourism

Reference:

Kemp, “Leisure and Tourism”

James Higham, “Sports and Tourism”

Mike Weed, “Sports Tourism”

Mike Weed, “Sports & Tourism : A Reader”

Gayle,” Water Based Tourism, Sports, Leisure and Recreation”

James Higham, “Sports Tourism Destinations”

Course Code –RLS3B5

Economics for recreation and leisure management

Credit -2

Contact hours-2, total hours-36

Module I

Nature, scope and application of economics in tourism and hospitality; Theory of the firm and business objectives - Economic, Behavioral and Managerial theories.

Module II

Law of Demand, Determinants of Demand; Elasticity of Demand; Nature of tourism Demand analysis and its forecasting; Law of supply; Determinants of tourism and hospitality supply; Elasticity of supply analysis and forecasting;

Module - III

Consumer Behaviour; Cardinal and ordinal approaches; Consumer's equilibrium; the revealed preference; Measurement of Economic Impact: Direct, indirect and induced economic effects. The recreation and leisure income and employment multiplier effect on the Indian economy.

Module - IV

Input-Output decisions; Production function; short-run analysis; Long-run function; short- run and long-run cost functions. Empirical estimation of production and costs'.

Module – V

Price-Output Decisions; recreation and hospitality market structures; Price determination under different market conditions; Pricing practices and strategies; Profit measurement and profit policy; Determinants of investment decision in tourism and sports. The contribution of the recreation and leisure industry to National Income statistics such as GDP and National Income. The Government's policy on recreation and leisure services in India.

Suggested Reading

Hailstones, Thomas J. And Rathwell, John C., Managerial Economics, Prentice Hall International, New Delhi.

Chopra, O.P., Managerial Economics, Tata-McGraw Hill, New Delhi.

Agarwal, Manju, Economics for decision Making, Indian Institute of Finance, 1997, Delhi.

Davis, J.R. and Chang, Simon, Principles of Managerial Economics, Prentice Hall International, New Delhi.

Tribe, J. 2001, The Economics of Leisure and Tourism, New Delhi, Butterworth Heineman.

Cullen, P. 1997, Economics for Hospitality Management, London, International Thomson Business Press.

John C. Crossley, "Introduction to Commercial Recreation and Tourism: An Entrepreneurial Approach"

Rodney Fort, "Sports Economics International Edition"

Michael Leeds, Peter von Allmen, "Economics of Sport, The International Edition"

B.SC RECREATION LEISURE AND SPORTS STUDIES, DETAILED SYLLABUS

SEMESTER IV (THEORY)

Course code – RLS4B1

Spa Therapy (T+P)

Credit -3

contact hours-3 total hours-54

Module I

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.

Module II

Housekeeping: Cleaning equipment, cleaning agents, cleaning procedures, handling of chemicals, potential infections, self-protection, linen handling and maintenance, waste management & pollutants, environmental protection, treatment room set-up, treatment room cleaning, infection control.

Module III

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

Module IV

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

Module V

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 VI

Introduction to ayurveda: Ayurveda topics: the five elements of the body prithvi (earth), vayu (air), apa (water), akash (space), tejas (fire), Treatments: abhyangam, indian head massage

Reference:

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"

Course code – RLS4B2

Event Planning & Facility Management in Recreation and Sports

Credit -3

contact hours-3 total hours-54

Module I

Programming in sports & Recreation Services, translating organisation philosophy and policy into understanding of organization, management, implementation, and evaluation of programming in recreation & sports services.

Module II

Principles of sports & recreation Planning: An exploration of alternative approaches to the planning of recreation opportunities with an emphasis on community and municipal settings. The demand for and supply of recreation opportunities; standards, models and systems; recreation planning policies and agencies; and selected recreation planning issues. Quality assurance in recreation and sports from social psychological, marketing and management sources, characteristics of services, staffing and systems/control issues.

Module III

Program Evaluation in sports & Leisure Services: Knowledge and skills required to plan and conduct evaluations of profit and not-for-profit leisure services and programs. Assessment, goal analysis, evaluability assessment, process and outcome evaluation, report preparation and evaluation politics and ethics.

Module IV

Club Management- Sports and Leisure club management and structure Financial management, Administrative practices and legal aspects of recreational services; principles of planning and operation of recreation area and facilities; financial and business procedures; practices and evaluation

Module V

Ecotourism and Park Tourism: Planning and management of ecotourism and park tourism. Emphasis is placed on public involvement, market segmentation, policy and law, visitor management strategies and international trends. The role of national parks and other categories of protected areas.

Reference:

Ruth V. Russell, "Leisure Program Planning and Delivery"

John Dattilo, "Leisure Education Program Planning: A Systematic Approach"

Debra J. Jordan, "Leadership in Leisure Services: Making a Difference."

Christopher R. Edginton, "Leadership for Recreation, Parks, and Leisure service"

Donald Degraaf, "Programming for Parks, Recreation, and Leisure Services"

J. Robert Rossman Rossman, "Recreation Programming: Designing Leisure Experiences"

Lisa P. Masteralexis, "Principles and Practice of Sport Management," Fourth edition

NIRSA, "Campus Recreational Sport Facilities: Planning, Design, and Construction Guidelines"

Planning, Designing and Maintaining Recreation, Park, Leisure and Sport Facilities

Thomas H. Sawyer, "The Management of Clubs, Recreation and Sport: Concepts and Applications"

NIRSA, "Space Planning Guidelines for Campus Recreational Sport Facilities"

Course code – RLS4B3

Managerial accounting for Sports, leisure and recreation

Credit -3

contact hours-3 total hours-54

Module 1:

Introduction- Meaning, nature & need for Accounting, Scope and Usefulness of Accounting, Accounting Concept and Conventions. Accounting Procedures: Journalizing transactions- Rules of Debit and Credit, classification of accounts, steps of journalizing; Ledger: Concept, Posting & balancing the ledger- Cash Book.

Module 2:

Preparation of Trial Balance- Definition, objects & preparation of trial balance; Financial statements-meaning, types, Trading A/C, Profit and Loss Account - Balance Sheet – need and importance (Practical Problems with Adjustments). Financial Statements for nonprofit organisations: Receipts and Payments accounts, and Income and Expenditure Accounts.

Module 3

Management accounting- Accounting for managerial decisions – Financial statement analysis – Comparative Statements- Common size statements- Trend analysis- Ratio analysis- Fund flow statement- cash flow statement.

Module 4

Introduction to Marginal Costing, Capital expenditure: Appraisal of capital expenditure- Payback, average rate of return, net present value, internal rate of return. Budgetary practices. Income Tax- Gross Total Income and Deductions. Accounting softwares – Peachtree, Tally.

Module 5

Financial Statement Analysis & Accounting for transport undertakings – Railways-Trams and Buses- Road ways – Shipping-Airlines, Sports Accounting- Uniform System of Accounts for the sports Industry, recreation providers, Users and Uses of Accounting Information

Suggested Books:

Narayanswamy/ Financial Accounting – A managerial perspective, Prentice Hall Of India.

Maheshwari & Maheshwari – An Introduction To Accountancy 5th – VIKAS Publishing House.

Bhattacharya, S.K. and Dearden J. Accounting for Management, Vikas Publication House, New Delhi.

Shashi K. Gupta and R.K. Sharma – Management Accounting Principles and Practices, Kalyani Publishers.

S.N. Maheshwari – Principals of management accounting – XI Edition – Sultan Chand & Sons

Raymond Cote Understanding hospitality accounting 2 Educational Institute, American Hotel & Motel Association.

Bhar B.K., (2004) Cost Accounting Academic Publishers.

Khan M.Y. and Jain P.K., Management Accounting, Tata Mcgraw Hill, New Delhi

Course code – RLS4B4

Research Methods in Physical Activity & recreation

Credit -4

contact hours-4 total hours-72

Module I

Introduction to Research: Research defined, exploratory research, uses of exploratory research and methods of conducting exploratory research. Descriptive research and classification of descriptive research. Causal research, types of experiments and test marketing.

Module II

Secondary Research: Definition of primary and secondary data, advantages and disadvantages of secondary, data, criteria for evaluating secondary data classification of secondary data, syndicated services and the importance of the loyalty card as a marketing research tool.

Module III

Qualitative Research Techniques: Difference between qualitative and quantitative research, focus group discussions, depth interviews, projective techniques, observation and mystery shopping as an observation tool.

Module IV

Descriptive Statistics: Nature of data collection, tabulation and presentation of data. Graphical presentation of data. Measures of location to include mean, median and mode. Measures of dispersion to include range, interquartile range, mean and standard deviation. Measures of skewness

Module V

Quantitative Research Techniques: Survey techniques: person administered surveys, self-administered surveys and computer administered surveys. Factors determining the choice of a particular survey method. Questionnaire design- Designing data collection forms, purpose of questionnaires and the questionnaire design process.

Module VI

Sampling: design and procedures, Sample versus census, the sampling design process, classification of sampling techniques: non-probability v probability. Non-probability: Convenience sampling, judgement sampling, quota sampling and snowball sampling. Probability sampling: Simple random sampling, systematic sampling, stratified sampling and cluster sampling.

Reference:

Maitai DK, "Applied Statistics in Physical Education."

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

Damon Andrew, Paul Pedersen, Chad McEvoy, "Research Methods and Design in Sport Management"

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

K. S. Chon, " The Practice of Graduate Research in Hospitality and Tourism"

Course code – RLS4B5

Teaching Methodology & Practice

Credit -4

contact hours-4 total hours-72

Module I

Introduction - Meaning of the term teaching and methods. Factors influencing methods: nature of subjects, nature of students, availability of time and materials, situations, scientific principles.

Module II

Teaching and instruction technology: Methods of teaching: meaning, nature, importance and scope of methods in physical education, verbal, command, demonstration, limitation, dramatization at will, set drill, whole, part, whole-part-whole, part progressive, observation, lecture demonstration method: principles, planning and presentation of lecture demonstration.

Module III

Presentation technique, Personal and technical preparation, teaching skills, steps in presentation, teaching aids types and uses. Class management, general and specific factors for class management, classification of students-gifted, creative, high ability and low ability-remedial instruction. Rapport between teacher and student.

Module IV

Lesson plan and teaching strategies -Principles of teaching, teaching as a communicative process. Design of a lesson plan. Need, objectives and principles of lesson plan and preparation of lesson plan. Types lesson plans, different parts in the lesson plan (general, particular and class room lesson plan) preparation of lesson plans.

Module V

Competition and tournaments: A meaning and types of competitions: knockout, league, combinations and challenge tournaments, methods of drawing fixtures, merits and demerits of knock out and league tournaments. Format for major world/international competition such as swethling cup, davis cup, world cup, thomas cup.

Reference:

Doing Task-based Teaching by Willis and Willis

Creative Teaching Methods Marlene D. LeFever

Effective Teaching Methods, Gary D. Borich

Effective Teaching Methods, Gary D. Borich

B.SC RECREATION LEISURE AND SPORTS STUDIES, DETAILED SYLLABUS

SEMESTER V (THEORY)

Course code – RLS5B1

Open Course (Existing University syllabus offered by college)

Total Credits: 4

Total Contact hours: 4 Total Hours: 72

Course code – RLS5C1

Sports Physiotherapy

Total Credits: 2

Total Contact hours: 2 Total Hours: 36

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.

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

Course code – RLS5C2

Advertising and Public Relation

Total Credits: 2

Total Contact hours: 2 Total Hours: 36

Module I

Advertising campaign management, advertising trends and concepts, ethical issues in advertising, Code of advertising practice: Advertising Standards Authority, Postmodern advertising, Product placement as an alternative to television advertising, Advertising agency payment and management, advertising in Contemporary society.

Module II

Personal Selling and Sales Management, Principles of Personal Selling, phases of the selling process, nature and importance of sales management, sales force design and management.

Module III

Sales Promotion- Categories of sales promotions, sales promotion planning, factors influencing the use of sales promotions, disadvantages and drawbacks of sales promotions.

Module IV

Public Relations: Difference between public relations and publicity, role of public relations in the promotions mix, Tools of Public relations, uses and benefits of Public relations, planning an effective PR campaign, proactive MPR and reactive MPR, crisis management.

Reference:

G. Clayton Stoldt, Stephen Dittmore, Scott Branvol, “Sport Public Relations”-2nd Edition
David Meerman Scott, “the New Rules of Marketing and PR: How to Use News Releases, Blogs, Podcasting, Viral Marketing, and Online Media to Reach Buyers Directly”
By Eric Yaverbaum, Bob Bly, “,Public Relations Kit for Dummies.”

Course code – RLS5C3**Disaster Management**

Total Credits: 2

Total Contact hours: 2 Total Hours: 36

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 Tele communication 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.

Dave, P. K. (2009). Emergency Medical Services and Disaster Management: A Holistic Approach. New Delhi: Jaypee Brothers Medical Publishers (P) Ltd.

Narayan, B. (2009). Disaster Management. New Delhi: A.P.H. Publishing Corporation.

Kumar, N. (2009). Disaster Management. New Delhi: Alfa Publications.

Ghosh, G. K. (2008). Disaster Management. New Delhi: A.P.H Publishing Corporation.

Goel, S. L. (2008). Disaster Management. New Delhi: Deep & Deep Publication Pvt. Ltd.

Singh, R. B. (2008). Disaster Management. New Delhi: Rawat Publications.

Kumar, A. (2008). Disaster Management : Recent approaches. New Delhi: Anmol Publications

Course code – RLS5B2

Kinesiology

Total Credits: 2

Total Contact hours: 2 Total Hours: 36

Module I

Meaning of kinesiology brief history of Kinesiology. Importance of kinesiology for games and sports; structural & functional classification of muscles. Role of muscles in Physical activity, anatomical standing position, planes and axes of movement. Terminology of fundamental

movement.

Module II

Newtons laws of motion and their implication in Physical Education and Sports. Levers, Equilibrium, Center of gravity, force centerpetal and centrifugal force; Application of biomechanical principles to high jump, throwing movement, like discus, shotput and javelin.

Module III

Location and actions of muscles at various joints: Upper extremity shoulder girdle, shoulder joints & elbow joint. Deltoid, Latissimus Dorsi, Pectoralis major, supra spinatus, pectoralis minor, Trapezius and levator scapulas, Biceps Brachii, Brachialis and Triceps Lower extremity: Hipjoint, Knee joint & Ankle joints, Gluteus Maximums, Gluteus medius, Gluteus minimum, Hamstring (Group), quadriceps (Groups), Gastrocnemius, Sartorius.

Module IV

The spinal column, Meaning of posture type of posture, importance of posture, causes of poor posture, preventive and remedial measures of a poor posture, common postural deformities kyphosis, lordosis, flat foot, knock knees, bow legs, lateral curvatures

Module V

Meaning, importance, aims and objectives of biomechanics in Physical Education and sports; kinetics, speed, velocity, acceleration, projectile, linear, kinetics, mass, weight, pressure, work energy, momentum, friction, impulse,

References:

Breer and Zarnicks, Efficiency of human movement W.B. Co., Philadelphia, 1979.

Biomechanics of Sports technique inc. N.J. 1978

Logan and McKinney, Anatomic Kinesiology, M.C. Brown Co. 1977.

Course code – RLS5C3

Entrepreneurship development

Total Credits: 3

Total Contact hours: 3 Total Hours: 54

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

B.SC RECREATION LEISURE AND SPORTS STUDIES, DETAILED SYLLABUS

SEMESTER V (THEORY)

Course code – RLS6B1

Therapeutic Recreation and adapted physical education

Total Credits: 3

Total Contact hours: 5 Total Hours: 60

Module I

Models, theories, tools, and techniques required in the design, facilitation, and evaluation of therapeutic recreation services for individuals and groups, etiology of disability and the role of therapeutic recreation in the lives of people with developmental and emotional disabilities, Advanced Practices in Therapeutic Recreation, advanced professional therapeutic practices, Therapeutic recreation and lifestyle planning, principles of therapeutic recreation.

Module II

Therapeutic Recreation Process and Program Management: models, theories, tools, and techniques required in the design, facilitation, and evaluation of therapeutic recreation services for individuals and groups in a variety of therapeutic recreation settings.

Module III

Exercise for children: Growth and maturation through childhood, assessing childrens' fitness and readiness for exercise, exercise recommendations for children, Childhood obesity, Nutritional needs Physical activity planning, delivery and evaluation for children.

Module IV

Exercise in pregnancy and post-partum: Stages of pregnancy; assessing pregnant womens' readiness for exercise; exercise guidelines for pregnant women; nutritional needs, exercise in the post-partum period.

Exercise for older adults: Ageing and the benefits of physical activity; nutritional needs; assessing older adults' readiness for exercise; exercise programming, delivery and evaluation;

case studies of successful interventions.

Module VI

Exercise for people with disabilities: Genesis of disability; assessing people with disabilities readiness for exercise; exercise guidelines; nutritional needs; special considerations for people with disabilities. Classification and International organisations, Sporting organisations for people with disabilities.

Module VII

Pathophysiology: of the following conditions: Cerebral Palsy, Downs Syndrome, Spina Bifida, Muscular Dystrophy, Spinal Cord Injury, Autistic Spectrum Disorders, ADHD, Epilepsy, Deaf & Hearing impairment, Blind & Visual impairment, Amputee and Depression.

Reference:

Terry Robertson, "Foundations of Therapeutic Recreation"

Robin Kunstler, Frances Stavola Daly, "Therapeutic Recreation Leadership and Programming"

Barbara C. Wilhite, "Therapeutic Recreation: Cases & Exercises"

Charles C. Bullock, "Introduction to Recreation Services for People with disability"

John Dattilo, "Inclusive Leisure Services: Responding to rights of people with disability"

Norma J. Stumbo, "Therapeutic Recreation Program Design: principles and procedures"

Joan Burlingame, "Assessment Tools for Recreational Therapy and Related Fields, 4th ed"

David Austin, "Therapeutic Recreation: An Introduction (3rd Edition)"

Norma J. Stumbo, "Facilitation of Therapeutic Recreation Services: An evidence based and best practise approach to techniques and process"

David R. Austin, "Therapeutic Recreation"

Course code – RLS6B2

Applied Psychology of sports learning and performance

Total Credits: 2

Total Contact hours: 5 Total Hours: 60

Module I

Psychology, Meaning, Definition, Nature, Scope of Psychology in Physical Education, Heredity and Environment, Developmental Characteristics at Different Stages of Growth

Module II

Personality, Definition, Types of Personality, Intelligence, Definition, Individual differences in Intelligence, Group Dynamics of Sport Performance

Module III

Types and Techniques of Motivation - Anxiety and its Management

Module IV

Theories of Learning, Conditional Response, Trial and Error, Imitation, Insightful Learning, Laws of Learning, Law of Exercise, Law of Effect, Law of Readiness, Law of Recency and Law of Frequency, Types of Learning, Primary, Associate and concomitant, Learning curve, Transfer of Learning.

Reference:

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)

Cratty B.J., Psychology in contemporary sports, Prentice Hall.Inc. Englewood cliff (1973)

Kane, J.S.- Psychological aspects of Physical Education and Sports, Routler and Ejanpaul, London (1972)

Singer, R.N. Coaching, athletics and Psychology Mograw Mills Book Co. (1972).

Course code – RLS6B3

Sports, Recreation & Leisure Law and Risk Management

Total Credits: 2

Total Contact hours: 3 Total Hours: 45

Module I

Nature and function of law: divisions of law; substantive and procedural law; criminal and civil processes with recent/current examples pertinent to the recreation and leisure industry/sector

Module II

Administration of justice: the Courts system: structure, jurisdiction and administration; legal personnel: barristers, solicitors and the judiciary; juries; access to the courts and legal aid; alternative dispute resolution and arbitration.

Module III

Sources of law: The Constitution: institutions of the State, fundamental rights; Legislation - enactment and statutory interpretation; precedent/case law and judicial reasoning; Indian constitutional Law - the institutions, decisions/directives/regulations and implementation in India.

Module IV

Contract law: formation; terms; capacity; mistake and misrepresentation; consumer protection; duress and undue influence; public policy considerations; discharge; remedies.

Module V

Insurance law: types of insurance contract; formation; principles of insurance- insurable interest, indemnity, subrogation, contribution, Tort: negligence; professional negligence and vicarious liability; trespass against the person - elements of the torts and defences; defamation; nuisance; occupiers liability.

Module VI

Employment law: contracts of employment; equality in employment and in provision of services;

legislation of minimum wage, working time, parental and other leave; safety legislation and enforcement; dismissal.

Reference:

Sports, Recreation & Leisure Law and Risk Management

Spengler John O, "Introduction to Sport Law."

Project (credit -4)

Performance Portfolio/ Case study (credit-3)

Internship (credit- 1)