



ವಿಶ್ವವಿದ್ಯಾನಿಲಯ ಕಾರ್ಯಸೌಧ
ಕ್ರಾಫರ್ಡ್ ಭವನ, ಮೈಸೂರು-570005

ದಿನಾಂಕ: 22.09.2020.

ಸಂಖ್ಯೆ:ಎಸಿ.6/389/2019-20

ಅಧಿಸೂಚನೆ

ವಿಷಯ:- ಸ್ನಾತಕ ಪದವಿಯಲ್ಲಿ ದೈಹಿಕ ಶಿಕ್ಷಣ ಪತ್ರಿಕೆಯನ್ನು ಕಡ್ಡಾಯವಾಗಿ ಅಳವಡಿಸುವ ಬಗ್ಗೆ.

ಉಲ್ಲೇಖ:- 1. ದಿನಾಂಕ 08.01.2020ರಂದು ನಡೆದ ದೈಹಿಕ ಶಿಕ್ಷಣ ಅಧ್ಯಯನ ಮಂಡಳಿ ಸಭೆಯ ತೀರ್ಮಾನ.

2. ದಿನಾಂಕ 19.02.2020ರಂದು ನಡೆದ ಶಿಕ್ಷಣ ನಿಕಾಯದ ತೀರ್ಮಾನ.

3. ದಿನಾಂಕ 28.08.2020ರಂದು ಆನ್ ಲೈನ್ ಸಭೆಯಲ್ಲಿ ತೆಗೆದುಕೊಂಡ ತೀರ್ಮಾನ (Special BOS).

4. ದಿನಾಂಕ 18.06.2020ರಂದು ಜರುಗಿದ ಶಿಕ್ಷಣ ಮಂಡಳಿ ಸಭೆಯ ತೀರ್ಮಾನ.

ದಿನಾಂಕ 18.08.2020ರಂದು UG (CBCS-CAGP) ಸಮಿತಿ ಸಭೆಯಲ್ಲಿ ತೀರ್ಮಾನಿಸಿದಂತೆ UG CBCS Regulations ರೀತ್ಯಾ ಉಲ್ಲೇಖ (3)ರ Special BOS ಸಭೆಯಲ್ಲಿ ತೀರ್ಮಾನಿಸಿದಂತೆ ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ವ್ಯಾಪ್ತಿಗೆ ಬರುವ ಎಲ್ಲಾ ಸ್ನಾತಕ ಪದವಿ ಕಾಲೇಜುಗಳಲ್ಲಿ ದೈಹಿಕ ಶಿಕ್ಷಣ ಪತ್ರಿಕೆಯನ್ನು ಕಡ್ಡಾಯವಾಗಿ ಅಳವಡಿಸಿ ವ್ಯಾಸಂಗ ಮಾಡಲು 2020-21ನೇ ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಸ್ನಾತಕ ಪದವಿ ಕೋರ್ಸುಗಳ ಪ್ರಥಮ ವರ್ಷದ ಪ್ರವೇಶ ಪಡೆಯುವ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಅನ್ವಯವಾಗುವಂತೆ ಜಾರಿಗೆ ತರಲಾಗಿದೆ.

ದಿನಾಂಕ 19.02.2020ರಂದು ಜರುಗಿದ ಶಿಕ್ಷಣ ನಿಕಾಯ ಹಾಗೂ ದಿನಾಂಕ 18.06.2020ರಂದು ನಡೆದ ಶಿಕ್ಷಣ ಮಂಡಳಿ ಸಭೆಯು ಮೇಲಿನ ಪ್ರಸ್ತಾವನೆಯನ್ನು ಅನುಮೋದಿಸಿರುವುದರಿಂದ ಈ ಅಧಿಸೂಚನೆ ಹೊರಡಿಸಲಾಗಿದೆ.

ಮೇಲ್ಕಂಡ ಪಠ್ಯಕ್ರಮ ಹಾಗೂ ಸ್ನಾತಕ ಕೋರ್ಸ್‌ನ ಪರಿಷ್ಕೃತ Credit Course structureನ್ನು ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ವೆಬ್‌ಸೈಟ್ www.uni-mysore.ac.in ನಿಂದ ಪಡೆಯಬಹುದಾಗಿದೆ.

ಉಪಕುಲಸಚಿವ (ಶೈಕ್ಷಣಿಕ)
ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ
ಮೈಸೂರು-570 005

ಗೆ:-

1. ಎಲ್ಲಾ ಸ್ನಾತಕ ಪದವಿ ನಡೆಸುತ್ತಿರುವ ಕಾಲೇಜುಗಳ ಪ್ರಾಂಶುಪಾಲರುಗಳಿಗೆ.
2. ಕುಲಸಚಿವ (ಪರೀಕ್ಷಾಂಗ), ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು.
3. ಡೀನರು, ಶಿಕ್ಷಣ ನಿಕಾಯ, ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು.
4. ಅಧ್ಯಕ್ಷರು, ದೈಹಿಕ ಶಿಕ್ಷಣ ಹಾಗೂ ಕ್ರೀಡಾ ವಿಜ್ಞಾನ ಅಧ್ಯಯನ ವಿಭಾಗ/ ಅಧ್ಯಯನ ಮಂಡಳಿ, ಸ್ಟೋಟ್ಸ್ ಪೇವಿಯನ್, ಮೈವಿವಿ, ಮೈಸೂರು.
5. ನಿರ್ದೇಶಕರು, ದೈಹಿಕ ಶಿಕ್ಷಣ ವಿಭಾಗ, ಸ್ಟೋಟ್ಸ್ ಪೇವಿಯನ್, ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು.
6. ಉಪಕುಲಸಚಿವರು/ಸಹಾಯಕ ಕುಲಸಚಿವರು/ಅಧೀಕ್ಷಕರು, ಆಡಳಿತ ವಿಭಾಗ ಮತ್ತು ಪರೀಕ್ಷಾ ವಿಭಾಗ, ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು.
7. ರಕ್ಷಾ ಕಡತಕ್ಕೆ.

UNIVERSITY OF MYSORE

PHYSICAL EDUCATION SYLLABUS FOR UNDER GRADUATE COURSES

Lecture Tutorial Practical
2 0 1

Number of Hours: 64

Internals: 20

Examination 80

Objectives

On completion of the course the student who get enrolled for this paper will

- **Understand** Physical Education & Physical Fitness
- Sports & Recreation
- Health, Wellness & Life Style
- Food & Nutrition
- Sports Injuries, First aid
- Ergogenic Aids & Posture
- Yoga

Unit -1- PHYSICAL EDUCATION PHYSICAL FITNESS:

- a) Physical Education & Sports Science: Meaning, Definition of Physical Education, History of Physical Education, Aim and Objectives of Physical Education, Need and Importance of Physical Education
- b) Physical Fitness: Meaning, Concept of Physical Fitness, Components of Physical Fitness.

Unit -2-SPORTS & RECREATION:

- a) Sports: Meaning, Definition, Importance. Qualities of Sports person.
- b) Recreation: Meaning, Types of Recreation, Importance of Recreation
- c) Adventure Sports: Meaning, Objectives of Adventure Sports,
- d) Type of activities- Camping, Rock Climbing, Trekking River rafting and Mountaineering.

Unit -3-HEALTH, WELLNESS & LIFE STYLE:

- a) Health: Meaning, Definition, Different dimension of Health & Personal Hygiene
- b) Need, Objectives & Importance of Health Education
- c) Meaning & Importance of Wellness & style, Components of Wellness, Components of lifestyle.

Unit – 4-FOOD & NUTRITION:

- a) Food and Nutrition
- b) Meaning of Food
- c) Components of Food
- d) Balance Diet
- e) Importance of Balance Diet

Unit – 5- SPORTS INJURIES, FIRST AID:

- a) Sports injuries: Classification, Causes and Prevention.
- b) First Aid: Meaning, Definition & Importance of First Aid in Physical Education and Sports.

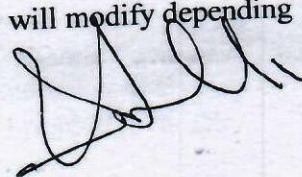
Unit – 6- ERGOGENIC AIDS & POSTURE:

- a) Ergogenic Aids, Effects of Drugs on Sports Performance, Drug Abuse and Law.
- b) Posture: Concept and advantages of correct posture, Causes of Bad Posture, Common Postural
- c) Deformities, Corrective measures for postural deformities, like Kyphosis, Lordosis, Scoliosis,
- d) Flat Foot, knocked Knee & Bow Leg.

Unit – 7 – YOGA

- a) Meaning & Importance of Yoga
- b) Yoga as an Indian Heritage.
- c) Elements of Yoga.
- d) Introduction to Asanas, Pranayama, Meditation.
- e) Physiological benefits of Asanas, Pranayama & Meditation.
- f) Prevention & Management of Common Life Style Diseases: Obesity, Diabetes, Hyper-tension, Back Pain, Asthma.

Note: With respect to special population practical's, the respective teacher will modify depending upon their needs.



**TITLE OF THE PAPER: PHYSICAL EDUCATION SYLLABUS FOR
UNDER GRADUATE COURSES**

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4. Dr. L. K. Govindarajulu. Health Education Y.M.C.A College of Physical Education, 2009,
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Annexure - 2 : Course Credit Structure 2020-21

B.A. Program											
Semester	DSC	Credits	DSE	Credits	GE	Credits	SEC	Credits	AEECC	Credits	Total
1	DSC-1A DSC-2A DSC-3A	6 6 6	—	—	—	—	—	—	ಕನ್ನಡ / MIL -1 English - 1 Environmental Studies Constitution of India Physical Education (Any 1 course)	3 3 3 3 3	24 3
2	DSC-1B DSC-2B DSC-3B	6 6 6	—	—	—	—	—	—	ಕನ್ನಡ / MIL -2 English - 2 Environmental Studies Constitution of India Physical Education (Any 1 course)	3 3 3 3 3	24 3
3	DSC-1C DSC-2C DSC-3C	6 6 6	—	—	—	—	SEC-1 (Communicative Skills)	2	ಕನ್ನಡ / MIL -3 English - 3 Environmental Studies Constitution of India Physical Education (Any 1 course)	3 3 3 3 3	26 3
4	DSC-1D DSC-2D DSC-3D	6 6 6	—	—	—	—	SEC-2 (Computer Applications)	2	ಕನ್ನಡ / MIL -4 English - 4	3 3	26 20
5	—	—	DSE-1A DSE-2A DSE-3A	6 6 6	GE-1	2	—	—	—	—	20
6	—	—	DSE-1B DSE-2B DSE-3B	6 6 6	GE-2	2	—	—	—	—	20
		72		36		4		4		33	149

DSC = Discipline Specific Course ; SEC = Skill Enhancement Courses ; DSE = Discipline Specific Elective ; AEECC = Ability Enhancement Compulsory Courses ; GE = Generic Elective

Annexure – 2 : Course Credit Structure 2020-21

B.Sc. Program										
Semester	DSC	Credits	DSE	Credits	GE	Credits	SEC	Credits	AECC	Credits Total
1	DSC-1A	6	—	—	—	—	—	—	ಕನ್ನಡ / MIL -1	3
	DSC-2A	6	—	—	—	—	—	—	English - 1	3
	DSC-3A	6	—	—	—	—	—	—	Environmental Studies Constitution of India Physical Education (Any 1 course)	3 3 3 3
2	DSC-1B	6	—	—	—	—	—	—	ಕನ್ನಡ / MIL -2	3
	DSC-2B	6	—	—	—	—	—	—	English - 2	3
	DSC-3B	6	—	—	—	—	—	—	Environmental Studies Constitution of India Physical Education (Any 1 course)	3 3 3 3
3	DSC-1C	6	—	—	—	—	—	—	ಕನ್ನಡ / MIL -3	3
	DSC-2C	6	—	—	—	—	—	—	English - 3	3
	DSC-3C	6	—	—	—	—	—	—	Environmental Studies Constitution of India Physical Education (Any 1 course)	3 3 3 3
4	DSC-1D	6	—	—	—	—	—	—	ಕನ್ನಡ / MIL -4	3
	DSC-2D	6	—	—	—	—	—	—	English - 4	3
	DSC-3D	6	—	—	—	—	—	—	—	—
5	—	—	DSE-1A	6	—	—	SEC-1	2	—	—
	—	—	DSE-2A	6	—	—	SEC-2	2	—	—
	—	—	DSE-3A	6	—	—	—	—	—	—
6	—	—	DSE-1B	6	—	—	SEC-3	2	—	—
	—	—	DSE-2B	6	—	—	SEC-4	2	—	—
	—	—	DSE-3B	6	—	—	—	—	—	—
		72			36			8		

DSC = Discipline Specific Course ; SEC = Skill Enhancement Courses ; DSE = Discipline Specific Elective ; AECC = Ability Enhancement Compulsory Courses ; GE = Generic Elective

Annexure – 2 : Course Credit Structure 2020-21

B.C.A. Program											
Semester	DSC	Credits	DSE	Credits	GE	Credits	SEC	Credits	AECC	Credits	Total
1	DSC-1	6	—	—	—	—	—	—	ಕನ್ನಡ / MIL -1 English - 1	3 3	24
	DSC-2	6	—	—	—	—	—	—	Environmental Studies Constitution of India	3 3	3
	DSC-3	6	—	—	—	—	—	—	Physical Education (Any 1 course)	3 3	3
2	DSC-4	6	—	—	—	—	—	—	ಕನ್ನಡ / MIL -2 English - 2	3 3	24
	DSC-5	6	—	—	—	—	—	—	Environmental Studies Constitution of India	3 3	3
	DSC-6	6	—	—	—	—	—	—	Physical Education (Any 1 course)	3 3	3
3	DSC-7	6	—	—	—	—	—	—	ಕನ್ನಡ / MIL -3 English - 3	3 3	24
	DSC-8	6	—	—	—	—	—	—	Environmental Studies Constitution of India	3 3	3
	DSC-9	6	—	—	—	—	—	—	Physical Education (Any 1 course)	3 3	3
4	DSC-10	6	—	—	—	—	—	—	ಕನ್ನಡ / MIL -4 English - 4	3 3	24
	DSC-11	6	—	—	—	—	—	—	—	—	22
	DSC-12	6	—	—	—	—	—	—	—	—	22
5	—	—	DSE-1	6	—	—	SEC-1	2	—	—	22
	—	—	DSE-2	6	—	—	SEC-2	2	—	—	22
	—	—	DSE-3	6	—	—	—	—	—	—	22
6	—	—	DSE-4	6	—	—	SEC-3	2	—	—	22
	—	—	DSE-5	6	—	—	SEC-4	2	—	—	22
	—	—	DSE-6	6	—	—	—	—	—	—	22
			(Major Project)			36	8	33	149		

DSC = Discipline Specific Course ; SEC = Skill Enhancement Courses ; DSE = Discipline Specific Elective ; AECC = Ability Enhancement Compulsory Courses ; GE = Generic Elective

Annexure - 2 : Course Credit Structure 2020-21

B.Com. Program										
Semester	DSC	Credits	DSE	Credits	GE	Credits	SEC	Credits	AECC	Credits
1	DSC-1	4	—	—	—	—	—	—	ಕನ್ನಡ / MIL -1 English - 1	3
	DSC-2	6							Environmental Studies Constitution of India	3
	DSC-3	4							Physical Education (Any 2 courses)	3
2	DSC-4	4	—	—	—	—	—	—	ಕನ್ನಡ / MIL -2 English - 2	3
	DSC-5	6							Environmental Studies Constitution of India	3
	DSC-6	4							Physical Education (Any 1 course)	3
3	DSC-7	6	—	—	—	—	SEC-1	4	ಕನ್ನಡ / MIL -3 English - 3	3
	DSC-8	4							Disaster Management	2
4	DSC-9	6	—	—	—	—	SEC-2	4	ಕನ್ನಡ / MIL - 4 English - 4	3
	DSC-10	4								3
5	DSC-11	4								—
	DSC-12	4	DSE-1	5	—	—	SEC-3	4		—
	DSC-13	4	DSE-2	5						—
6	DSC-14	4	DSE-4	5	—	—	SEC-4	4		—
	DSC-15	4	DSE-5	5						—
			DSE-6	5						—
		68			30			16	35	149

DSC = Discipline Specific Course ; SEC = Skill Enhancement Courses ; DSE = Discipline Specific Elective ; AECC = Ability Enhancement Compulsory Courses ; GE = Generic Elective

Annexure - 2 : Course Credit Structure 2020-21

B. J. A. Program										
Semester	DSC	Credits	DSE	Credits	GE	Credits	SEC	Credits	AECC	Total
1	DSC-1	5	—	—	—	—	—	—	ಕನ್ನಡ / MIL - 1 English - 1	3
	DSC-2	4	—	—	—	—	—	—	Environmental Studies Constitution of India	3
	DSC-3	4	—	—	—	—	—	—	Physical Education (Any 2 courses)	3
2	DSC-4	4	—	—	—	—	—	—	ಕನ್ನಡ / MIL - 2 English - 2	3
	DSC-5	4	—	—	—	—	—	—	Environmental Studies Constitution of India	3
	DSC-6	5	—	—	—	—	—	—	Physical Education (Any 1 course)	3
3	DSC-7	4	—	—	—	—	—	—	ಕನ್ನಡ / MIL - 3 English - 3	3
	DSC-8	5	—	—	—	—	—	—	Disaster Management	2
	DSC-9	5	—	—	—	—	—	—	ಕನ್ನಡ / MIL - 4 English - 4	3
4	DSC-10	5	—	—	—	—	—	—	—	3
	DSC-11	4	—	—	—	—	—	—	—	3
	DSC-12	4	—	—	—	—	—	—	—	3
5	DSC-13	5	—	—	—	—	—	—	—	—
	DSC-14	4	DSE-1	5	—	—	SEC-1	4	—	—
	DSC-15	5	DSE-2	5	—	—	—	—	—	—
6	DSC-16	5	—	—	—	—	SEC-2	4	—	—
	DSC-17	4	DSE-3	5	—	—	—	—	—	—
	DSC-18	5	DSE-4	5	—	—	—	—	—	—
	DSC-19	5	—	—	—	—	—	—	—	—
		86		20				8		35
										149

DSC = Discipline Specific Course ; SEC = Skill Enhancement Courses ; DSE = Discipline Specific Elective ; AECC = Ability Enhancement Compulsory Courses ; GE = Generic Elective