

ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ
ಸ್ಥಾಪನೆ : 1916

ವಿಶ್ವವಿದ್ಯಾನಿಲಯ ಕಾರ್ಯಸೌಧ
ಕ್ರಾಫರ್ಡ್ ಭವನ, ಮೈಸೂರು-570005

ಸಂಖ್ಯೆ: ಎಸಿ6/755/2019-20

ದಿನಾಂಕ: 12.03.2021

ಸುತ್ತೋಲೆ

ವಿಷಯ:- 2020-21ನೇ ಶೈಕ್ಷಣಿಕ ಸಾಲಿನ ಯುಜಿ-ದೈಹಿಕ ಶಿಕ್ಷಣ ಪತ್ರಿಕೆಯನ್ನು 3ನೇ ಸೆಮಿಸ್ಟರ್‌ನಲ್ಲಿ
ಅಳವಡಿಸಿಕೊಳ್ಳುವ ಬಗ್ಗೆ.

- ಉಲ್ಲೇಖ:- 1. ಈ ಕಛೇರಿ ಅಧಿಸೂಚನೆ ಸಂಖ್ಯೆ:ಎಸಿ6/389/2019-20 ದಿನಾಂಕ: 22.09.2020.
2. ಪ್ರೊ.ಎಂ.ಎ ಶ್ರೀಧರ್, ಮುಖ್ಯ ನೋಡಲ್ ಅಧಿಕಾರಿ (ಸಿಬಿಸಿಎಸ್-ಸಿಎಜಿಪಿ), ಮೈಸೂರು
ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು ಇವರ ಅಭಿಪ್ರಾಯ ದಿನಾಂಕ: 15.02.2021.
3. ವಿವಿಧ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜುಗಳ ಪ್ರಾಂಶುಪಾಲರ ಮನವಿ ದಿನಾಂಕ: 27.02.2021.

ಉಲ್ಲೇಖಿತ (3)ರಲ್ಲಿನ ಪತ್ರಗಳ ಕೋರಿಕೆಯನುಸಾರ, ಉಲ್ಲೇಖ (2)ರ ಅಭಿಪ್ರಾಯದಂತೆ, ಬಿ.ಕಾಂ/ಬಿಬಿಎ
ಪ್ರೊಗ್ರಾಂನಲ್ಲಿರುವ ದೈಹಿಕ ಶಿಕ್ಷಣ ಕೋರ್ಸಿನ ಪತ್ರಿಕೆಯನ್ನು ಮೊದಲನೇ ಸೆಮಿಸ್ಟರ್‌ನಲ್ಲಿ ಅಳವಡಿಸಿಕೊಳ್ಳುವ
ಬಿ.ಕಾಂ/ಬಿಬಿಎ ಬೋಧಿಸುತ್ತಿರುವ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜುಗಳು 3ನೇ ಸೆಮಿಸ್ಟರ್‌ನಲ್ಲಿ ದೈಹಿಕ ಶಿಕ್ಷಣ
ಪತ್ರಿಕೆಯನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಅನುಮತಿ ನೀಡಲಾಗಿದೆ.

DRAFT APPROVED BY THE REGISTRAR

12/3
ಉಪ ಕುಲಸಚಿವರು, (ಶೈಕ್ಷಣಿಕ)
ಉಪಕುಲಸಚಿವ (ಶೈಕ್ಷಣಿಕ)
ಮೈಸೂರು-570005

ಗೆ:-

1. ಪ್ರಾಂಶುಪಾಲರು, ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ಸಂಯೋಜಿತ ಬಿ.ಕಾಂ/ಬಿಬಿಎ ಕೋರ್ಸ್‌ನ್ನು
ನಡೆಸುತ್ತಿರುವ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜುಗಳು.
2. ಕುಲಸಚಿವ (ಪರೀಕ್ಷಾಂಗ), ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು.
3. ಡೀನರು, ಶಿಕ್ಷಣ ನಿಕಾಯ, ಶಿಕ್ಷಣ ಅಧ್ಯಯನ ವಿಭಾಗ, ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು.
4. ಡೀನರು, ಕಲಾನಿಕಾಯ, ಕುವೆಂಪು ಕನ್ನಡ ಅಧ್ಯಯನ ಸಂಸ್ಥೆ, ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು.
5. ಅಧ್ಯಕ್ಷರು, ವಾಣಿಜ್ಯ ಅಧ್ಯಯನ ಮಂಡಳಿ, ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು.
6. ಅಧ್ಯಕ್ಷರು, ವ್ಯಾವಹಾರ ಆಡಳಿತ ಅಧ್ಯಯನ ಮಂಡಳಿ (ಬಿಬಿಎ), ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು
7. ನಿರ್ದೇಶಕರು, ದೈಹಿಕ ಶಿಕ್ಷಣ ವಿಭಾಗ, ಸ್ಪೋರ್ಟ್ಸ್ ಪೆವಿಲಿಯನ್, ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ,
ಮೈಸೂರು
8. ಮಾನ್ಯ ಕುಲಪತಿಗಳು/ಕುಲಸಚಿವರ ಆಪ್ತ ಸಹಾಯಕರು, ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು.
9. ಕಛೇರಿ ಪ್ರತಿ.

Preamble

PHYSICAL EDUCATION AND SPORTS SCIENCE

Course - 1

Syllabus for Under Graduate Colleges of Mysore University.

Physical education is an integral part of the total education process. It is multi-dimensional in nature, because of its inter-disciplinary characteristics. It's a field of endeavor that has as its aim, the overall development of an individual like, development of physically, mentally, emotionally, and socially fit citizen's through the medium of physical activities.

The proverb which is of Greek origin insists that the mind and body should be both sound and healthy. A healthy person can think normally and act instantly in any given situation. A sound body means a healthy body, free from diseases and it is not a bulky body. A sound mind means a mind capable of good, positive and free thinking mind.

Physical education includes the acquisition and refinement of motor skills, development and maintenance of fitness for optimal health and wellbeing, the attainment and knowledge and growth of positive attitudes towards life.

The life style of today's generation has changed tremendously. The fitness level of individual has gone down badly. Students prefer video games rather than to toil and sweat in the play fields. Many are suffering from postural deformities and with the common diseases like high/low blood pressure, diabetes, heart problems, and also facing obesity problems. The only way to remove these factors from society, the role of physical education and sports become massive it not only improves the health of an individual, but also make him stronger mentally to face huge competition present in today's life & fast changing world. There is a need to develop an atmosphere conducive to involve in physical activities at under graduate level. So, now at this stage there is a lot of opportunity to consider physical education and sports science, a curricular activity in choice based credit system (CBCS).

If the Physical Education and sports science becomes a subsidiary subject in under graduate colleges, it has a wide range of opportunity in promoting fitness, health, recreation and wellness of the youths.

This new concept of education opens the door of knowledge with diversified field of study to the under graduate level students. This subject emphasizes fitness concept to the development of motor skills and health related fitness. Knowledge and directed practical experiences will enable student to assess and further develop abilities in basic movement skills, sports skills, motor fitness and physical fitness components as related to body weight management, fitness and sport. Additionally, concepts related to overall health, wellness and disease will be discussed including nutrition, weight control, stress and psychological constructs related to motivation, exercise, etc.

The Physical Education and Sports Science not only allows students to work individually and cooperatively in the theoretical and practical components of the subject, but also assists them in developing critical life skills. As a curricular inclusion, it provides students of varying abilities with experiences that facilitate physical, social, intellectual, cultural, spiritual and emotional growth. Skills related to decision making, problem solving and critical thinking and the use of sport technology are acquired by students undertaking a course of study in physical education and sports science.

PHYSICAL EDUCATION AND SPORTS SCIENCE
SYLLABUS FOR UNDER GRADUATE COLLEGES OF MYSORE UNIVERSITY

THEORY:

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.

(Lecture 6hrs)

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.

(Lecture 6hrs)

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 & Life style, Components of Wellness, Components of Lifestyle.

(Lecture 6 hrs)

Unit- 4 – FOOD & NUTRITION:

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

(Lecture 4 hrs)

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.

(Lecture 6hrs)

Unit-6 –EROGENIC 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 Deformities, Corrective measures for postural deformities, like Kyphosis, Lordosis, Scoliosis, Flat foot, Nocked Knee & Bow Leg.

(Lecture 6 hrs)

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.

(Lecture 16 hrs)

INTERNAL ASSIGNMENT & TEST

History & Origin, Development of Games & Sports, Fundamental Skills, Advance Skills, Rules and Regulations of Indoor and Out Door Games, Organization & Administration of Intramural and Extramural competitions.

REFERENCES:

1. Science of Sports Training: Dr.Hardayal Singh.
2. Methods & Materials for Secondary School Physical Education: Charles A. Bucher.
3. Physical Education & the Study of Sports: Bob Davis, Ros Bull, Jan Roscoe & Dennis Roscoe.
4. Health, Exercise and Fitness (2010) Dr.Briz Mohan T. Raman. P. 232
5. Health Education (2009), Dr. L. K. Govindarajulu. P. 12
6. Health Education and Environmental Studies (2015) Dr.Sathish Malik. P. 1-85
7. Health Education: A. Prakash.
8. Diet & Nutrition: Dr. Gordon Jackson.
9. Fitness And Wellness: Werner W.K.Hoeger, Sharon.A.Hoeger Seventh Edition Publishing House: Thomson And Wadsorth.
10. Food & Nutrition, Facts & Figures: 6th Edition (2006), by I.C.Gupta, Kusum Gupta, Abhishek Gupta – Jaypee Publications
11. Drugs in Sports: Ivan Waddington & Smith.
12. Drugs in sports: David R. Mottram & Neil Chester.
13. First Aid & Emergency Carte: Dr. Ajay Singh.
14. Essentials of Exercise Physiology: Larry G. Shaver.
15. Health & Physical Education: Dr. SK Mangal&Dr. PC Chadha.
16. The Power of Posture: Dr.Renu Mahtani.
17. Posture Correction: Jane Johnson.
18. Posture, Athletic Carte & First Aid: Dr.Mukesh Agarwal, Dr.SunithaArara& Dr BenuGuptha.

19. Yoga Deepika: B K S. Iyengar.
20. Light on Yoga: B K S. Iyengar.
21. Health & Education Enivornmental Studeis: Dr.StaishMallik, DineshSani,
Dr.NatarajanSingh, Dr.Balbir Singh.
22. Hand Book of Sports Nutrition-Dr.Prethi Rishilal.
23. Yoga A Gem For Women-Geetha S Iyengar
24. Practical Meditation-Brahma Kumari
25. Foundation And History Of Physical Education & Sports-Dr.Hemant J Verma
26. Nutrition For Health, Fitness & Sports-Melvin H Willams
27. Elementary Hygiene – Biharilal Bhatia,PremNath Suri.
28. Health, Exercise & Fitness-Dr.Briz Mohan T Raman.
29. Light On Astanga Yoga-B.K.Slyengar
30. Fit To Be Well-Alton L Thygerson & Karl L Larson
31. Human Anatomy & Physiology –Dr.Keshav Singh Gurjar.
32. Total Fitness - Exercise, Nutrition, & Wellness-Scott K.Powers,StephenL.Dodd.
33. Sports Injuries & Their Treatment –John H C Colson,William J Armour.
34. Nutrition - Chaney & Ross, 6th Edition
35. Foundation, History & Principal of Physical Education-Dr.Vinod Marotaro Bali.
36. Physical Education And Recreational Activities- Deepak Jain
37. ಆರೋಗ್ಯ ಮತ್ತು ಆರೋಗ್ಯ ಶಿಕ್ಷಣ - ದಿ.ಶ್ರೀ.ಕೆ.ಜಿ.ನಾಡಗೀರ
38. ದೈಹಿಕ ಶಿಕ್ಷಣ ಆರೋಗ್ಯ ಶಿಕ್ಷಣ - ಪಿ.ನಾಗರಾಜ
39. ಮನೋಲ್ಲಾಸ ಮತ್ತು ಶಿಬಿರವಾಸ - ಡಾ.ಆನಂದ ನಾಡಗೀರ
40. ಶರೀರ ಶಿಕ್ಷಣದ ತತ್ವಗಳು ಹಾಗೂ ಶೈಕ್ಷಣಿಕ ಮನೋವಿಜ್ಞಾನ -ಬಸವರಾಜ ವಸ್ತದ
41. ಆರೋಗ್ಯ ಮತ್ತು ದೈಹಿಕ ಶಿಕ್ಷಣ - ರಾಜಶೇಖರ ಎಸ್. ಹಿರೇಮಠ
42. ದೈಹಿಕ ಶಿಕ್ಷಣದ ಇತಿಹಾಸ - ಡಾ.ಆನಂದ ನಾಡಗೀರ
