

ಮಂಗಳೂರು
MANGALORE



ವಿಶ್ವವಿದ್ಯಾನಿಲಯ
UNIVERSITY

ಕ್ರಮಾಂಕ/ No. : MU/ACC/CR.22 /2022-23/A8

ಕುಲಸಚಿವರ ಕಛೇರಿ

ಮಂಗಳಗಂಗೋತ್ರಿ - 574 199

Office of the Registrar

Mangalagangothri - 574 199

ದಿನಾಂಕ/Date: 08/06/2023

NOTIFICATION

Sub: Revised Syllabus of Health,Wellness and Yoga, Sports I ,Sports II and Sports III as a value based skill Enhancement courses for UG Degree Programmes under NEP 2020-reg.

Ref: Decision of the Academic Council meeting held on 15/12/2022 vide Agenda No: 3:14 (2022-23)

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Pursuant to the above, the Revised syllabus of Health,Wellness and Yoga, Sports I ,Sports II and Sports III as a value based skill Enhancement courses for I-IV semester UG Degree Programmes under NEP 2020 which was approved by the Academic Council meeting held on 15.12.2022 is hereby notified for implementation with effect from the academic year 2023-24.

Copy of the Syllabus should be downloaded from the Mangalore University website. [www.mangaloreuniversity.ac.in](http://www.mangaloreuniversity.ac.in).

  
REGISTRAR.

To:

- 1) The Principals of all the colleges affiliated to Mangaluru University
- 2) The Registrar (Evaluation), Mangaluru University.
- 3) Dr. Jerald santhosh D'Souza , Chairman,Composite BOS in UG & PG Physical Education and Sports ,Chairman, Dept. of Physical Education,Mangaluru University.
- 4) The Assistant Registrar/The Superintendent, Academic Section, O/o the Registrar, Mangaluru University.
- 5) The Director, DUIMS, Mangaluru University – with a request to publish in the Website.
- 6) Guard File.



**SKILL ENHANCEMENT COURSES**

**VALUE BASED COURSES**

**(SEMESTERS I TO IV)**

**IN ACCORDANCE WITH  
NEP REGULATIONS 2021**

**Semester I**  
**SKILL ENHANCEMENT COURSES (SEC-1)**

Title of the Course:

## Health, Wellness and Yoga

*(BA/BSc/BCom/BBA/BCA & all other UG Courses)*

## Course outcomes

On completion of the Course the student will be able to:

- Understand the benefits, principles of practice of yoga.
- Perform asanas, kriyas and pranayamas
- Conduct classes in selected yoga practices.
- Learn the importance of sports and fitness
- Perform warmup exercises and exercises to develop fitness
- Understand the concepts and significance of health and wellness.
- Understand the role of physical activities in developing health and wellness.
- Perform various physical and fitness activities to develop health and wellness.
- Perform related tests to assess parameters related to health.
- Learn to record and prepare reports.

| Number of Credits                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Number of lecture hours/ semester |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 56                                |
| Contents of the Course<br>0 – 0 – 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 56 Hrs                            |
| <b>Unit 1: Introduction</b> <ol style="list-style-type: none"> <li>Meaning, Definition and Importance of Health &amp; Wellness</li> <li>Dimensions of Health and Wellness</li> <li>Factors influencing Health and Wellness<br/><i>Physical Fitness, Nutrition, Habits, Age, Gender, Lifestyle</i></li> <li>Health &amp; Wellness through Physical Activities<br/><i>Sports, Games, Yoga, Recreation and Leisure time activities</i></li> <li>Causes of Stress &amp; Stress relief through Exercise and Yoga</li> </ol> <b>Unit 2: Practical's- Exercises for Health and Wellness</b> <ol style="list-style-type: none"> <li>Warm-Up and Cool Down - General &amp; Specific Exercises</li> <li>Physical Fitness Activities</li> <li>Stretching Exercises</li> <li>Strengthening Exercises</li> <li>Cardiovascular Exercises</li> <li>Flexibility and Agility Exercises</li> <li>Assessment of BMI</li> <li>Relaxation techniques</li> </ol> <b>Unit 3:- Yoga</b> <ol style="list-style-type: none"> <li>Shitalikarna Vyayama</li> <li>Suryanamaskara</li> <li>Basic Set of Yoga Asanas</li> <li>Basic Set of Pranayama &amp; Meditation</li> </ol> | 56                                |

\* *The practical classes shall be adapted to the physically challenged students as per requirement.*

| <b>Formative Assessment</b> |                            |              |
|-----------------------------|----------------------------|--------------|
| <b>Assessment Type</b>      | <b>Internal Assessment</b> | <b>Total</b> |
| <b>Practical</b>            | Skill and Fitness Test 10  | <b>50</b>    |
|                             | Class room activity 10     |              |
|                             | Project / Record 20        |              |
|                             | Performance 10             |              |
| <b>Total</b>                |                            | <b>50</b>    |

**Class room activity** shall be assessed based on Discipline, Mass Participation Activity, Punctuality.  
**Performance** – due credit shall be given to sports achievements of students.

#### **References:**

1. Russell, R. P. (1994). Health and Fitness Through Physical Education. USA: Human Kinetics.
2. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.
3. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakasana.
4. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashtrothanna Prakashana.
5. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hillsborough, NC27609, United States
6. AAPHERD “Health related Physical Fitness Test Manual.” 1980 Published by Association drive Reston Virginia
7. Bucher.C.A (1979) Foundation of Physical Education (5<sup>th</sup> Edition Missouri CV Mosby Co.)
8. Puri .k. Chandra S.S (2005) “Health and Physical Education” New Delhi : Surjeet Publication.
9. Thomas D Fahey and others. Fit and well : 6<sup>th</sup> Edition New York :McGraw Hill Publishers, 2005
10. Dixit Suresh (2006) Swasthya Shiksha sports Publications Delhi.
11. Uppal A K &Gautam G P (2008) Health and Physical Education. Friends Publication New Delhi.

**Semester II**  
**SKILL ENHANCEMENT COURSES (SEC-2)**

Title of the Course:

**Sports I**

*(BA/BSc/BCom/BBA/BCA & all other UG Courses)*

On completion of the Course the student will:

- Learn the rules and regulations and practically participate in sports activities.
- Be able to practice the skills of a game and athletic events.
- Learn the various fitness activities and practically learn them.
- Be able to teach and organize intramural and extramural competitions.
- Learn to record and prepare reports.

| Number of Credits | Number of Practical hours/ semesters |
|-------------------|--------------------------------------|
| <b>2</b>          | <b>56</b>                            |

| Contents of the Course<br>0- 0 – 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 56 Hrs    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| <b>Unit 1: - Physical Education &amp; Sports</b> <ul style="list-style-type: none"> <li>• General and Conditioning exercises</li> <li>• Aerobic and anaerobic activities</li> <li>• One Olympic Game and one indigenous game of Choice (Basic Skills)</li> <li>• Athletics - One Track/One Field event</li> <li>• Organisation of Intramural / Extramural Competitions</li> <li>• Project, Records and Report Preparation</li> <li>• Proficiency in particular Sport               <ul style="list-style-type: none"> <li>○ Rules &amp; Regulations</li> <li>○ Marking &amp; Ground Management</li> <li>○ Officiating</li> </ul> </li> </ul> | <b>56</b> |

- Games may be selected based on student strength and facilities available in the college.
- No game/athletic events shall be repeated in successive semesters
- The practical classes shall be adapted to the physically challenged students as per requirement.

| <b>Formative Assessment</b> |                            |              |
|-----------------------------|----------------------------|--------------|
| <b>Assessment Type</b>      | <b>Internal Assessment</b> | <b>Total</b> |
| <b>Practical</b>            | Skill and Fitness Test 10  | <b>50</b>    |
|                             | Class room activity 10     |              |
|                             | Project / Record 20        |              |
|                             | Performance 10             |              |
| <b>Total</b>                |                            | <b>50</b>    |

- **Class room activity** shall be assessed based on Discipline, Mass Participation Activity, Punctuality.
- Performance – **due credit shall be given to sports achievements of students**

**References:**

- Muller, J. P. (2000). Health, Exercise and Fitness. Delhi: Sports.
- IAAF Manual
- Vanaik. A (2005) Play Field Manual, Friends Publication New Delhi
- M. J. Vishwanath (2002) Track and Field Marking and Athletics Officiating Manual, Silver Star Publication, Shimoga
- Steve oldenburg (2015) Complete Conditioning for Volleyball, Human Kinetics.

*Note: Skills of Sports and Games (Game Specific books) may be referred.*

**Semester III**  
**SKILL ENHANCEMENT COURSES (SEC-3)**

Title of the Course:

**Sports II**

*(BA/BSc/BCom/BBA/BCA & all other UG Courses)*

On completion of the Course the student will:

- Learn the rules and regulations and practically participate in sports activities.
- Be able to practice the skills of a game and athletic events.
- Learn the various fitness activities and practically learn them.
- Be able to teach and organize intramural and extramural competitions.
- Learn to record and prepare reports.

| Number of Credits                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Number of Practical hours/ semesters |           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|-----------|
| <b>2</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>56</b>                            |           |
| Contents of the Course<br>0– 0 – 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                      | 56 Hrs    |
| <b>Unit 1: - Physical Education &amp; Sports</b> <ul style="list-style-type: none"> <li>• General and Conditioning exercises</li> <li>• Aerobic and anaerobic activities</li> <li>• One Olympic Game and one indigenous game of Choice (Basic Skills)</li> <li>• Athletics - One Track/One Field event</li> <li>• Organisation of Intramural / Extramural Competitions</li> <li>• Project, Records and Report Preparation</li> <li>• Proficiency in particular Sport <ul style="list-style-type: none"> <li>○ Rules &amp; Regulations</li> <li>○ Marking &amp; Ground Management</li> <li>○ Officiating</li> </ul> </li> </ul> |                                      | <b>56</b> |

- Games may be selected based on student strength and facilities available in the college.
- No game/athletic events shall be repeated in successive semesters
- The practical classes shall be adapted to the physically challenged students as per requirement.

| Formative Assessment |                           |           |
|----------------------|---------------------------|-----------|
| Assessment Type      | Internal Assessment       | Total     |
| <b>Practical</b>     | Skill and Fitness Test 10 | <b>50</b> |
|                      | Class room activity 10    |           |
|                      | Project / Record 20       |           |
|                      | Performance 10            |           |
| <b>Total</b>         |                           | <b>50</b> |

- **Class room activity** shall be assessed based on Discipline, Mass Participation Activity, Punctuality.
- Performance – **due credit shall be given to sports achievements of students**

**References:**

- Muller, J. P. (2000). Health, Exercise and Fitness. Delhi: Sports.
- IAAF Manual
- Vanaik. A (2005) Play Field Manual, Friends Publication New Delhi
- M. J. Vishwanath (2002) Track and Field Marking and Athletics Officiating Manual, Silver Star Publication, Shimoga
- Steve oldenburg (2015) Complete Conditioning for Volleyball, Human Kinetics.  
***Note: Skills of Sports and Games (Game Specific books) may be refered.***

**Semester IV****SKILL ENHANCEMENT COURSE (SEC- 4)**

Title of the Course:

**Sports III***(BA/BSc/BCom/BBA/BCA & all other UG Courses)*

On completion of the Course the student will:

- Learn the rules and regulations and practically participate in sports activities.
- Be able to practice the skills of a game and athletic events.
- Learn the various fitness activities and practically learn them.
- Be able to teach and organize intramural and extramural competitions.
- Learn to record and prepare reports.

| Number of Credits                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Number of Practical hours/ semesters |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 56                                   |
| Contents of the Course<br>0– 0 – 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 56 Hrs                               |
| <b>Unit 1: - Physical Education &amp; Sports</b> <ul style="list-style-type: none"> <li>• General and Conditioning exercises</li> <li>• Aerobic and anaerobic activities</li> <li>• One Olympic Game and one indigenous game of Choice (Basic Skills)</li> <li>• Athletics - One Track/One Field event</li> <li>• Organisation of Intramural / Extramural Competitions</li> <li>• Project, Records and Report Preparation</li> <li>• Proficiency in particular Sport <ul style="list-style-type: none"> <li>○ Rules &amp; Regulations</li> <li>○ Marking &amp; Ground Management</li> <li>○ Officiating</li> </ul> </li> </ul> | 56                                   |

- Games may be selected based on student strength and facilities available in the college.
- No game/athletic events shall be repeated in successive semesters
- The practical classes shall be adapted to the physically challenged students as per requirement.

| Formative Assessment |                           |           |
|----------------------|---------------------------|-----------|
| Assessment Type      | Internal Assessment       | Total     |
| <b>Practical</b>     | Skill and Fitness Test 10 | <b>50</b> |
|                      | Class room activity 10    |           |
|                      | Project / Record 20       |           |
|                      | Performance 10            |           |
| <b>Total</b>         |                           | <b>50</b> |

- **Class room activity** shall be assessed based on Discipline, Mass Participation Activity, Punctuality.
- Performance – **due credit shall be given to sports achievements of students**

**References:**

- Muller, J. P. (2000). Health, Exercise and Fitness. Delhi: Sports.
- IAAF Manual
- Vanaik. A (2005) Play Field Manual, Friends Publication New Delhi
- M. J. Vishwanath (2002) Track and Field Marking and Athletics Officiating Manual, Silver Star Publication, Shimoga
- Steve oldenburg (2015) Complete Conditioning for Volleyball, Human Kinetics.

***Note: Skills of Sports and Games (Game Specific books) may be referred.***

