

SIDDHARTH UNIVERSITY KAPILVASTU, SIDDHARTH NAGAR

Department of Physical Education

SYLLABUS FOR MINOR(c) CO-CURRICULUM COURSE

AT U.G. LEVEL

SPORTS



**Syllabus as per Common Minimum Syllabus for U.P. State Universities and
Colleges**

To be implemented from Session 2021-22

SYLLABUS FOR MINOR (c) CO-CURRICULUM COURSE

AT U.G. LEVEL

SPORTS

Programme: Graduate	Under	Year: First	Semester: I	Course Code: CoC1 102
Course Title: SPORTS			Nature of Course: Qualifying	
Course Outcomes: <ul style="list-style-type: none">• The students will be able to learn the basic concepts of body conditioning and fitness work.• To learn and understand the practical aspects by doing different types of exercise and activities for physical development.				
Unit	Topics			CREDIT
I	<ul style="list-style-type: none">• Introduction to Body Conditioning• Warming Up Exercises• Relaxation / Cooling Down Exercises• Recreational activities• Participation in minor Games & sports activities			0+2

Programme: Graduate	Under	Year: First	Semester: II	Course Code: CoC1 106
Course Title: SPORTS			Nature of Course: Qualifying	
Course Outcomes: <ul style="list-style-type: none">• The students will be able to learn Free hand and equipment based exercises.• The student will be able to learn and practice Indigenous and aerobic activities.				
Unit	Topics			CREDIT
I	<ul style="list-style-type: none">• Introduction to different types of exercises:<ul style="list-style-type: none">▪ Free Hand Exercises▪ Equipment based exercises• Participation in Indigenous sports activities• Participation in Aerobic activities			0+2

SYLLABUS FOR MINOR (c) CO-CURRICULUM COURSE

AT U.G. LEVEL

SPORTS

Programme: Graduate	Under	Year: Second	Semester: III	Course Code: CoC1 202
Course Title: SPORTS			Nature of Course: Qualifying	
Course Outcomes: <ul style="list-style-type: none">• The students will be able to learn about strength & speed related exercises.• The student will be able to learn and practice the Yogic activities and Team games.				
Unit	Topics			CREDIT
I	<ul style="list-style-type: none">• Introduction to different types of exercises:<ul style="list-style-type: none">▪ Strength development exercises▪ Speed development exercises• Participation in Yogic activities• Participation in Team games			0+2

Programme: Graduate	Under	Year: Second	Semester: IV	Course Code: CoC1 206
Course Title: SPORTS			Nature of Course: Qualifying	
Course Outcomes: <ul style="list-style-type: none">• The students will be able to learn about physical components development exercises.• The student will be able to learn and practice Self defense training.				
Unit	Topics			CREDIT
I	<ul style="list-style-type: none">• Introduction to different types of exercises:<ul style="list-style-type: none">▪ Endurance development exercises▪ Flexibility development exercises• Participation in Self Defense activities• Participation in Fit India movement activities			0+2

SYLLABUS FOR MINOR (c) CO-CURRICULUM COURSE

AT U.G. LEVEL

SPORTS

Programme: Graduate	Under	Year: Third	Semester: V	Course Code: CoC1 302
Course Title: SPORTS			Nature of Course: Qualifying	
Course Outcomes: <ul style="list-style-type: none">• The students will be able to learn different types of training.• The student will be able to learn and practice various ball sports activities.				
Unit	Topics			CREDIT
I	<ul style="list-style-type: none">• Introduction to different types of training:<ul style="list-style-type: none">▪ Weight Training▪ Circuit Training▪ Interval Training• Participation in Ball Sports activities			0+2

Programme: Graduate	Under	Year: Third	Semester: VI	Course Code: CoC1 306
Course Title: SPORTS			Nature of Course: Qualifying	
Course Outcomes: <ul style="list-style-type: none">• The students will be able to get an orientation about different Athletics events.• The student will be able to learn and engage themselves in sports and awareness activities.				
Unit	Topics			CREDIT
I	<ul style="list-style-type: none">▪ Participation in Athletics Events▪ Participation in Intramural sports activities▪ Participation in Mass sports activities and Sports awareness activities			0+2

Note:

1. For the successful implementation of this course there would be a need of at least 6 to 8 instructors/ sports coaches.