

# CHOICE BASED CREDIT SYSTEM

## Syllabus for B.A. Programme with Physical & Health Education

(40 Credits Programme)

<b><u>Discipline Specific Core Courses (DSC)</u></b>		<b>24 Credits</b>
<b>SEMESTER-I</b>	<b>SEMESTER-II</b>	
Core Physical Education (DSC-I): Introduction to Physical Education in the Contemporary Context  06 Credits	Core Physical Education (DSC-II): Fitness, Wellness & Nutrition  06 Credits	
+ Other Discipline DSC's (As per students choice)		
<b>SEMESTER-III</b>	<b>SEMESTER-IV</b>	
Core Physical Education (DSC-III): Health Education, Anatomy and Physiology  06 Credits	Core Physical Education (DSC-IV): Posture, Athletic Care and First Aid  06 Credits	
+ Other Discipline DSC's (As per students choice)		
<b><u>Discipline Specific Electives (DSE)</u></b>		<b>12 Credits</b>
<b>SEMESTER-V</b>	<b>SEMESTER-VI</b>	
<b><u>Discipline Specific Electives (DSE-I)</u></b> Opt any one of the Following:- DSE (i) Sports for All DSE (ii) Sports Psychology DSE (iii) Sports Administration & Management  06 Credits each	<b><u>Discipline Specific Electives (DSE-II)</u></b> Opt any one of the Following:- DSE (i) Media and Careers in Physical Education DSE (ii) Balanced Education DSE (iii) Measurement and Evaluation  06 Credits each	
+ Other Discipline DSE's (As per students choice)		
<b><u>Skill Enhancement Courses (SEC)</u></b>		<b>04 Credits</b>
<b>SEMESTER-V</b>	<b>SEMESTER-VI</b>	
<b><u>Skill Enhancement Courses (SEC-I)</u></b> Opt any one of the Following:- SEC (i) Wellness & Fitness SEC (ii) Management of Aerobics & Group Training SEC (iii) Wholistic Personality Development  02 Credits each	<b><u>Skill Enhancement Courses (SEC-II)</u></b> Opt any one of the Following:- SEC (i) Yoga Skills SEC (ii) Sports Journalism SEC (iii) Sports Industry & Marketing  02 Credits each	
+ Other Discipline SEC's (As per students choice)		