



VIJAYANAGARA SRI KRISHNADEVARAYA UNIVERSITY
JNANASAGARA CAMPUS, BALLARI-583105

Department of Physical Education and Sports Sciences

II Semester Syllabus

For All UG Courses

With effect from 2022 and onwards

Name of the Department:Physical Education and Sports Sciences

**Semester-II
OEC: Sports and Recreation**

Course Title: Sports and Recreation	Course code: 21BA2O2PE2
Total Contact Hours: T2+P2	Course Credits: 3
Internal Assessment Marks: 40	Duration of SEE: 2
Semester End Examination Marks: 60	

Course Outcomes (COs):

At the end of the course, students will be able to:

- 1.Student will able to understand the various sports activities
2. Students will able to understand the various recreational activities.

OEC: Sports and Recreation

Unit	Description	Hours
1	Meaning, Definition and Concept of Fitness and Recreation, Objectives Fitness and Recreation, Characteristics and Principles of Fitness and Recreation	10
2	Importance of Fitness and Recreation, Purpose of Fitness and Recreation, Benefits of Fitness and Recreation,Types of Fitness and Recreation.	10
3	Recreation through Sports and Games, Use of Leisure Time Activities and their educational values.	10
4	Traditional, Folk and Indigenous Games, Three Days outdoor camp and trucking.	8
5	Cycling, tie up with District/ State Association, Visit to Recreational Clubs	8
Note:Practical should be designed and arranged for students internally.		
References		
1.Officiating, coaching, training and recreation in physical education Dr. MD Attaullah Jagirdar, 2015, Khel Sahitya Kendra Daryaganj New Delhi.		
2.Dr. Anand K Nadgir, Recreation and Camp, 2011 MallasajjanaPrakashana Dharwad.		
3. Sri K. G. Nadgir, Recriation Activities, 2014 MallasajjanaPrakashana Dharwad		

Name of the Department: Physical Education and Sports Sciences

Semester-II

VBC-3: Sports

Course Title: Sports	Course code: 21V3PE2
Total Contact Hours: P2	Course Credits:1
Internal Assessment Marks:25	

Course Outcomes (COs):

At the end of the course, students will be able to:

1. Students will able to understand the sports skills (Basic)
2. Students will able to organize the intramural competitions

VBC: Sports

Unit	Description	Hours
	Practical: Sports <ol style="list-style-type: none">1. Conditioning Exercise2. Aerobic exercise3. One major games and one Indigenous game (Basic Skills)4. One track/field event5. Intramural competition Note: <ol style="list-style-type: none">1. College may offer required no of games as per the student strength and availability of the facilities.2. Students shall opt any one game in each of the semester and shall not repeat the same in other semester.3. For specially challenged students, the program shall be designed at college level	28
Note: 1. Formative assessment should be done by the internally. 2. Due to weightage in assessment shall be given to elite sportsmen of the college.		

**CBCS Question Paper Pattern for UG Semester End Examination with
effect from the AY 2021-22**

Open Elective Courses (OEC)

Paper Code:

Paper Title: Sports and Recreation

Time: 3 Hours

Max. Marks: 60

Instruction: Answer all Sections

SECTION-A

1. Answer the following sub-questions, each sub-question carries **ONE** mark.

(10X1=10)

a).

b).

c).

.

.

j).

Note for Section-A: Two sub-questions from each unit.

SECTION-B

Answer any **FOUR** of the following questions, each question carries **FIVE** marks.

(4X5=20)

2.

3.

4.

5.

6.

7.

Note for Section-B: Minimum One question from each unit (Q No 2 to 6) and remaining one question from unit II to V (Q.No. 7)

SECTION-C

Answer any **THREE** of the following questions, each question carries **TEN** marks.

(3X10=30)

8.

9.

10.

11.

12.

Note for Section- C: One question from each unit. Sub-questions such as 'a' and 'b' may be given for a question in section-C only.
