

**Syllabus Distribution**  
Semester – VI (General)  
**Psychology in Physical Education and Sports**  
**Course Code: DSE-2**  
Week Assigned =15 (90 Teaching Days)  
Credit assigned/week =6

UNIT	TOPIC	LH	Teacher's Name	Total Credits in the Sem
I	Week Assigned = 4	12	MG	6
	<u>Introduction</u> 1.1 Meaning and definition Psychology. 1.2 Importance and scope of Psychology. 1.3 Meaning and definition of Sports Psychology 1.4 Need for knowledge of Sports Psychology in the field of Physical Education.			
II	Week Assigned = 6	18	UKB	6
	<u>Learning</u> 2.1. Meaning and definition of learning. 2.2. Theories and Laws of learning. 2.3. Learning curve: Meaning and Types. 2.4. Transfer of learning- Meaning, definition and types. Factors affecting transfer of learning.			
III	Week Assigned = 6	18	MG	6
	<u>Psychological Factors</u> 3.1. Motivation- Meaning, definition, types and importance of Motivation in Physical Education and Sports. 3.2. Emotion- Meaning, definition, types and importance of Emotion in Physical Education and Sports. 3.3. Personality- Meaning, definition and types. Personality traits. 3.4. Role of physical activities in the development of personality.			
IV	Week Assigned = 4	12	UKB	6
	<u>Stress and Anxiety</u> 4.1. Stress- Meaning, definition and types of Stress. 4.2. Causes of Stress. 4.3 Anxiety- Meaning, definition and types of Anxiety. 4.4. Management of Stress and Anxiety through physical activity and sports.			
<u>LAB PRACTICAL</u>				
1	Week Assigned = 6		UKB	6
	Assessment of Personality, Stress and Anxiety (any one)			
2	Week Assigned = 6		MG	6
	Measurement of Reaction Time, Depth Perception and Mirror Drawing (any one).			

**Syllabus Distribution****Semester – VI (General)****Ball Games (any two)****Course code: SEC-4**

Week Assigned =15 (90 Teaching Days)

Credit assigned/week =2

UNIT	TOPIC	Teacher's Name	Total Credits in the Sem
<b>1</b>	<b>FOOTBALL</b>	<b>AS &amp; MG</b>	<b>10</b>
	A. Fundamental Skills		
	1. Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick.		
	2. Trapping: Trapping- the Rolling ball, and the Bouncing ball with sole of the foot.		
	3. Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot.		
	4. Heading: In standing, running and jumping condition.		
	5. Throw-in: Standing throw-in and Running throw-in.		
	6. Feinting: With the lower limb and upper part of the body.		
	7. Tackling: Simple Tackling, Slide Tackling.		
	8. Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting.		
	9. Game practice with application of Rules and Regulations.		
	B. Rules and their interpretation and duties of officials.		
<b>2</b>	<b>HANDBALL</b>	<b>AS &amp; MG</b>	<b>10</b>
	A. Fundamental Skills		
	1. Catching, Throwing and Ball control		
	2. Goal Throws: Jump shot, Center shot, Dive shot, Reverse shot.		
	3. Dribbling: High and low.		
	4. Attack and counter attack, simple counter attack, counter attack from two wings and center.		
	5. Blocking, GoalKeeping and Defensive skills.		
	6. Game practice with application of Rules and Regulations.		
	B. Rules and their interpretation and duties of officials.		
<b>3</b>	<b>BASKETBALL</b>	<b>AS &amp; SS</b>	<b>10</b>
	A. Fundamental Skills		
	1. Passing: Two hand Chest Pass, Two hands Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass.		
	2. Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running.		
	3. Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble.		
	4. Shooting: Lay-up shot and its variations, One hand set shot, Two hands jump shot, Hook shot, Free Throw.		
	5. Rebounding: Defensive rebound and Offensive rebound.		
	6. Individual Defence: Guarding the player with the ball and without the ball, Pivoting.		
	7. Game practice with application of Rules and Regulations		
	B. Rules and their interpretation and duties of officials		

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UNIT	TOPIC	Teacher's Name	Total Credits in the Sem
<b>4</b>	<b>VOLLEYBALL</b>	<b>AS &amp; MG</b>	<b>10</b>
	A. Fundamental skills		
	1. Service: Under arm service, Side arm service, Tennis service, Floating service. 2. Pass: Under arm pass, Over head pass. 3. Spiking and Blocking. 4. Game practice with application of Rules and Regulations		
	B. Rules and their interpretation and duties of officials.		
<b>5</b>	<b>NETBALL</b>	<b>UKB &amp; SS</b>	<b>10</b>
	A. Fundamental Skills		
	1. Catching: one handed, two handed, with feet grounded and in flight. 2. Throwing (Different passes and their uses): One hand passes (shoulder, high shoulder, underarm, bounce, lob), two hand passes (Push, overhead and bounce). 3. Footwork: Landing on one foot, landing on two feet, Pivot, Running pass. 4. Shooting: One hand, forward step shot, and backward step shot. 5. Techniques of free dodge and sprint, sudden sprint, sprint and stop, sprinting with change at speed. 6. Defending: Marking the player, marking the ball, blocking, inside the circle, outside the circle. Defending the circle edge against the passing. 7. Intercepting: Pass and shot. 8. Game practice with application of Rules and Regulations.		
	B. Rules and their interpretation and duties of officials.		
<b>6</b>	<b>THROWBALL</b>		
	A. Fundamental Skills		
	1. Overhand service. 2. Side arm service. 3. Two hand catching. 4. One hand overhead return. 5. Side arm return.		
	B. Rules and their interpretation and duties of officials		