

Syllabus Distribution/ Lesson Plan
Department of Physical Education & Sports
Semester – VII (Major)
Theory of Games and Sport
Course Code: PED-M-T-11
Total number of classes–90(60Th+60Pr)
Session: 2026-2027

UNIT	Prescribed Course	LH	Teacher's Name	Total Credits in the Sem
I	<u>Introduction</u> 1.1 Introduction of the game/sport 1.2 Historical development with special reference to India 1.3 Important tournaments held at National and International levels 1.4 Distinguished sports awards and personalities	12	MG	1
II	<u>Game / sports specific exercises</u> 2.1 Warming-up: jogging, loosening, striding, stretching, sprinting 2.2 Specific exercises for warming-up 2.3 Specific workout using equipment 2.4 Lead up activities 2.5 Terminologies related to the sport	18	UKB	1
III	3.1 <u>Skills of game/sport</u> 3.1 Fundamental skills and their variations related to the sport 3.2 Athletics: Standing Start and Crouch Start (using block), Finishing technique, Jump techniques, Throwing techniques 3.3 Badminton: Short service, long service, under arm shot, over head shot, drop shot, smash 3.4 Basketball: Pass (chest, bounce, overhead, no looking), receiving, dribbling, shooting (jump, layup, free throw, three point) 3.5 Cricket: Ball grip and bowling, keeping technique, fielding, batting-forward defense, backward defense, drive, hook, pull, sweep, flick shot 3.6 Football: passing, receiving, dribbling, heading, shooting 3.7 Handball: Dribbling, passing (chest, bounce, overhead), shooting, goalkeeping 3.8 Kabaddi: Raiding and defending techniques 3.9 Kho-Kho: Chasing and running skills 3.10 Volleyball: service (underarm, tennis, sidearm spin, flat),	12	MG	1

	pass, tap, smash 3.11 Table Tennis: Fore hand and back hand stroke, serve, return of serve			
IV	<u>Rules and Officiating</u> 4.1 Marking of the play area 4.2 General rules and their interpretations 4.3 Duties of officials 4.4 officiating the sport	12	UKB	1
Field Practical (Kinesiology and Biomechanics)				
VI	<u>Practical</u> Volleyball A. Fundamental skills 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 Netball 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 back word 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 Basketball A. Fundamental Skills	60	SS	4

	1. Passing: Two hand Chest Pass, Two hands Bounce Pass, One hand Base ball 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-upshotanditsvariations,Onehandsetshot,Twohand sjumpshot, Hook shot, Free Thro 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 the interpretation and duties of officials Cricket A. Fundamental skills 1. Batting: Grip, Forward defence, Backward defence, Drive, Flick, Hook, Pull, Swipe 2. Bowling: Grip ,Pace ,In swing, Out swing, Off spin, Leg spin 3. Wicket Keeping: Stance, Holding the ball 4. Fielding: Stance, Holding the ball, Throwing B. Rules and their interpretation and duties of officials			
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Syllabus Distribution/ Lesson Plan
Department of Physical Education & Sports
Semester – VII (Major)
Sports Medicine
Course Code: PED-M-T-12
Total number of classes–90(60Th+60Pr)
Session: 2026-2027

UNIT	Prescribed Course	LH	Teacher's Name	Total Credits in the Sem
I	<u>Unit–I:IntroductiontoSports Medicine</u> 1.1 Concept, aim, objective and importance in sports science 1.2 Injury–concept and classification, concept of rehabilitation 1.3Commonregionalinjuriesinneck,shoulder,elbow, wrist, waist, knee, ankle– symptoms, diagnosis, therapeutic exercises, 1.4 Doping in Sport, List of banned drugs: their effects and side effects 1.5 Blood doping	18	MG	1
II	<u>Unit– II: Massage and Thermotherapy</u> 2.1 Massage- Historical development, Definition and classification of massage techniques 2.2 Physiological effects of massage 2.3 Description of the techniques of classical massage 2.4 Mechanical devices of massage 2.5 Contraindications of massage 2.6. Thermotherapy-Physiological effects, indications, and contraindications 2.7. Method and use of Infrared rays, Paraffin Wax Bath, Steam Bath, Sauna Bath, Moist Heat Pack	14	UKB	1
III	<u>Unit-III: Hydrotherapy and Cryotherapy</u> 3.1. Hydrotherapy-History &introduction 3.2.Effects of simple baths, raising temperature baths, Aromatic baths, Mineral baths, physical baths, whirl pool bath, steam shower 3.3. Cryotherapy- Physiological effects 3.4. Use of cold therapy in acute phase, rehabilitative phase, preventive phase of athletic injury	14	MG	1

	3.5. Methods of application, indications and contraindication			
IV	<u>Unit –IV: Electrotherapy</u> 4.1. Electrotherapy-Principles of application 4.2. Biophysical and therapeutic effects of electro therapy, indications and contraindications 4.3. Application and use of Ultrasound, SWD, IFT, TENS, Pulsed Galvanic Stimulation 4.4. Manual therapy modalities	14	UKB	1
Practical				
V	<u>Unit-V:Practical</u> 5.1. Lecture cum discussion, Power Point presentations, assignments 5.2. Massage: Demonstration and practice of basic massage technique 5.3. Physiotherapy: demonstration of the physiotherapy machines, visit to a hospital dept or center of physiotherapy and do assessment & management of the patients visiting the respective destinations 5.4. Exercise therapy: Mobilization of joints and muscles with and without apparatus	60	SS	4

Syllabus Distribution/ Lesson Plan
Department of Physical Education & Sports
Semester – VII (Major)
Sports Training
Course Code: PED-M-T-13
Total number of classes–90(60Th+60Pr)
Session: 2026-2027

UNIT	Prescribed Course	LH	Teacher's Name	Total Credits in the Sem
I	<u>Unit – I:Introduction</u> 1.1. Sports Training: Meaning, Definition and Scope 1.2. Aim, Objectives and Characteristics of Sports Training 1.3. Principles of Sports Training 1.4. Need and Importance of Sports Training	10	MG	1
II	<u>Unit–II: Methods of Training and Conditioning in Sport</u> 2.1. Warming-up: Meaning, Definition and Methods 2.2. Cooling-down: Meaning, Definition and Methods 2.3. Conditioning: Meaning, Definition and Principles 2.4. Training Methods: Principles and Characteristics of Circuit Training, Interval Training and Weight Training 2.5. Periodisation : Meaning, Definition, Types, Aim and Contents of Different Periods	18	UKB	1
III	<u>Unit-III: Load and Adaptation</u> 3.1. Training Load: Meaning, Definition, Types and Factors 3.2. Load Components: Volume, Intensity, Repetition and Duration 3.3. Over Load: Meaning, Causes, Symptoms and Overcoming Over-load 3.4. Load Adaptation: Meaning and Conditions of Adaptation 3.5. Super-compensation	14	UKB	1
IV	<u>Unit– IV: Training Techniques</u> 4.1 Strength: Means and Methods Development 4.2. Speed: Means and Methods Development 4.3. Endurance: Means and Methods Development 4.4. Flexibility: Means and Methods Development	18	MG	1
Practical				

V	<u>Unit-V:Practical</u> 5.1. Lecture cum discussion, power point presentations, assignments 5.2. Weight training-Practice with principles 5.3. Circuit Training-Practice with principles 5.4. Measurement of Speed, Strength, Endurance and Flexibility 5.5. Preparation of periodisation Chart	60	UKB & MG0	4
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