

**SYLLABI AND SCHEME OF EXAMINATIONS
FOR
SKILL ENHANCEMENT COURSES (SEC)
FOR
UNDERGRADUATE PROGRAMES
(INTERDISCIPLINARY) IN B.P.E.S**

(Based on Curriculum and Credit Framework guidelines for UG Programs under NEP 2020)



**MAHARSHI DAYANAND UNIVERSITY
ROHTAK (HARYANA)**

**Syllabi and Scheme of Examinations for Skill Enhancement Courses (SEC) of
Under Graduate (Interdisciplinary) in B.P.E.S**

Skill Enhancement Courses (SEC)	TYPE OF PROGRAM			Credits Distribution			Total Credits	Workload			Total Workload	Marks			
	SINGLE MAJOR PROGRAM SEMESTER	Nomenclature of Course	Course Code	L	T	P		L	T	P		Theory		Practical	Total Marks
												Internal	External		
SEC 1 @ 3 credits	1	Fitness and Wellness Exercises	24PSE401SE01	1	0	2	3	1	0	4	5	5	20	50	75
SEC 2 @ 3 credits	2	Track and Field Fundamentals	24PSE402SE01	1	0	2	3	1	0	4	5	5	20	50	75
SEC 3 @ 3 credits	3	Journalism in Sports	25PSE403SE01	1	0	2	3	1	0	4	5	5	20	50	75

L: Lecture; T: Tutorial; P: Practical

Syllabi for Skill Enhancement Courses (SEC) Under Graduate Programs for (Interdisciplinary) in B.P.E.S

Semester: I

Name of Program	B.P.E.S	Program Code	USPED4
Name of the Course	Fitness and Wellness Exercises	Course Code	24PSE401SE01
Hours per Week	01 Hours	Credits	01 (L:1,T:0,P:2)
Maximum Marks	25		
Note: The candidate will attempt five questions out of nine in total. Question No. 1, which is compulsory, will consist of five short-answer questions covering the entire syllabus, each carrying one mark. There will be four units, with each unit having two long questions. The candidate must attempt four questions, selecting one question from each unit, with each question carrying five marks.			
Course Learning Outcomes (CLO):			
CLO 1: Students will gain a comprehensive understanding of different fitness routines and learn how to apply exercises that target overall fitness, muscle conditioning, mobility, and coordination in their daily lives.			
CLO 2: Students will develop skills in flexibility training, core strength development, and relaxation techniques to enhance physical recovery and reduce muscle strain after exercise.			
Unit 1: Fundamental Fitness Routines			
• Basic Physical Activities: Overview of common exercises for overall fitness and well-being. • Specific Workouts: Exercises designed for specific muscle groups or fitness goals. • Mobility Movements: Simple movements to improve joint mobility and range of motion. • Muscle Conditioning: Routines to enhance muscle strength and endurance. • Body Coordination Drills: Exercises to improve balance, coordination, and body control.			
Unit 2: Flexibility and Recovery Techniques			
• Stretching Practices: Movements to enhance flexibility and reduce muscle tightness. • Core Strength Development: Exercises aimed at strengthening the core muscles for better stability. • Quickness and Reaction Training: Drills to increase speed, agility, and reaction time. • Mind-Body Relaxation Methods: Techniques like breathing exercises and meditation for stress relief and recovery. • Post-Workout Recovery: Practices to support muscle recovery and relaxation after physical exertion.			
References:			
1. Anderson, S. (2021). Fitness Fundamentals: Building Strength and Mobility for Everyday Life. New York: HarperCollins. 2. Johnson, M. & Lee, R. (2022). Core Strength and Flexibility: A Complete Guide for Health and Wellness. London: Routledge. 3. Parker, T. (2020). The Essential Guide to Muscle Conditioning and Coordination Training. New Delhi: Sports Publications. 4. Smith, J. & Carter, P. (2023). Flexibility and Recovery in Fitness: Techniques for Injury Prevention and Wellness. Boston: Beacon Press. 5. Williams, L. (2021). Practical Fitness: Exercises for Strength, Mobility, and Balance. Oxford: Oxford University Press.			

Name of Program	B.P.E.S	Program Code	USPED4
Name of the Course	Practical: (Fitness and Wellness Exercises)	Course Code	24PSE401SE01
Hours per Week	04 Hours	Credits	02 (L:1,T:0,P:2)
Maximum Marks	50		
Course Learning Outcomes (CLO): CLO 1: Students will effectively demonstrate a variety of fitness routines, showcasing their understanding of basic physical activities, targeted strength training, and mobility exercises to enhance overall physical fitness. CLO 2: Students will demonstrate proper techniques for flexibility training, core stability exercises, and relaxation methods, highlighting their ability to promote recovery and well-being in physical activity.			
Unit 1: Applied Fitness Routines - General Fitness Circuit: Students demonstrate a combination of aerobic exercises (jumping jacks, running, etc.) to promote overall fitness. - Targeted Strength Training: Students perform exercises such as squats and push-ups targeting specific muscle groups (legs, arms, core). - Mobility and Balance Drills: Demonstration of dynamic stretches and balance drills like lunges and one-leg stands to enhance joint mobility and coordination.			
Unit 2: Flexibility and Recovery Practices - Stretching Routine: Students demonstrate a full-body stretching session focusing on flexibility improvement and muscle relaxation. - Core Stability Exercises: Demonstration of core-strengthening movements like planks and bridges to enhance core stability. - Relaxation Techniques: Students lead a session of breathing exercises and mindfulness to promote recovery and mental relaxation post-exercise.			
References: - Anderson, S. (2021). Practical Fitness: Applied Techniques for Strength, Mobility, and Recovery. New York: HarperCollins. - Brown, T., & Lee, R. (2020). Flexibility and Recovery: Techniques for Enhancing Athletic Performance. Chicago: Human Kinetics. - Carter, P. (2022). Core Stability and Strength: A Comprehensive Guide to Building Core Muscles. London: Routledge. - Johnson, L. (2023). Dynamic Mobility: Exercises for Joint Health and Movement Efficiency. Boston: Houghton Mifflin Harcourt. - Smith, J. (2021). Stretching for Performance: A Guide to Effective Flexibility Training. San Francisco: Wiley.			

Name of Program	B.P.E.S	Program Code	USPED4
Name of the Course	Track and Field Fundamentals	Course Code	24PSE402SE01
Hours per Week	01 Hours	Credits	01 (L:1,T:0,P:2)
Maximum Marks	25		
Note: The candidate will attempt five questions out of nine in total. Question No. 1, which is compulsory, will consist of five short-answer questions covering the entire syllabus, each carrying one mark. There will be four units, with each unit having two long questions. The candidate must attempt four questions, selecting one question from each unit, with each question carrying five marks.			
Course Learning Outcomes (CLO): CLO 1: Students will understand the essential elements of track events, including the measurement and layout of 200m and 400m races, necessary equipment and techniques, relevant rules and regulations, methods for recording results, and strategies for optimizing athletic performance in sprinting events. CLO 2: Students will gain knowledge of the key aspects of field events, including accurate measurement and marking techniques, appropriate equipment and execution methods, important rules and regulations, effective scoring sheet management, and the skills needed for preparing travel allowance bills and identifying the qualities of a competent official.			
Unit 1: Track Event Fundamentals • Dimensions and Setup for 400m and 200m Events: Overview of measurement, marking, and layout for these track distances. • Equipment and Techniques: Description of necessary equipment (starting blocks, hurdles) and techniques for running events. • Rules and Regulations: Key guidelines governing the conduct of 200m and 400m races. • Scoring Sheets for Track Competitions: Steps to create and manage score sheets for track events, including recording times and placements. • Strategies for Successful Performance: Techniques and tips for athletes to optimize their performance in relay events.			
Unit 2: Field Event Essentials • Field Event Measurements and Markings: Specifications for measuring and marking areas for various field events (javelin, long jump). • Equipment and Techniques for Field Events: Overview of equipment used (discus, shot put) and techniques for successful execution. • Rules and Regulations for Field Events: Important rules that govern field events, including fouls and valid attempts. • Scoring Sheets for Field Competitions: Guidelines for preparing and maintaining score sheets for field events, including recording distances and attempts. • TA/DA Bill Preparation and Official Qualities: Instructions on preparing travel allowance bills for officials and the essential qualities required for effective officiating.			
References: 1. Hargreaves, J. (2022). Track and Field Essentials: Techniques and Strategies for Success. London: Routledge. 2. Jones, M., & Smith, T. (2021). The Complete Guide to Track and Field: Measurements, Equipment, and Rules. New York: Human Kinetics. 3. Martin, D. (2023). Field Events Explained: A Comprehensive Resource for Measurement, Technique, and Rules. Boston: McGraw-Hill Education. 4. Roberts, N. (2022). Coaching Track and Field: Strategies for Enhancing Performance in Athletes. Chicago: University of Chicago Press. 5. Thompson, L., & Lee, R. (2021). Scoring and Record Keeping in Track and Field: A Practical Approach. San Francisco: Wiley.			

Name of Program	B.P.E.S	Program Code	USPED4
Name of the Course	Practical: (Track and Field Fundamentals)	Course Code	24PSE402SE01
Hours per Week	04 Hours	Credits	02 (L:1,T:0,P:2)
Maximum Marks	50		
Course Learning Outcomes (CLO): CLO 1: Students will effectively demonstrate the ability to layout, mark, and set up 200m and 400m tracks, utilize track equipment correctly, and apply strategies for successful relay races, enhancing their practical understanding of track events. CLO 2: Students will proficiently demonstrate the proper setup and measurement for field events, apply techniques for throwing events, and accurately prepare scoring sheets, thereby developing their skills in managing field competitions.			
Unit 1: Track Event Fundamentals - Track Layout Demonstration: Students will demonstrate the measurement and marking of a 200m and 400m track, including lane setup and starting blocks placement. - Equipment Familiarization: Students will showcase the proper use and setup of track equipment, such as starting blocks and hurdles, focusing on technique and safety. - Relay Race Strategies: Students will conduct a relay race practice, applying performance strategies and techniques for successful baton exchanges and teamwork.			
Unit 2: Field Event Essentials - Field Event Setup: Students will demonstrate the correct measurement and marking for field events, such as the javelin and long jump, including sector lines and landing areas. - Equipment Usage in Field Events: Students will practice and demonstrate the techniques for throwing events (discus and shot put), focusing on proper grip, stance, and release. - Scoring Sheet Preparation: Students will create and fill out scoring sheets for field events, recording attempts and distances, and discussing the importance of accurate record-keeping.			
References: - Duffy, D., & Collins, M. (2023). Track and Field Coaching: Techniques for Success in Sprints, Jumps, and Throws. New York: Human Kinetics. - Gold, R. (2022). Field Events in Athletics: A Comprehensive Guide to Techniques and Equipment. London: Routledge. - Johnson, L. (2021). The Art of Coaching Track and Field: Developing Athletes for Success. Chicago: University of Chicago Press. - Murphy, J. & Lee, R. (2023). Measuring and Marking: Track and Field Event Setup and Management. San Francisco: Wiley. - Parker, S. (2021). Relay Racing: Strategies for Effective Baton Exchanges and Team Dynamics. Boston: Houghton Mifflin Harcourt.			

Name of Program	B.P.E.S	Program Code	USPED4
Name of the Course	Journalism in Sports	Course Code	25PSE403SE01
Hours per Week	01 Hours	Credits	01 (L:1,T:0,P:2)
Maximum Marks	25		
Note: The candidate will attempt five questions out of nine in total. Question No. 1, which is compulsory, will consist of five short-answer questions covering the entire syllabus, each carrying one mark. There will be four units, with each unit having two long questions. The candidate must attempt four questions, selecting one question from each unit, with each question carrying five marks.			
Course Learning Outcomes (CLO): CLO1: The students will be able to define journalism and sports journalism and explain its types, importance, and ethical principles. CLO2: The students will be able to describe the role of sports journalism in public engagement, reporting, and recreation through different media formats. CLO3: The students will be able to develop skills in sports event analysis, commentary, and effective storytelling for print and digital media. CLO4: The students will be able to conduct interviews and report sports events using professional journalistic techniques and tools.			
Unit 1: Introduction to Sports Journalism & Its Foundations • Meaning and Definition of Journalism and Sports Journalism – Understanding the scope and terminology. • Need and Importance of Sports Journalism – Promotion, public engagement, and documentation of sports. • Types of Sports Journalism – Print, electronic, digital, investigative, commentary. • Basic Features and Ethics of Sports Journalism – Objectivity, fairness, accuracy, and responsibility. • Role of Recreation and Reporting in Sports Journalism – Integration of leisure activities, personality features, and writing styles.			
Unit 2: Sports Media, Commentary & Reporting • Sports Event Analysis and Commentary – Voice control, accuracy, excitement, and technical description. • Role of Print & Digital Media in Sports – Magazines, newspapers, blogs, live updates, and social media. • Crafting Sports Stories – Headlines, structure, storytelling for newspaper, TV, podcast, web series. • Conducting Sports Interviews – Preparation, questioning skills, ethical boundaries, and recording. • Reporting and Covering Sports Events – Pre-event planning, live coverage, history, and organizational reporting.			
References: 1. Mehta, D. S. (2012). Mass Communication and Journalism in India. Allied Publishers. 2. Majumdar, B. (2006). Goalless: The Story of a Unique Footballing Nation. Penguin Books India. 3. Sharma, D. (2017). Sports Journalism: A Practical Introduction. Khel Sahitya Kendra. 4. Ray, D. (2014). Sports Journalism and Mass Media. Friends Publications India. 5. Parthasarathy, R. (2010). Journalism in India: From the Earliest Times to the Present Day. Sterling Publishers.			

Name of Program	B.P.E.S	Program Code	USPED4
Name of the Course	Practical:(Journalism in Sports)	Course Code	25PSE403SE01
Hours per Week	04 Hours	Credits	02 (L:1,T:0,P:2)
Maximum Marks	50		
Course Learning Outcomes (CLO): CLO1: The students will be able to conduct and record structured interviews with athletes, coaches, or sports organizers using journalistic techniques. CLO2: The students will be able to deliver short live or recorded sports commentary with clarity, excitement, and accuracy. CLO3: The students will be able to create sports bulletins, newsletters, and articles using appropriate structure, photography, and captions. CLO4: The students will be able to script and present a mock sports news segment for TV or radio in a professional manner.			
Practical Content • Conduct and Record an Interview – With a local athlete, coach, or organizer using pre-prepared questions. • Deliver Live or Simulated Sports Commentary – 2-5 minutes commentary on a live game or video replay. • Create a Sports Bulletin or Newsletter – Covering weekly events, results, and player spotlights. • Photography and Caption Writing – Take 2-3 action photographs and write suitable captions. • Prepare a Sports Article or Blog Post – About a recent sporting issue or biography of an athlete. • Present a Mock TV/Radio Sports News Segment – Script and perform a short sports news bulletin.			
References: 1. Sharma, D. (2018). Practical Sports Journalism. Khel Sahitya Kendra. 2. Mehta, D. S. (2012). Mass Communication and Journalism in India. Allied Publishers. 3. Ray, D. (2016). Media and Sports Journalism: A Practical Approach. Friends Publications India. 4. Parthasarathy, R. (2010). Journalism in India: From the Earliest Times to the Present Day. Sterling Publishers. 5. Bhatt, S. C. (2015). Broadcast Journalism: Basic Principles. Har-Anand Publications.			