

**SYLLABI AND SCHEME OF EXAMINATIONS
FOR
MINOR COURSES (MIC)
FOR
UNDERGRADUATE PROGRAMES
(INTERDISCIPLINARY) IN B.P.E.H.E.S**

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



**MAHARSHI DAYANAND UNIVERSITY
ROHTAK (HARYANA)**

To be applicable on the students w.e.f. session 2026-27 (1st semester onwards)

Syllabi and Scheme of Examinations for Minor Courses (MIC) of Under Graduate (Interdisciplinary) in B.P.E.H.E.S

Minor Courses (MIC)/ Minor (Vocational) Course MIC(VOC)	TYPE OF PROGRAM		Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			
	SINGLE MAJOR PROGRAM SEMESTER	MULTI DISCIPLINARY PROGRAM SEMESTER			L	T	P		L	T	P		Theory		Practical	Total Marks
													Internal	External		
MIC 1 @ 4 credits	1	1	Indigenous Games	26PHS401MI01	3	0	1	4	3	0	2	5	25	50	25	100
MIC 2 @ 4 credits	2	3	Haryana Olympic Games	26PHS402MI01	3	0	1	4	3	0	2	5	25	50	25	100
MIC 3 @ 4 credits	3	6	Athletics Track Events	27PHS403MI01	2	0	2	4	2	0	4	6	15	35	50	100
MIC 4 (VOC) @ 4 credits	4	4	Psychology Determination in Sports	27PHS404MV01	3	0	1	4	3	0	2	5	25	50	25	100
MIC 5 (VOC) @ 4 credits	5	5	Football & Basketball	28PHS405MV01	2	0	2	4	2	0	4	6	15	35	50	100
MIC 6 (VOC) @ 4 credits	6	6	Athletic & Rehabilitation	28PHS406MV01	2	0	2	4	2	0	4	6	15	35	50	100
MIC 7 (VOC) @ 4 credits	7	7	Leadership	29PHS407MV01	3	0	1	4	3	0	2	5	25	50	25	100
MIC 8 (VOC) @ 4 credits	8 (4yr. UG Hons.)	8 (4yr. UG Hons.)	Obesity & its Remedies	29PHS408MV01	3	0	1	4	3	0	2	5	25	50	25	100
MIC 8 (VOC) @ 4 credits	8 (4yr. UG Hons. With Research)	8 (4yr. UG Hons. With Research)	Obesity & its Remedies	29PHS408MV01	3	0	1	4	3	0	2	5	25	50	25	100

L: Lecture; T: Tutorial; P: Practical

Note:

1. Course coding of Minor courses for Single Major Programs will be applicable for Multidisciplinary Programs/ Multidisciplinary Programs after 2nd semester irrespective of their offering in any semester.
2. The student who selects any Minor Course (MIC) of any discipline in first semester should study the Minor courses (MIC) in the same discipline in the subsequent semesters. However, while exercising the option for choosing Minor Vocational Course MIC (VOC), the student may opt the discipline either related to the discipline of Minor Course or the discipline of Major Course or any other discipline as per his/her choice.

**Syllabi for Minor Courses (MIC)
Under Graduate Programs for (Interdisciplinary) in B.P.E.H.E.S**

Name of Program	B.P.E.H.E.S	Program Code	
Name of the Course	Indigenous Games	Course Code	26PHS401MI01
Hours per Week	03 Hours	Credits	03 (L:3,T:0,P:1)
Maximum Marks	75{External (term-end exam) – 50}, (Internal – 25)	Time of Examinations	03 Hours
<p>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 two marks. 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 10 marks.</p>			
<p>Course Learning Outcomes (CLO): After completing this course, the learner will be able to: CLO1: Explain the meaning, origin, characteristics, and cultural significance of Indigenous Games in India. CLO2: Describe the rules, playfield, equipment, and basic structure of selected Indigenous Games. CLO3: Demonstrate fundamental skills and techniques of Indigenous Games while applying appropriate safety measures. CLO4: Analyze the role of Indigenous Games in modern physical education, community development, and cultural preservation.</p>			
<p>Unit 1: Introduction to Indigenous Games</p> <ul style="list-style-type: none"> • Meaning and definition of Indigenous Games • Origin and historical background of Indigenous Games in India • Characteristics and significance of Indigenous Games • Role of Indigenous Games in physical fitness and recreation • Educational and cultural value of Indigenous Games 			
<p>Unit 2: Selected Indigenous Games – Rules and Playfield</p> <ul style="list-style-type: none"> • Description of selected Indigenous Games (Kabaddi, Kho-Kho, Wrestling, Gitte, Kikli, Pittu, Langdi) • Playfield / court / area and dimensions • Equipment used in Indigenous Games • Basic rules and regulations 			
<p>Unit 3: Skills, Techniques, and Safety Measures</p> <ul style="list-style-type: none"> • Fundamental skills and techniques of selected Indigenous Games • Offensive and defensive skills (where applicable) • Lead-up activities and minor games • Safety measures and injury prevention in Indigenous Games 			
<p>Unit 4: Indigenous Games in Modern Context</p> <ul style="list-style-type: none"> • Role of Indigenous Games in school and community programmes • Indigenous Games and physical education curriculum • Government initiatives for promotion of Indigenous Games • Indigenous Games as a means of social and cultural integration • Preservation and revival of Indigenous Games 			
<p>References:</p> <ol style="list-style-type: none"> 1. Singh, H. (2021). Indigenous games of India. Khel Sahitya Kendra. 2. Kansal, D. K. (2020). Traditional games and physical culture of India. APH Publishing Corporation. 3. Kumar, R., & Sharma, P. (2022). Bharatiya paramparikkhelevamyogikshiksha [Indian traditional games and physical education]. Friends Publications. 4. Yadav, S. K. (2023). Indigenous sports and games: History, rules and educational values. Sports Publications. 5. Verma, J. P. (2021). Physical education and indigenous games in India. Kalyani Publishers. 6. Chauhan, R. S. (2024). Revival and promotion of indigenous games in India. Pearson India. 			
Suggested Evaluation Methods	<p>End Term Exam: 50 Marks Time = 3 hours</p> <p>Five questions from entire syllabus = 5x2 marks = 10 marks One question from each Units (I to IV) = 4x10 marks = 40 marks</p>		<p>Internal Assessment: 25 Marks</p> <p>Class Presentation = 5 marks 2 Assignment/ Quiz = 10 marks Mid Term Test = 5 marks Whole Syllabus Test = 5 marks</p>

Practical

Name of Program	B.P.E.H.E.S	Program Code	
Name of the Course	Practical (Indigenous Games)	Course Code	26PHS401MI01
Hours per Week	02 Hours	Credits	01 (L:3,T:0,P:1)
Maximum Marks	25 Marks		
<p>Course Learning Outcomes (CLO): After completing this course, the learner will be able to: CLO1: Accurately mark and lay out playfields/courts for selected Indigenous Games according to standard or traditional dimensions. CLO2: Correctly identify, handle, and demonstrate equipment and apply basic rules and regulations during play. CLO3: Perform essential skills, techniques, and drills related to Kabaddi, Kho-Kho, Wrestling, Langdi, and other Indigenous Games. CLO4: Participate in modified games and match simulations while following safety measures, warm-up routines, and injury-prevention practices.</p>			
<ol style="list-style-type: none"> 1. Playfield Marking and Measurement of Indigenous Games – Marking, layout, and measurement of playfields/courts for Kabaddi, Kho-Kho, Wrestling, Langdi, and Pittu according to standard or traditional dimensions. 2. Identification and Demonstration of Equipment Used in Indigenous Games – Identification, handling, and demonstration of equipment used in Kabaddi, Kho-Kho, Wrestling, Gatte, Kikli, Pittu, and Langdi. 3. Demonstration of Basic Rules and Regulations – Practical explanation and enforcement of fundamental rules during play of selected Indigenous Games. 4. Demonstration of Fundamental Skills and Techniques – Practice of basic skills such as raiding and tackling (Kabaddi), chasing and dodging (Kho-Kho), holds and grips (Wrestling), and movement skills in minor games. 5. Offensive and Defensive Skill Practice – Drills focusing on offensive and defensive techniques applicable to games like Kabaddi, Kho-Kho, Wrestling, and Langdi. 6. Lead-up Games and Modified Indigenous Games – Organization and participation in simplified or modified versions of Indigenous Games to enhance skill learning and safety. 7. Match / Game Simulation with Safety Measures – Conducting controlled game situations following rules, playfield dimensions, and safety measures including warm-up and injury prevention. 			
<p>References:</p> <ol style="list-style-type: none"> 1. Singh, H. (2016). Traditional games and indigenous sports of India. Friends Publications. 2. Sharma, O. P. (2015). Indigenous games and physical education. Khel Sahitya Kendra. 3. Gaur, A., & Gaur, K. (2018). Games and sports in Indian culture. Khel Sahitya Kendra. 4. Kansal, D. K. (2014). Organization of games and sports. APH Publishing Corporation. 5. Verma, J. P. (2013). Foundation of physical education. Friends Publications. 6. Singh, A. (2017). Rules and techniques of Indian games. Sports Publication House. 			
Suggested Evaluation Methods	Practical: 25 marks		
	Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File = 20 marks Attendance = 5 marks		

ame of Program	B.P.E.H.E.S	Program Code	
Name of the Course	Haryana Olympic Games	Course Code	26PHS402MI01
Hours per Week	03 Hours	Credits	03 (L:3,T:0,P:1)
Maximum Marks	75 {External (term-end exam) – 50}, (Internal – 25)	Time of Examinations	03 Hours
<p>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 two marks. 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 10 marks.</p>			
<p>Course Learning Outcomes (CLO): After completing this course, the learner will be able to: CLO1: Explain the concept, objectives, and significance of the Haryana Olympic Games in the development of sports in the state. CLO2: Describe the organizational structure and functions of the Haryana Olympic Association and its relationship with national Olympic bodies. CLO3: Understand and apply the principles of planning and management involved in organizing the Haryana Olympic Games. CLO4: Analyze the financial assistance schemes and support systems provided to prominent sportspersons in Haryana and their impact on sports performance.</p>			
<p>Unit 1: Introduction of Haryana Olympic Games</p> <ul style="list-style-type: none"> • Meaning and concept of Haryana Olympic Games • Historical background of Haryana Olympic Association • Objectives and importance of Haryana Olympic Games • Role of Haryana Olympic Games in sports development • Contribution of Haryana Olympic Games to Olympic movement in the state 			
<p>Unit 2: Function and Structure of Haryana Olympic Games</p> <ul style="list-style-type: none"> • Organizational structure of Haryana Olympic Association • Functions and responsibilities of Haryana Olympic Association • Role of affiliated district and state sports associations • Relationship of Haryana Olympic Association with Indian Olympic Association • Administrative setup and governance of Haryana Olympic Games 			
<p>Unit 3: Planning of Haryana Olympic Games</p> <ul style="list-style-type: none"> • Concept and importance of planning in sports events • Planning of Haryana Olympic Games: pre-event, during-event, and post-event stages • Selection of venues, sports events, and officials • Scheduling, logistics, and event management • Safety, medical facilities, and accommodation arrangements 			
<p>Unit 4: Financial Assistance to Prominent Players</p> <ul style="list-style-type: none"> • Importance of financial assistance in sports development • Financial schemes and incentives for sportspersons in Haryana • Scholarships, awards, and cash incentives for medal winners • Role of Haryana Government in athlete financial support • Impact of financial assistance on performance and motivation of players 			
<p>References:</p> <ol style="list-style-type: none"> 1. Kansal, D. K. (2021). <i>Sports management and administration in Haryana</i>. APH Publishing Corporation. 2. Singh, H., & Kumar, R. (2022). <i>Haryana Olympic Association: History and governance</i>. Friends Publications. 3. Sharma, O. P. (2023). <i>Planning and financial strategies in sports events</i>. Khel Sahitya Kendra. 4. Verma, J. P. (2020). <i>Sports event management and funding in India</i>. Sports Publications. 5. Gaur, A., & Gaur, K. (2022). <i>Role of government in sports development: A Haryana perspective</i>. Kalyani Publishers. 6. Mehta, N., & Patel, S. (2023). <i>Haryana Olympic Games: Contributions and impact</i>. Pearson India. 			
Suggested Evaluation Methods	End Term Exam: 50 Marks Time = 3 hours		Internal Assessment: 25 Marks
	Five questions from entire syllabus = 5x2 marks = 10 marks One question from each Units (I to IV) = 4x10 marks = 40 marks		Class Presentation = 5 marks 2 Assignment/ Quiz = 10 marks Mid Term Test = 5 marks Whole Syllabus Test = 5 marks

Practical

Name of Program	B.P.E.H.E.S	Program Code	
Name of the Course	Practical (Haryana Olympic Games)	Course Code	26PHS402MI01
Hours per Week	02 Hours	Credits	01 (L:3,T:0,P:1)
Maximum Marks	25 Marks		
Course Learning Outcomes (CLO):			
After completing this course, the learner will be able to:			
CLO1: Prepare project files and organizational charts demonstrating understanding of the history, governance, and contribution of the Haryana Olympic Association to sports development.			
CLO2: Develop event planning schedules and analyze case studies of Haryana Olympic Games focusing on planning stages, venues, sports events, and outcomes.			
CLO3: Prepare budgets and reports on financial assistance, scholarships, and incentives provided to sportspersons by the Haryana Government.			
CLO4: Present findings through seminars, surveys, and viva-voce, assessing athlete motivation, performance enhancement, and the promotion of the Olympic movement in Haryana.			
<ol style="list-style-type: none"> 1. Preparation of Project File on Haryana Olympic Games – Project covering meaning, objectives, history of Haryana Olympic Association, and its contribution to sports development. 2. Organizational Structure Chart of Haryana Olympic Association – Preparation and explanation of organizational hierarchy, committees, and governance structure. 3. Case Study on Haryana Olympic Games Events – Study of any one edition of Haryana Olympic Games focusing on planning, venues, sports conducted, and outcomes. 4. Preparation of Event Planning Schedule – Pre-event, during-event, and post-event planning chart for Haryana Olympic Games. 5. Preparation of Budget and Financial Assistance Report – Budget outline for organizing Haryana Olympic Games and report on financial incentives for prominent players. 6. Survey / Assignment on Government Sports Schemes in Haryana – Study of scholarships, awards, and cash incentives provided to sportspersons by the Haryana Government. 7. Seminar / Viva on Role of Haryana Olympic Games in Sports Development – Presentation or viva focusing on athlete motivation, performance enhancement, and Olympic movement in Haryana. 			
References:			
<ol style="list-style-type: none"> 1. Kansal, D. K. (2014). Sports management and administration. APH Publishing Corporation. 2. Singh, H. (2015). Organization and administration of physical education. Friends Publications. 3. Gaur, A., & Gaur, K. (2018). Sports management and event organization. Khel Sahitya Kendra. 4. Verma, J. P. (2013). Sports management and organization. Friends Publications. 5. Haryana Olympic Association. (2022). Official handbook and reports. Haryana Olympic Association. 			
Suggested Evaluation Methods	Practical: 25 marks		
	Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File = 20 marks Attendance = 5 marks		

Name of Program	B.P.E.H.E.S	Program Code	
Name of the Course	Athletics Track Events	Course Code	27PHS403MI01
Hours per Week	02 Hours	Credits	02 (L:2,T:0,P:2)
Maximum Marks	50{External (term-end exam) – 35}, (Internal – 15)	Time of Examinations	02 Hours
<p>Note: The candidate will attempt five questions out of nine in total. Question No. 1, which is compulsory, will consist of seven 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 7 marks.</p>			
<p>Course Learning Outcomes (CLO): After completing this course, the learner will be able to: CLO1: Understand and explain the nature, classification, and basic rules of track events in athletics. CLO2: Demonstrate correct techniques of starts, running, and finishing in various track events. CLO3: Apply training principles, pacing strategies, and safety measures related to track events. CLO4: Officiate and organize track events, including lane usage, judging, timing, and adherence to rules.</p>			
<p>Unit 1: Introduction to Athletics Track Events</p> <ul style="list-style-type: none"> • Meaning and importance of athletics • Classification of athletics events • Track events: concept and significance • Standard athletics track and lane markings • Basic rules of track events 			
<p>Unit 2: Sprint Events</p> <ul style="list-style-type: none"> • Sprint races: 100 m, 200 m, 400 m • Starting techniques: crouch start and block start • Phases of sprinting: start, acceleration, and finish • Basic training drills for sprint events 			
<p>Unit 3: Middle and Long Distance Events</p> <ul style="list-style-type: none"> • Middle distance races: 800 m and 1500 m • Long distance races: 3000 m, 5000 m, and 10,000 m • Pacing, breathing, and running technique • Basic training methods for endurance events 			
<p>Unit 4: Relay and Hurdle Events</p> <ul style="list-style-type: none"> • Relay races: 4×100 m and 4×400 m • Baton passing techniques • Hurdle races: 110 m hurdles, 100 m hurdles, 400 m hurdles • Basic rules and techniques of hurdle events 			
<p>References:</p> <ol style="list-style-type: none"> 1. Kansal, D. K. (2021). Textbook of athletics (Rev. ed.). Khel Sahitya Kendra. 2. Singh, H., & Singh, G. (2020). Athletics: Rules, techniques and training. Friends Publications. 3. Sharma, O. P. (2022). Track and field athletics. Sports Publications. 4. Verma, J. P. (2021). Athletics coaching manual. Sports Publications. 5. Kumar, A., & Kumar, S. (2023). Modern athletics: Techniques and training methods. Friends Publications. 6. Singh, R., & Yadav, R. K. (2020). Fundamentals of athletics. Kalyani Publishers. 			
Suggested Evaluation Methods	End Term Exam: 35 Marks Time = 2 hours		Internal Assessment: 15 Marks
	Seven questions from entire syllabus = 7x1 mark = 7 marks One question from each Units (I to IV) = 4x7 marks = 28 marks		Class Presentation = 5 marks 2 Assignment/ Quiz = 5 marks Whole Syllabus Test = 5 marks

Practical

Name of Program	B.P.E.H.E.S	Program Code	
Name of the Course	Practical (Athletics Track Events)	Course Code	27PHS403MI01
Hours per Week	04 Hours	Credits	02 (L:2,T:0,P:2)
Maximum Marks	50 Marks		
<p>Course Learning Outcomes (CLO): After completing this course, the learner will be able to: CLO1: Prepare project files and organizational charts demonstrating understanding of the history, governance, and contribution of the Haryana Olympic Association to sports development. CLO2: Develop event planning schedules and analyze case studies of Haryana Olympic Games focusing on planning stages, venues, sports events, and outcomes. CLO3: Prepare budgets and reports on financial assistance, scholarships, and incentives provided to sportspersons by the Haryana Government. CLO4: Present findings through seminars, surveys, and viva-voce, assessing athlete motivation, performance enhancement, and the promotion of the Olympic movement in Haryana.</p>			
<ol style="list-style-type: none"> 1. Athletics Track Layout and Lane Marking – Identification and marking of standard athletics track, lanes, start and finish lines, and exchange zones. 2. Demonstration of Sprint Starting Techniques – Practice of crouch start and block start for 100 m, 200 m, and 400 m races. 3. Sprint Running Technique and Training Drills – Practice of sprint phases (start, acceleration, finish) and basic sprint drills. 4. Middle and Long Distance Running Technique – Demonstration of pacing, breathing, and running technique for 800 m, 1500 m, and long-distance events. 5. Endurance Training Methods – Practice of continuous running, interval training, and fartlek training for endurance development. 6. Relay Baton Passing Techniques – Practice of baton exchange (visual and non-visual) in 4×100 m and 4×400 m relay races. 7. Hurdle Technique and Rhythm Drills – Demonstration of lead leg, trail leg technique, stride pattern, and basic rules of hurdle events. 			
<p>References:</p> <ol style="list-style-type: none"> 1. Kansal, D. K. (2016). Athletics: Technique and training. APH Publishing Corporation. 2. Singh, H. (2015). Track and field athletics. Friends Publications. 3. Sharma, O. P. (2017). Athletics and sports training. Khel Sahitya Kendra. 4. Gaur, A., & Gaur, K. (2018). Fundamentals of athletics. Khel Sahitya Kendra. 5. Verma, J. P. (2014). Modern athletics: Rules, techniques and training. Friends Publications. 			
Suggested Evaluation Methods	Practical: 50 marks		
	Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File = 40 marks Attendance = 10 marks		

Name of Program	B.P.E.H.E.S	Program Code	
Name of the Course	Psychological Determinations in Sports	Course Code	27PHS404MV01
Hours per Week	03 Hours	Credits	03 (L:3,T:0,P:1)
Maximum Marks	75 {External (term-end exam) – 50}, (Internal – 25)	Time of Examinations	03 Hours
<p>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 two marks. 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 10 marks.</p>			
<p>Course Learning Outcomes (CLO): After completing this course, the learner will be able to: CLO1: Explain the concept of sports psychology and its role in sports performance. CLO2: Describe the learning processes involved in skill acquisition and performance improvement in sports. CLO3: Explain motivation and its influence on participation, persistence, and achievement in sports. CLO4: Identify aggression and anxiety in sports and analyze their effects on athletic performance and behavior.</p>			
<p>Unit–I: Learning in Sports</p> <ul style="list-style-type: none"> • Meaning and concept of learning • Types of learning related to sports (motor learning, skill learning) • Laws and principles of learning • Learning curve and factors affecting learning • Role of learning in skill acquisition and performance 			
<p>Unit–II: Motivation in Sports</p> <ul style="list-style-type: none"> • Meaning and definition of motivation • Types of motivation: intrinsic and extrinsic • Motivation and sports performance • Techniques to improve motivation in sports • Role of coach and teacher in motivating athletes 			
<p>Unit–III: Aggression in Sports</p> <ul style="list-style-type: none"> • Meaning and concept of aggression • Types of aggression in sports • Causes of aggression among sportspersons • Effects of aggression on sports performance • Control and management of aggression in sports 			
<p>Unit–IV: Anxiety in Sports</p> <ul style="list-style-type: none"> • Meaning and definition of anxiety • Types of anxiety: trait anxiety and state anxiety • Causes of anxiety in sports • Effects of anxiety on performance • Techniques to reduce anxiety in athletes 			
<p>References:</p> <ol style="list-style-type: none"> 1. Singh, A. K. (2021). Sports psychology (2nd ed.). Khel Sahitya Kendra. 2. Kamlesh, M. L. (2020). Psychology of physical education and sports. Friends Publications. 3. Dhillon, P. K., & Singh, J. (2022). Sports psychology: Theory and practice. Kalyani Publishers. 4. Kumar, S., & Kumar, A. (2021). Foundations of sports psychology. Pearson India. 5. Verma, J. P. (2020). Applied sports psychology. Sports Publications. 6. Sharma, R., & Sharma, S. (2023). Sports psychology and mental training. Friends Publications. 			
Suggested Evaluation Methods	End Term Exam: 50 Marks Time = 3 hours		Internal Assessment: 25 Marks
	Five questions from entire syllabus = 5x2 marks = 10 marks One question from each Units (I to IV) = 4x10 marks = 40 marks		Class Presentation = 5 marks 2 Assignment/ Quiz = 10 marks Mid Term Test = 5 marks Whole Syllabus Test = 5 marks

Practical

Name of Program	B.P.E.H.E.S	Program Code	
Name of the Course	Practical (Psychological Determinations in Sports)	Course Code	26PHS404MV01
Hours per Week	02 Hours	Credits	01 (L:3,T:0,P:1)
Maximum Marks	25 Marks		
<p>Course Learning Outcomes (CLO): After completing this course, the learner will be able to: CLO1: Analyze learning processes in sports by applying concepts of motor learning, stages of skill acquisition, learning curves, and factors affecting learning through assignments and skill observation. CLO2: Assess psychological factors influencing performance by evaluating motivation, aggression, and anxiety levels of athletes using questionnaires, interviews, and case studies. CLO3: Apply psychological intervention strategies such as motivation enhancement plans, aggression control methods, and anxiety reduction techniques for improving sports performance. CLO4: Demonstrate practical psychological skills including relaxation, breathing, imagery, and positive self-talk to manage competitive stress and enhance athletic performance.</p>			
<ol style="list-style-type: none"> 1. Preparation of Assignment on Learning in Sports – Case-based assignment on motor learning, skill learning, learning curve, and factors affecting learning in sports. 2. Skill Learning Observation and Analysis – Observation of learning stages (cognitive, associative, autonomous) while performing a basic sports skill. 3. Motivation Assessment of Athletes – Use of simple questionnaires or interviews to identify intrinsic and extrinsic motivation among players. 4. Preparation of Motivation Enhancement Plan – Designing motivational techniques for athletes (goal setting, rewards, feedback, reinforcement). 5. Case Study on Aggression in Sports – Analysis of aggressive behavior in sports situations and strategies for control and management. 6. Assessment of Anxiety Levels in Athletes – Administration of basic trait and state anxiety scales or situational analysis before competition. 7. Demonstration of Psychological Techniques – Practice of relaxation techniques, breathing exercises, imagery, and positive self-talk to reduce anxiety. 			
<p>References:</p> <ol style="list-style-type: none"> 1. Singh, A. J. (2015). Sports psychology. Friends Publications. 2. Kamlesh, M. L. (2016). Psychology of physical education and sports. Friends Publications. 3. Sharma, O. P. (2017). Sports psychology. Khel Sahitya Kendra. 4. Gaur, A., & Gaur, K. (2018). Foundations of sports psychology. Khel Sahitya Kendra. 5. Weinberg, R. S., & Gould, D. (2019). Foundations of sport and exercise psychology (Indian ed.). Human Kinetics. 			
Suggested Evaluation Methods	Practical: 25 marks		
	Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File = 20 marks Attendance = 5 marks		