



**UNIVERSITY OF CALICUT
G & A - IV - K SECTION**

No. 73138/GA-IV-K-ASST-1/2026/Admn

Calicut University.P.O

Dated: 22.04.2026

From

The Registrar

To

The Principal,
Sacred Heart College (Autonomous), Chalakkudy

Sir/Madam,

Sub:- Physical Education programme w.e.f the academic year 2025-syllabus of General Foundation courses (MDC)-Sacred Heart College (Autonomous), Chalakkudy - approved-intimated-reg

Ref:- 1. Letter received from the Principal, Sacred Heart College (Autonomous), Chalakkudy , forwarding the syllabus of General Foundation courses (MDC)- Physical Education programme w.e.f the academic year 2025.

2. Minutes of the meeting of the BoS in Physical Education UG held on 07-04-2026.

With reference to the above, the syllabus of the **General Foundation Courses (MDC) of Physical Education Programme** w.e.f the academic year 2025 onwards has been approved by the the Board of Studies in Physical Education UG as per reference (2) and the same has been approved by the Vice Chancellor.

In light of the above, you are requested to take further necessary actions in this regard.

Encl: approved Syllabus of the General Foundation Courses (MDC) – Physical Education Programme w.e from the academic year 2025, Sacred Heart College (Autonomous), Chalakkudy.

Yours faithfully

Arsad M

Deputy Registrar
(For The Registrar)



SACRED HEART COLLEGE (AUTONOMOUS) CHALAKUDY

General Foundation Courses - Physical Education

SYLLABUS

w.e.f. 2025 admission onwards

(FYUGP Regulations 2024)

DISTRIBUTION OF GENERAL FOUNDATION COURSE IN PHYSICAL EDUCATION

SEMESTER	COURSE CODE	COURSE TITLE	TOTAL HOURS	HOURS PER WEEK	CREDITS	MARKS		
						INTERNAL	EXTERNAL	TOTAL
I	PEN1FM105(1)	MDC I (1) Yoga and Stress Management	45	3	3	25	50	75
	PEN1FM105(2)	MDC I (2) Lifestyle Disease and Physical Activity						
	PEN1FM105(3)	MDC I (3) Sports and society						



**SACRED HEART COLLEGE (AUTONOMOUS), CHALAKUDY–
FOUR-YEAR UNDER GRADUATE PROGRAMME
(SH-FYUGP)**

Physical Education

PROGRAMME OUTCOMES (PO):

At the end of the graduate program at Sacred Heart College (Autonomous) Chalakudy, a student would:

PO 1	Demonstrate a profound understanding of knowledge trends and their impact on the chosen discipline of study.
PO 2	Demonstrate professional skills to navigate diverse career paths with confidence and adaptability.
PO 3	Demonstrate mastery of varied digital and technological tools to understand and interact with the digital world, thus effectively processing complex information.
PO 4	Become a successful professional who drives positive change through effective communication, collaborative acumen, transformative leadership, and a dedication to inclusivity.
PO 5	Emerge as an innovative problem-solver and impactful mediator, applying scientific understanding and critical thinking to address challenges and advance sustainable solutions.
PO 6	Become a responsible leader, characterized by an unwavering commitment to human values, ethical conduct, and a fervent dedication to the well-being of society and the environment
PO 7	Emerge as an innovative researcher and entrepreneurial leader, leveraging collaborative partnerships with industry, academia, and communities, thus contributing to local, regional, and global development

Programme	MDC Physical Education				
Course Code	PEN1FM105(1)				
Course Title	INTRODUCTION TO YOGA AND STRESS MANAGEMENT				
Type of Course	MDC I (1)				
Semester	1				
Academic Level	100-199				
Course Details	Credit	Lecture per week	Tutorial per week	Practical per week	Total Hours
	3	2	-	1	45
Pre-requisites	Introduction to yoga, stress, and various stress management techniques				

Course Summary	Modern life became better, easier and more comfortable because of the inventions of machines and its vast uses in our daily life. But it made our life less kinetic and became less physically active. The people face many fitness problems mainly physical and mental fitness issues. Most of the people including youngsters are facing mental stresses which make their life more difficult. Yoga is the best contribution of our Great Nation to the world. This gives awareness and knowledge about basics of yoga and asana to have healthy and fit citizens.
----------------	--

Course Outcomes:

After the completion of the course students will be able to:

CO	CO Statement	Cognitive Level*	Knowledge Category#	Evaluation tools used
CO1	Introducing yoga and its origin. Understanding types of yoga, limbs of yoga, kriyas. application mudras.	U & Ap	F & C	Quiz/Presentations/Internal exam
CO2	Knowledge about the classification of asanas, suryanamaskar, its benefits and apply it in daily life.	U and Ap	C & P	Multi media Presentations / Discussions/ Seminar/ Internal exam
CO3	Analyse and application of pranayama, its classification and benefits of it in day today life.	An and Ap	C & P	Presentations/ Discussions/ Internal exam Debates/Seminars
CO4	Understand stress, analyse and evaluate the physiological effect of yoga on stress through various yogic techniques	U, E & Ap	C, P & M	Presentations/ Assignments/Debates/ Internal exam
CO5	Develop skills and awareness to understand yoga, various types of asana, practicing various yogic techniques to release stress.	An, E & Ap	C, P & M	Debates/Multi-media Presentations/ Internal exam

Cognitive Level* - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C)

Knowledge Category# - Factual Knowledge(F) Conceptual Knowledge (C) Procedural Knowledge (P) Metacognitive Knowledge (M)

Module	Unit	CONTENT	Hours 45	Marks 50
I	INTRODUCTION TO YOGA AND ITS CLASSIFICATION		6	10
	1	Introduction to Yoga- Meaning- Definition and History.	2	
	2	Types of Yoga –Bhakthi Yoga- Jnana Yoga- Karma Yoga and Raja Yoga.	1	
	3	Ashtanga Yoga (8 Limbs of Yoga).	1	
	4	Introduction to Mudras and Various Cleansing Techniques.	2	
II	INTRODUCTION TO ASANAS - DEFINITION AND ITS CLASSIFICATION. SURYANAMASKAR AND ITS BENEFITS.		14	18
	5	Definition and Benefits of Asanas. Loosening Exercise	2	
	6	Classification of Asanas- According to Purpose- Relaxative, Meditative and Cultural.	2	
	7	Classification of Asanas - According to Performance- standing, sitting, prone and supine. Standing Asanas - Ardhakadichakrasana, Ardhashakrasana, Padahasthasa, Trikonasana, Parivrtta Trikonasana .	4	
	8	Sitting asanas – Vajrasana, Sasankasana Pascimottanasa, Vakrasana, Ardhamatsyendrasana.	1	
	9	Prone - Bhujangasana , Salabhasana. Supine – Uttanpadasana Pavanamuktasana.	1	
	10	Classification of Asanas - Exercises.According to body Movements - forward bending, backward bending, twisting and balancing.	2	
	11	Introduction to Suryanamaskar (The Sun Salutation) – Techniques of Suryanamaskar with proper breathing patterns and its benefits. Practice of Suryanamaskar	2	
III	INTRODUCTION TO PRANAYAMA, DEFINITION, BENEFITS AND ITS CLASSIFICATION.		6	10
	12	Definition and Benefits of Pranayama.	2	
	13	Breathing Exercises – Diaphragmatic Breathing, Puraka, Rechaka and Kumbaka and its types	2	
	14	Classification of Pranayama and its Techniques- Chandra Bhedana, Surya Bhedana and Nadisudhi.	2	
IV	YOGIC STRESS MANAGEMENT		10	12
	15	Meaning and definition of stress Types of Stress - Eustress, Acute stress, Episodic Acute Stress, Chronic stress and Distress	3	
	16	Stressors- Physical, Psychological, Psychosocial and Psycho	2	

		spiritual.		
	17	Physiological Effect of Yoga on stress.	1	
	17	Various yogic stress management techniques- IRT, QRT, DRT , NSDR (Non Sleep Deep Rest Protocol)	2	
	19	Cyclic Meditation and Yoga Nidra	2	
V		Open Ended Module: This unit is customizable by the instructor. Topics can be chosen based on the interests of the class.	9 hours	5 marks out of 20 internal marks
	1	Practice of various asanas: Standing Asanas - Ardhakadichakrasana, Ardhashakrasana, Padahasthasa, Trikonasana, Parivrtta Trikonasana . Sitting asanas – Vajrasana, Sasankasana Pascimottanasa, Vakrasana, Ardhamatsyendrasana. Prone - Bhujangasana , Salabhasana. Supine – Uttanpadasana Pavanamuktasana.		
	2	Practice of mudras and pranayamas: Diaphragmatic Breathing, Puraka, Rechaka and Kumbaka and its types. Chandra Bhedana, Surya Bhedana and Nadisudhi.		
		Activities and assessment of Open ended For the open-ended module, here are suggested activities and evaluation methods aligned with the potential topics:		

REFERENCES

1. Joshi, K.S., (1997), Yoga in daily life, Delhi Oriented paper backs.
2. Nagendra, H.R., (2004) Yoga its basics and application, Bangalore: Vivekanandha Kendra Yoga Publication.
3. Prbhavananda Swami., (2002) Patanjali Yoga Sutras, Chennai: Sri Ramakrishna Math.
4. Saraswati Sathyananda Swami., (2005) Yoga Nidra, Bhihar : Yoga Publicatiion Trust Journal and periodicals.
5. Muktibodhananda, S. (2008). Hatha Yoga Pradipika. Munger, Bihar. India: Yoga Publications Trust.
6. Iyengar, B. K. S. (2008). Light on life: The journey to wholeness, inner peace and ultimate freedom. Pan Macmillan.
7. Nagendra, H. R. (1988). New perspectives in stress management. Vivekananda Kendra Yoga Anusandhana Samsthan.
8. Biju Lona K (2023) Physical education and yoga, Maximum publishers Kinfra park Koratty
9. Nagarathna, R., Nagendra, H. R., & Telles, S. (1999). Yoga Health and disease. Kaohsiung J Med Sci, 2, 96–104.
10. Saraswati, S. S., & Hiti, J. K. (1984). Yoga nidra. Bihar School of Yoga Munger. Hartranft, C. (2003). The Yoga-Sutra of Patanjali: A new translation with commentary. Shambhala Publications.
11. Nagarajan Karuna.et.al.(1999) YIC Practical Self Learning Material, published by Swami

Vivekananda Yoga Prakasana.

Mapping of COs with POs

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	3	1	1	1	1	2	1
CO2	3	2	2	1	2	2	1
CO3	3	2	2	2	1	2	2
CO4	3	2	3	1	2	3	3
CO5	3	2	2	1	2	2	1

Level	Correlation
-	Nil
1	Slightly / Low
2	Moderate / Medium
3	Substantial / High

Assessment Rubrics:

- Quiz / Assignment/ Debates/ Discussion / Seminar
- Midterm Exam
- Final Exam (70%)

Mapping of COs to Assessment Rubrics:

CO	Internal Exam	Assignment	Discussion/ Debates	Quiz	Seminar	Multi-Media Presentations	End Semester Examination
CO 1	✓			✓		✓	✓
CO 2	✓		✓			✓	✓
CO 3	✓		✓		✓	✓	✓
CO 4	✓	✓	✓			✓	✓
CO 5	✓						✓

I Semester SHFYUGP Degree Examinations
Course Code:
Introduction to Yoga and Stress Management
(Credits: 3)

Maximum Time: 1.5 hours

Maximum Marks: 50

Section A

[Answer Any 8. Each question carries 2 marks]

(Ceiling: 16 marks)

1. Four vedas
2. Asana in Prone and supine posture.
3. Name eight limbs of yoga
4. Benefits of asanas
5. Pranayama
6. Chandrabhedasana
7. Padahasthasana
8. Stress
9. QRT
10. Loosening exercise

Section B

[Answer Any 4. Each question carries 6 marks]

(Ceiling: 24 marks)

11. Explain Ashtangayoga
12. Various classification of asana and its benefits.
13. Classification of pranayama and its benefits
14. Explain Cyclic Meditation
15. Describe types of stress
16. Explain any four asana and its benefits

Section C

[Answer any one. Each question carries 10 marks]

(1x10=10 marks)

17. Explain stress and various yogic stress management techniques.
18. Explain Suryanamaskar and its benefits.



SACRED HEART COLLEGE (AUTONOMOUS), CHALAKUDY
– FOUR-YEAR UNDER GRADUATE PROGRAMME
(SH-FYUGP)

Physical Education
Lifestyle Disease and Physical Activity

PROGRAMME OUTCOMES (PO):

At the end of the graduate program at Sacred Heart College (Autonomous) Chalakudy, a student would:

PO 1	Demonstrate a profound understanding of knowledge trends and their impact on the chosen discipline of study.
PO 2	Demonstrate professional skills to navigate diverse career paths with confidence and adaptability.
PO 3	Demonstrate mastery of varied digital and technological tools to understand and interact with the digital world, thus effectively processing complex information.
PO 4	Become a successful professional who drives positive change through effective communication, collaborative acumen, transformative leadership, and a dedication to inclusivity.
PO 5	Emerge as an innovative problem-solver and impactful mediator, applying scientific understanding and critical thinking to address challenges and advance sustainable solutions.
PO 6	Become a responsible leader, characterized by an unwavering commitment to human values, ethical conduct, and a fervent dedication to the well-being of society and the environment
PO 7	Emerge as an innovative researcher and entrepreneurial leader, leveraging collaborative partnerships with industry, academia, and communities, thus contributing to local, regional, and global development

Programme	MDC PHYSICAL EDUCATION				
Course Code	PEN1FM105(2)				
Course Title	Lifestyle Disease and Physical Activity.				
Type of Course	MDC (2)				
Semester	1				
Academic Level	100 – 199				
Course Details	Credit	Lecture per week	Tutorial per week	Practical per week	Total Hours
	3	3	-	-	45
Pre-requisites					

Course Summary	This course aims to empower students with knowledge and skills needed to promote healthy living and prevent lifestyle diseases through informed choices in nutrition and physical activity.
----------------	---

Course Outcomes (CO):

CO	CO Statement	Cognitive Level*	Knowledge Category#	Evaluation Tools used
CO1	To define lifestyle diseases and distinguish them from other health conditions.	U & An	F & P	Exams / Quiz
CO2	Gain an understanding of the key risk factors associated with lifestyle diseases such as poor nutrition, physical inactivity etc.	U & An	F & P	Assignments / Seminars / Exams / Quiz
CO3	To analyse how lifestyle choices like diet, physical activity and stress management affect the overall health and susceptibility to diseases.	An	P	Presentation / Exams / Quiz / Viva Voce /Group discussion
CO4	To categorize different types of exercises and it's practicality.	An	C	Assignments / Seminars / Exams / Quiz
CO5	To acquire knowledge on balanced diet and nutrition such as carbohydrates, proteins, fats, vitamins and minerals.	An & Ap	C & P	Seminars/ Exams / Quiz / Group discussion
* - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C) # - Factual Knowledge(F) Conceptual Knowledge (C) Procedural Knowledge (P) Metacognitive Knowledge (M)				

Detailed Syllabus:

Module	Unit	Content	Hrs
I	Introduction to Lifestyle diseases		5
	1	Meaning, Characteristics and understanding lifestyle diseases and their prevalence.	2
	2	Consequences of unhealthy lifestyle.	1
	3	Importance of physical activity and healthy living	2
II	Types of Lifestyle diseases		11
	4	Diabetes, Obesity, Hypertension, Coronary Heart disease, Osteoporosis, Chronic back ache, PCOS – Causes, symptoms, risk factors and management	8
	5	Psycho somatic disorders - Stress, Anxiety, Depression - Risk factors and management	3
III	Exercises and Lifestyle diseases		10
	6	Vital signs - Blood pressure, pulse rate, body temperature, respiratory rate	2

	7	Assessment - BMI, WHR	1
	8	General principles of Exercises - types of exercises	3
	9	Exercises - Own body exercises - Mobility Exercise -band and loop exercise - dumbbell and kettle bell exercises - develop physical fitness components – strength, endurance, flexibility, balance and coordination	4
IV	Nutrition and Lifestyle diseases		10
	10	Nutrients – Micro nutrients and Macro nutrients.	2
	11	Importance of Nutrition and diet- RDA for general population and special population, Balanced Diet, Malnutrition	3
	12	Understanding BMR, calories and energy balance.	1
	13	Nutritional deficiency diseases.	2
	14	Rest, Sleep, Screen time, Substance abuse, physical inactivity.	2
V	Open Ended Module: Exercise interventions for Active living, health records		9
	15	Practicing Aerobics, Zumba, Yoga, gym exercises etc	
	16	Maintaining personal health records – BMI, WHR, RHR, THR etc	

Mapping of COs with POs:

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	2	2	-	-	1	2	1
CO 2	3	1	1	-	2	2	1
CO 3	2	2	1	-	2	2	-
CO 4	3	2	2	-	2	2	1
CO 5	3	2	-	-	2	2	1

Correlation Levels:

Level	Correlation
-	Nil
1	Slightly / Low
2	Moderate / Medium
3	Substantial / High

Assessment Rubrics:

- Quiz / Assignment/ Quiz/ Discussion / Seminar
- Midterm Exam
- Final Exam (70%)

Mapping of COs to Assessment Rubrics :

	Internal Exam	Assignment	Discussion/Debates	Quiz	Seminar	Project Evaluation	End Semester Examinations
CO 1	✓	✓					✓
CO 2	✓			✓	✓		✓
CO 3	✓		✓			✓	✓
CO 4		✓			✓		✓
CO 5	✓	✓		✓			✓

References:

1. Egger G, Bennis A, Rossner S; Sagner M (2017). Lifestyle Medicine Lifestyle, the Environmental and preventive Medicine and Disease. 3rd Edition, Academic publishers.
2. Rippe, J.M. (2017). Nutrition in Lifestyle Medicine: Overview. In: Rippe, J. (eds) Nutrition in Lifestyle Medicine. Nutrition and Health. Humana Press, Cham.
3. Silent Night D Jim Revees, Peter Jude K Antony (2015). Health and Physical fitness - Awareness, status and academics. Lambert Academic Publishing.
4. Singh D Anoop (2018). Physical Fitness and health. Delhin Random Publications.
5. Rosett W J, Jhangiani S S (2017). Obesity and Disease in an Interconnected World: A Systems Approach to Turn Huge Challenges into Amazing Opportunities. Bentham Books.
6. B. Srilakshmi (2014). Dietetics. 7th Edition, New age International publisher

FYUGP – Sacred Heart College (Autonomous) Chalakudy
MDC in Physical Education

Lifestyle Disease and Physical Activity.

Course Code

(Credits: 3)

Maximum Time: 1.5 hours

Maximum Marks: 50

Section A

[Answer any eight. Each question carries 2 marks]

(Ceiling: 16 marks)

1. Define physical activity.
2. Write a short note on PCOS.
3. Explain respiratory rate.
4. Importance of rest in daily life.
5. Define yoga.
6. Write a short note on Macro nutrients.
7. Describe Hypertension.
8. Analyse risk factors of anxiety.
9. Specify endurance.
10. BMI.

Section B

[Answer any four. Each question carries 6 marks]

(Ceiling: 24 marks)

11. Identify and explain the consequences of unhealthy lifestyle.
12. Elucidate psycho somatic disorders.
13. Expound types of exercises.
14. Elaborate on components of nutrition.
15. Define and explain Vital signs.

Section C

[Answer any one. Each question carries 10 marks]

(1x10=10 marks)

16. Define nutrition. Elaborate various nutritional deficiency diseases
17. Illustrate general principles of Exercises and critically analyze the importance of exercise in daily life.



**SACRED HEART COLLEGE (AUTONOMOUS), CHALAKUDY
– FOUR-YEAR UNDER GRADUATE PROGRAMME
(SH-FYUGP)**

PHYSICAL EDUCATION

PROGRAMME OUTCOMES (PO):

At the end of the graduate program at Sacred Heart College (Autonomous) Chalakudy, a student would:

PO 1	Demonstrate a profound understanding of knowledge trends and their impact on the chosen discipline of study.
PO 2	Demonstrate professional skills to navigate diverse career paths with confidence and adaptability.
PO 3	Demonstrate mastery of varied digital and technological tools to understand and interact with the digital world, thus effectively processing complex information.
PO 4	Become a successful professional who drives positive change through effective communication, collaborative acumen, transformative leadership, and a dedication to inclusivity.
PO 5	Emerge as an innovative problem-solver and impactful mediator, applying scientific understanding and critical thinking to address challenges and advance sustainable solutions.
PO 6	Become a responsible leader, characterized by an unwavering commitment to human values, ethical conduct, and a fervent dedication to the well-being of society and the environment
PO 7	Emerge as an innovative researcher and entrepreneurial leader, leveraging collaborative partnerships with industry, academia, and communities, thus contributing to local, regional, and global development

Programme	MDC Physical Education				
Course Code	PEN1FM105(3)				
Course Title	Sports and Society				
Type of Course	MDC I (3)				
Semester	1				
Academic Level	100-199				
Course Details	Credit	Lecture per week	Tutorial per week	Practical per week	Total Hours
	3	3	-	-	45
Pre-requisites					
Course Summary	This course provides an examination of the intersection of sport and society: implications of class, race, and gender-based social issues in youth, college, and professional sport structures				

Course Outcomes (CO):

CO	CO Statement	Cognitive Level*	Knowledge Category#	Evaluation Tools used
CO1	Analyse the historical and cultural impact of sports on society.	U	C	Instructor-created exams / Quiz
CO2	Evaluate the role of sports in shaping individual and collective identities.	Ap	P	Practical Assignment / Observation of Practical Skills
CO3	Investigate the impact of sports on physical and mental health within communities.	E	P	Seminar Presentation / Group Tutorial Work
CO4	To understand how deviance exists in sports and examine the economic implications of sports industries on local and global economies.	U	C	Instructor-created exams / Home Assignments
CO5	Think critically and articulate how sports impact society as well how society impact sports	E	F	Instructor-created exams / Home Assignments
CO6	To understand the ethical considerations, issues of doping, fair play in sports and demonstrate the social dynamics within sports teams and fan communities.	An	P	Instructor-created exams / Home Assignments
* - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C) # - Factual Knowledge(F) Conceptual Knowledge (C) Procedural Knowledge (P) Metacognitive Knowledge (M)				

Detailed Syllabus:

Module	Unit	Content	Hrs
I	Introduction to Sports, Society.		10
	1	Definition and Meaning of Sports Sociology	2
	2	Historical Perspective of Sports and Society	3
	3	Gender and Sports	2
	4	Sports; a lifestyle Promoter	3
II	Socialization and Identity in Sports		10
	5	Socialization processes in sports	2
	6	Impact of sports on an individual	2
	7	Formation of Sporting Identity	2
	8	Interactive opportunities on and off the field	2

	9	Amateurism and Professionalism	2
III	Sports; A Health promoter		7
	10	Sports as a health developmental tool	3
	11	promoting sports activities	2
	12	As a fitness medium - Games like football, basketball, badminton, cricket etc.	2
IV	Power, Politics, Commercialization and Media in Sports		9
	13	Politics in sports organisation	2
	14	National integration and globalisation in sports	2
	15	Impact of media on sports	2
	16	sports as entertainment	2
	17	sponsorship and advertisement	1
V	Deviance and Ethics in Sport		9
	18	Deviant behaviour in sports	1
	19	Ethical issues in sports (doping and cheating)	2
	20	Racism and discrimination	2
	21	Definition of crowd and hooligans	2
	22	Behaviour and characteristics of crowd.	2

Mapping of COs with POs :

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	3	1	1	-	1	3	1
CO 2	2	2	2	-	2	3	1
CO 3	3	2	2	-	2	3	1
CO 4	1	3	3	1	2	3	1
CO 5	2	2	2	1	3	3	2
CO 6							

Correlation Levels:

Level	Correlation
-	Nil
1	Slightly / Low
2	Moderate / Medium
3	Substantial / High

Assessment Rubrics:

- Quiz / Assignment/ Quiz/ Discussion / Seminar
- Mid-term Exam
- Final Exam (70%)

Mapping of COs to Assessment Rubrics :

	Internal Exam	Assignment	Project Evaluation	End Semester Examinations
CO 1	✓			✓
CO 2	✓			✓
CO 3	✓			✓
CO 4		✓		✓
CO 5		✓		✓
CO 6			✓	

REFERENCE:

- 1.The Oxford Handbook of Sport and Society,- Lawrence A. Wenner
- 2.Research Handbook on Sports and Society Edited by Elizabeth C.J. Pike, Professor and Head of Sport, Health and Exercise, University of Hertfordshire, UK
- 3.Sports in Society: Issues and Controversies by Coakley Jay
4. Skill Transmission, Sport and Tacit Knowledge A Sociological Perspective by Honorata Jakubowska
- 8.Hammond, Peter. 1971. An Introduction to Cultural and Social Anthropology. New York: The McMillan Company
- 9.Kottak, Conrad P. 2002. Anthropology: The Exploration of Human Diversity. 9th ed. Boston: McGraw-Hill.
- 10.Fundamentals of Sports Sociology by Dr.Dharmander Kumar
- 4.Sports in South Asian Society: Past and Present by Boria Majumdar, J.A Mangan
- 11.Sports participation: Motivation, Family Socialization and gender by Arvind Kumar Tripathi et al.
12. The Sociology of Sports: An Introduction-3rd edition by Tim Delaney, Tim Madigan
13. Sport, Gender and De t, Gender and Development: Intersections, Innovations and Future Trajectories by Lyndsay M C Hayhurst, Holly Thorpe, Megan Chawansky
- 14.Life Skills Through Sports by Martins Paulo

I Semester SHFYUGP Degree Examination
Sports and Society
Course Code:
Credits:3)

Maximum Time: 1.5 Hours

Maximum Marks: 50

Section A

Answer Any Eight Questions. Each question carries marks.

1. Define Sports Sociology.
2. Gender and Sports.
3. What is meant by Socialization?
4. Explain Amateurism.
5. Methods of promoting sports activities.
6. Identify football as a medium of fitness.
7. Discuss Politics and Sports.
8. Write a short note on Globalization in Sports.
9. Define Crowd.
10. What is meant by deviant behaviour in Sports.

(8 x 2 = 16 Marks)

Section B

Answer Any Four Questions. Each question carries 6 marks.

11. Elaborate on the historical perspective of Sports and Society.
12. Describe the impact of Sports on Individual and Society.
13. Explain the role of Sports in National Integration.
14. Write an essay on Sports as a Health Developmental Tool.
15. Briefly explain Ethical Issues in Sports.

(4 x 6 = 24 Marks)

Section C

Answer Any Two Questions. Each question carries 10 marks.

16. Give a detailed explanation on Socialization Process in Sports.
17. Write an essay on Media and Sports.

(1 x 10 = 10 Marks)



**SACRED HEART COLLEGE (AUTONOMOUS), CHALAKUDY
– FOUR-YEAR UNDER GRADUATE PROGRAMME
(SH-FYUGP)**

**MDC in Physical Education
Physical Fitness and Active Living**

PROGRAMME OUTCOMES (PO):

At the end of the graduate program at Sacred Heart College (Autonomous) Chalakudy, a student would:

PO 1	Demonstrate a profound understanding of knowledge trends and their impact on the chosen discipline of study.
PO 2	Demonstrate professional skills to navigate diverse career paths with confidence and adaptability.
PO 3	Demonstrate mastery of varied digital and technological tools to understand and interact with the digital world, thus effectively processing complex information.
PO 4	Become a successful professional who drives positive change through effective communication, collaborative acumen, transformative leadership, and a dedication to inclusivity.
PO 5	Emerge as an innovative problem-solver and impactful mediator, applying scientific understanding and critical thinking to address challenges and advance sustainable solutions.
PO 6	Become a responsible leader, characterized by an unwavering commitment to human values, ethical conduct, and a fervent dedication to the well-being of society and the environment
PO 7	Emerge as an innovative researcher and entrepreneurial leader, leveraging collaborative partnerships with industry, academia, and communities, thus contributing to local, regional, and global development

Programme	PHYSICAL EDUCATION				
Course Code	PEN2FM106(1)				
Course Title	Physical Fitness and Active Living				
Type of Course	MULTI DISCIPLINARY COURSE (1)				
Semester	II				
Academic Level	100 – 199				
Course Details	Credit	Lecture per week	Tutorial per week	Practical per week	Total Hours
	3	3	-	-	45
Pre-requisites	Basic awareness about physical fitness and physical activities				

Course Summary	Being Physically Active a person can reduce the risk of disease, strengthen bones and muscles help to manage weight and improve the ability to do day today activities. Daily physical activity delays the ageing process and helps for healthy living.
----------------	---

Course Outcomes (CO):

CO	CO Statement	Cognitive Level*	Knowledge Category#	Evaluation Tools used
CO1	Acquire the general concepts of fitness and components of physical fitness	U	C	Instructor-created exams / Quiz
CO2	Differentiate the types of Physical fitness	An	P	Instructor-created exams / Home Assignments
CO3	Familiarize the principles of Fitness Training	Ap	P	Seminar Presentation / Group Tutorial Work
CO4	Understand the Physiological Effects of Exercise	U	C	Instructor-created exams / Home Assignments
CO5	Attain the concepts of active living, ageing process	Ap	P	Instructor-created exams / Viva voce
CO6	Demonstrate the competency in fitness activities	Ap	P	Observation of practical skills/ Evaluation of activity record
* - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C) # - Factual Knowledge(F) Conceptual Knowledge (C) Procedural Knowledge (P) Metacognitive Knowledge (M)				

Detailed Syllabus:

Module	Unit	Content	Hrs
I	General Concept of Physical Fitness		10
	1	Meaning and definition of Physical Activity, Physical Exercise and Physical Fitness	1
	2	Types of Physical Fitness	2
	3	Health Related Physical Fitness (HRPF) and its components	3
	4	Performance Related Physical Fitness (PRPF) and its components	3
	5	Cosmetic fitness	1
II	Developing Physical Fitness Training Programme		8
	6	Activities for developing Fitness Components - HRPF, PRPF	1

	7	Importance of Warming up and Cooling down	2
	8	Principles of Fitness Training	2
	9	FITT Principles	1
	10	Designing HRPF and PRPF Training Programs – Specific Age Categories	2
III	Physiological Effects of Exercise on Various Systems		10
	11	Effect of Exercise on cardio vascular system	2
	12	Effect of Exercise on respiratory system	2
	13	Effect of Exercise on muscular system	2
	14	Effect of Exercise on nervous system	2
	15	Effect of Exercise on digestive system	2
IV	Exercise and Active living		8
	16	Concepts of Active Living and Healthy Ageing	2
	17	Risk factors associated with physical inactivity	4
	18	Exercise and ageing process	2
V	Open Ended Module: Exercise interventions for Active living		9
	19	Practicing Aerobics, Zumba, Asanas etc. Maintain a personal activity record containing daily physical activity and diet	9

Mapping of COs with POs :

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	3	1	1	-	2	1	1
CO 2	3	1	2	-	3	2	2
CO 3	3	1	3	-	3	1	2
CO 4	3	1	2	-	2	3	2
CO 5	1	3	3	1	2	2	2

Correlation Levels:

Level	Correlation
-	Nil
1	Slightly / Low
2	Moderate / Medium
3	Substantial / High

Assessment Rubrics:

- Quiz / Assignment/ Quiz/ Discussion / Seminar
- Midterm Exam
- Final Exam (70%)

Mapping of COs to Assessment Rubrics :

	Internal Exam	Assignment	Project Evaluation	End Semester Examinations
CO 1	✓			✓
CO 2	✓			✓
CO 3	✓			✓
CO 4		✓		✓
CO 5		✓		✓
CO 6			✓	

Reference

- . Jack H. Wilmore, David L. Costill Physiology of Sport and Exercise, Human kinetics publication,2004
- . Dick, F.W. Sports Training Principles (4th ed.).Human Kinetics : Champaign , Illinois , 2002
- . Chu .D.A. Explosive Power and Strength. Champaign: Human Kinetics1996
- . Daryl Sidentop “Introduction to Physical Education, Fitness and Sport” McGraw-Hill publishing COMPANY,2006
- . Health Fitness and Instructors by Howley Franks
- . Timonen.V,(2016) Beyond Successful and Active Ageing; A Theory of Model Ageing Ist Edition
- . Constantinos Phellas , Aging in European Societies 2012

II Semester SHFYUGP Degree Examination
PHYSICAL FITNESS AND ACTIVE LIVING

Course Code:

Credits:3

Maximum Time: 1.5 Hours

Maximum Marks: 50

Section A

Answer Any Eight Questions. Each question carries marks.

1. What is meant by Physical Activity?
2. Cosmetic Fitness
3. What do you mean by Principle of Specificity?
4. FITT
5. Exercise and Muscular System
6. Athletes Heart
7. Define Active Living
8. What is meant by Aging?
9. Warm Up
10. Agility

(8 x 2 = 16 Marks)

Section B

Answer Any Four Questions. Each question carries 6 marks.

11. Explain the components of Health Related Physical Fitness.
12. Give a detailed note on the effect of exercise on Respiratory System.
13. Explain the Risk factors associated with Physical inactivity.
14. Explain the importance of Warming up and Cooling down.
15. What are the factors to be remembered while designing PRPF Training Programs

(4 x 6 = 24 Marks)

Section C

Answer Any Two Questions. Each question carries 10 marks.

16. Explain various types of Physical Fitness and its Components
17. Elaborate on the Principles of fitness training.

(1 x 10 = 10 Marks)



**SACRED HEART COLLEGE (AUTONOMOUS), CHALAKUDY –
FOUR-YEAR UNDER GRADUATE PROGRAMME
(SH-FYUGP)**

PHYSICAL EDUCATION

PROGRAMME OUTCOMES (PO):

At the end of the graduate program at Sacred Heart College (Autonomous) Chalakudy, a student would:

PO 1	Demonstrate a profound understanding of knowledge trends and their impact on the chosen discipline of study.
PO 2	Demonstrate professional skills to navigate diverse career paths with confidence and adaptability.
PO 3	Demonstrate mastery of varied digital and technological tools to understand and interact with the digital world, thus effectively processing complex information.
PO 4	Become a successful professional who drives positive change through effective communication, collaborative acumen, transformative leadership, and a dedication to inclusivity.
PO 5	Emerge as an innovative problem-solver and impactful mediator, applying scientific understanding and critical thinking to address challenges and advance sustainable solutions.
PO 6	Become a responsible leader, characterized by an unwavering commitment to human values, ethical conduct, and a fervent dedication to the well-being of society and the environment
PO 7	Emerge as an innovative researcher and entrepreneurial leader, leveraging collaborative partnerships with industry, academia, and communities, thus contributing to local, regional, and global development

Programme	PHYSICAL EDUCATION				
Course Code	PEN2FM106(2)				
Course Title	EXERCISE AND WEIGHT MANAGEMENT				
Type of Course	MULTI DISCIPLINARY COURSE (2)				
Semester	II				
Academic Level	100-199				
Course Details	Credit	Lecture per week	Tutorial per week	Practical per week	Total Hours
	3	3	-	-	45
Pre-requisites					
Course Summary	Eating healthy food and staying active are sum of the most important things you can do to prevent health alignments and improve your personal well being. The course will help to understand the basics of body weight and a technique to measure body composition and their interpretations, basic concept of weight management in obesity and underweight, enable				

	students to learn types, level and impact of exercises for weight management and also develop skill of planning proper diet.
--	--

Course Outcomes (CO):

CO	CO Statement	Cognitive Level*	Knowledge Category#	Evaluation Tools used
CO1	To explore the science of body composition, including the various components of the human body, methods for assessment, and strategies for managing body composition for health and maintenance of ideal bodyweight.	U	C	Instructor-created exams / Quiz/Assignment
CO2	To understand the relationship between exercise and weight management, emphasizing the physiological and behavioural aspects of achieving and maintaining a healthy weight through physical activity.	U	F	Instructor, created exams/Quiz/Assignments/demonstration
CO3	To inculcate knowledge on principles of nutrition and their application to weight management, the impact of dietary choices on body weight, metabolism, and overall health, with a focus on evidence-based strategies for weight loss and maintenance.	AP	P	Instructor created exam / Assessment/Examination/Quiz
CO4	To explore the relationship between exercise and weight management, emphasizing the physiological and behavioural aspects of achieving and maintaining a healthy weight through physical activity. To learn about different exercise modalities and behaviour change strategies to promote effective weight management.	AP	P	Instructor-created exams / Practical Test/Home Assignments
CO5	Formulation of specific programmes for weight management. Hands on training on organizing training programmes for weight management.	AP	P	Tasks and Assignments
* - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C) # - Factual Knowledge(F) Conceptual Knowledge (C) Procedural Knowledge (P) Metacognitive Knowledge (M)				

Detailed Syllabus:

Module	Unit	Content	Hrs
I		Body composition and ideal body weight	10
	1	Concept of body weight and importance of ideal body weight	1
	2	Meaning , Components and factors effecting body composition	2
	3	Influence of body composition on health and performance	1
	4	Methods for assessing body composition	2

	5	Understanding fat loss and weight loss	2
	6	Body Types and its characteristics (Pyknic, Athletic and Aesthetic)	2
II	Basic concepts of weight management		10
	7	Obesity-Causes-risk factors	1
	8	Under Weight –Causes and Risk Factors	1
	9	Impact of Gender difference and aging on body weight -female athletic triad	1
	10	Misconception of weight management- Influence of mobile applications– influence of social media. Fake Institutions and trainers	2
	11	Myths about weight loss(Weight loss need not be fat loss &weight gain need not be muscle gain	1
	12	Guidelines to lose weight and weight gain- Strategies for weight maintenance- Building a personal action plan for long-term success- - Goal setting and motivation strategies	2
	13	Behavioural Aspects of Weight Management- Stress management and its impact on weight-Lifestyle and Long-Term Success- Sustainable lifestyle changes	2
III	Diet and Weight Management		8
	14	Need and Importance of nutrition in weight management- Basics of energy balance and metabolism- Principles of healthy eating- Balanced diet	2
	16	Diet - Components of Diet- -micro nutrients and macro nutrients- Caloric intake and macronutrient distribution- Meal planning and portion control	3
	18	Basal Metabolic Rate- Daily energy requirements calorie intake and expenditure-	1
	19	Eating disorders-binge eating, anorexia nervosa, bulimia.Junk Food - Food Supplements and weight management.	2
IV	Exercise and Weight Management		8
	23	Introduction to Physical activity- Definition, Aim and Objectives, of exercise - principles of exercise	2
	24	Types of exercise and Its benefits - Exercise and safe heart zone	2
	25	Importance of Cardio vascular and strength workouts in weight management -	2
	26	Yoga -its role in weight management	1
	27	High-intensity interval training (HIIT) its role in weight management	1
V	Open ended module		9
	38	Group Project: Designing and application of a 4-week exercise and nutrition plan	

References

1. Williams,M.H., (2002), Nutrition for health, Fitness & sport, 6th edition, McGraw-Hill Higher Education
2. Mudambi,S.R., Rajgopal, M.V.,(2012), Fundamentals of Foods and Nutrition, New Age International Pvt. Ltd.
3. Joshi, S., (2009), Nutrition and Dietetics, McGraw Hill Higher Education.

4. Podder,T., (2012), Fit and fine in Body and Mind, Kindle Edition
5. Thygerson, A.L., Thygerson, S.M., (2019), Fit to be well' Essential Concepts, 4th Edition, Jones & Bartlett Learning
6. Robinson, C.H., Lawler,M.R., (1990), Normal and Therapeutic Nutrition, 17th Edition, MacMillan Pub. Co.
7. Ormsbee, M., (2016), Changing Body Composition Through Diet and Exercise, The Great Courses
8. Perrine, S.,Skolnik, H.,(2022), The Whole Body Reset: Your Weight-Loss Plan for a Flat Belly, Optimum Health & a Body You'll Love at Midlife and Beyond, Kindle Edition

Mapping of COs with PSOs and POs :

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	1	2	2	3	1	2	2
CO 2	2	1	2	1	2	3	1
CO 3	2	3	1	3	3	2	1
CO 4	1	2	3	2	2	2	2
CO 5	2	2	3	1	3	2	2
CO 6	1	1	2	3	2	2	2

Correlation Levels:

Level	Correlation
-	Nil
1	Slightly / Low
2	Moderate / Medium
3	Substantial / High

Assessment Rubrics:

- Quiz / Assignment/ Quiz/ Discussion / Seminar
- Midterm Exam
- Final Exam (70%)

Mapping of COs to Assessment Rubrics :

	Internal Exam	Assignment	Project Evaluation	End Semester Examinations
CO 1	✓			✓
CO 2	✓			✓
CO 3	✓			✓
CO 4		✓		✓
CO 5		✓		✓
CO 6			✓	

II Semester SHFYUGP Degree Examination

Exercise and Weight Management

Course Code:

Credits:3

Maximum Time: 1.5 Hours

Maximum Marks: 50

Section A

Attempt all questions each questions carries two marks

- 1.Health
2. Athletic Body
2. Metabolism
4. Balanced diet
5. Junk Food.
6. Aerobic Exercise
- 7.Strength
- 8.Underweight
9. Macro Nutrient
10. B.M.I

Section B

Answer Any four Questions. Each question carries 6 marks

- 11 Describe the factors affecting Body Composition?
12. Explain importance of nutrition in Weight management?
12. Explain types of muscular activities?
14. Explain the ways and means to reduce stress?
15. Explain the role of Yoga in weight management?

Section C

Answer Any Two Questions. Each question carries 10 marks

- 16 Explain Nutrition?
- 17 Describe the importance physical activity in weight management.



**SACRED HEART COLLEGE (AUTONOMOUS), CHALAKUDY
– FOUR-YEAR UNDER GRADUATE PROGRAMME**

(SH-FYUGP)

PHYSICAL EDUCATION

PROGRAMME OUTCOMES (PO):

At the end of the graduate program at Sacred Heart College (Autonomous) Chalakudy, a student would:

PO 1	Demonstrate a profound understanding of knowledge trends and their impact on the chosen discipline of study.
PO 2	Demonstrate professional skills to navigate diverse career paths with confidence and adaptability.
PO 3	Demonstrate mastery of varied digital and technological tools to understand and interact with the digital world, thus effectively processing complex information.
PO 4	Become a successful professional who drives positive change through effective communication, collaborative acumen, transformative leadership, and a dedication to inclusivity.
PO 5	Emerge as an innovative problem-solver and impactful mediator, applying scientific understanding and critical thinking to address challenges and advance sustainable solutions.
PO 6	Become a responsible leader, characterized by an unwavering commitment to human values, ethical conduct, and a fervent dedication to the well-being of society and the environment
PO 7	Emerge as an innovative researcher and entrepreneurial leader, leveraging collaborative partnerships with industry, academia, and communities, thus contributing to local, regional, and global development

Programme	Physical Education				
Course Code	PEN2FM106(3)				
Course Title	RECREATIONAL ACTIVITIES FOR ELDERLY				
Type of Course	MULTI DISCIPLINARY COURSE				
Semester	II				
Academic Level	100-199				
Course Details	Credit	Lecture per week	Tutorial per week	Practical per week	Total Hours
	3	3	-		45
Pre-requisites	Basic awareness about physical activity and exercise				
Course Summary	This course aims to empower the students with concepts of aging, need for recreational activity and to design programs for geriatric recreation according to the special needs.				

Course Outcomes (CO):

CO	CO Statement	Cognitive Level*	Knowledge Category#	Evaluation Tools used
CO1	Acquire knowledge on concept, theories and phases of ageing process.	U	C	Instructor-created exams / Quiz
CO2	Understanding the principles, characteristics and modern trends of recreation for elderly	U	C	Instructor-created exams / Quiz
CO3	Familiarize the concepts and major domains of elderly recreational programme	An	C	Instructor-created exams / Quiz
CO4	Develop competency in designing recreation programme for elderly.	Ap	P	Instructor-created exams / Home Assignments
CO5	Analyze and impart specific programmes for various need groups.	Ap	M	Tasks and assignments
* - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C) # - Factual Knowledge(F) Conceptual Knowledge (C) Procedural Knowledge (P) Metacognitive Knowledge (M)				

Detailed Syllabus:

Module	Unit	Content	Hrs
I	Introduction To Active Aging		10
	1	Process of Aging, Theories of Aging - Biological-Psychological-Sociological Theories	3
	2	Importance of staying active in the elderly years.	2
	3	Factors affecting aging: Hereditary - Environment- Abiotic - Biotic – Socioeconomic	3
	4	Aging : Types & Phases	2
II	Concept of Recreation		10
	5	Recreation- Principles, Importance, Characteristics	3
	6	Classification of recreational Activities : Active - Passive ,Closed - Open, Psycho - social, Indoor-outdoor Activities	3
	7	Tailoring need specific Recreational programmes for the elderly	2
	8	Modern trends in recreation.	2
III	Geriatric Recreational Activities		8
	9	Elderly Recreation Programme - General Guidelines and Planning	2

	10	Benefits of Geriatric Recreation - Physical - Psychological- Social - Emotional	2
	11	Major Domains of Geriatric Recreation : Physical Activities- Mental Stimulation Activities- Social Activities - Creative Pursuits Psycho - Social.	2
	12	Therapeutic Recreation : Benefits-Types	2
IV	Recreation Management		8
	13	Organization and Implementation Strategies: Organization - supervision, promotion and evaluation of recreation programs	2
	14	Designing Recreational Facilities	2
	15	Camp operation program: Organization - objectives- Types of Camping	2
	16	Safety Practices in Geriatric Recreation	2
V	Open Ended Module - Designing Specific Recreational Programmes for Elderly		9
	17	Assignment: Design specific programmes for various categories Maintain a personal health and daily activity record Group Assignment: Organize one day recreational programme in the neighbourhood old age home	9

References

1. Mitchell.J., (2017), Growing Older: Phases of Aging and Your Mind: What You Need to Know, Kindle Edition.
2. Timonen. V., (2016), Beyond Successful and Active Ageing; A Theory of Model Ageing, 1st Edition, Kindle Edition.
3. Richeson.E.N., Kemeny.B., (2019),, Recreational Therapy for Older Adults, Policy Press.
4. Paul, M., (2016), Fun day for care centers; Publisher Calgary, Alberta.
5. Nicola,V.,(2020), Physical Activity and Function in the Elderly, Nova Science Publishers, Incorporated.
6. Gibson,H., Singleton,J.,(2011), Leisure and Aging: Theory and Practice, Human Kinetics.

Mapping of COs with PSOs and POs :

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	3	1	1	-	2	2	-
CO 2	3	1	3	-	1	2	2
CO 3	3	2	2	-	2	2	1
CO 4	1	3	3	2	3	3	2
CO 5	2	3	3	2	3	3	2

Correlation Levels:

Level	Correlation
-	Nil
1	Slightly / Low
2	Moderate / Medium
3	Substantial / High

Assessment Rubrics:

- Quiz / Assignment/ Quiz/ Discussion / Seminar
- Midterm Exam
- Final Exam (70%)

Mapping of COs to Assessment Rubrics :

	Internal Exam	Assignment	Project Evaluation	End Semester Examinations
CO 1	✓			✓
CO 2	✓			✓
CO 3	✓			✓
CO 4		✓		✓
CO 5		✓		✓
CO 6			✓	

II Semester SHFYUGP Degree Examination
RECREATIONAL ACTIVITIES FOR THE ELDERLY

Course Code:

Credits:3)

Maximum Time: 1.5 Hours

Maximum Marks: 50

Section A

Answer Any Eight Questions. Each question carries marks.

1. Define the process of Aging.
2. Explain the Biotic factors affecting Aging.
3. Define the concept of Recreation.
4. Explain Psycho-Social form of Recreational Activities.
5. Describe the concept of Geriatric Recreation?
6. List down the types of Therapeutic Recreation.
7. What are the different types of camping?
8. Write a short note on the Safety Practices in Geriatric Recreation.
9. Recreational Facility Design
10. Physiological Benefits of Geriatric Recreation

(8 x 2 = 16 Marks)

Section B

Answer Any Four Questions. Each question carries 6 marks.

11. Explain the Factors Affecting Aging.
12. Elaborate on Modern Trends in Recreation.
13. Explain about the major domains of Geriatric Recreation.
14. Describe the organization and implementation of Recreational Programs
15. Describe the Various Phases of Aging.

(4 x 6 = 24 Marks)

Section C

Answer Any Two Questions. Each question carries 10 marks.

16. Explain various theories of Aging.
17. Give a detailed description about the general guidelines in planning elderly recreation programme.

(1 x 10 = 10 Marks)



**SACRED HEART COLLEGE (AUTONOMOUS), CHALAKUDY –
FOUR-YEAR UNDER GRADUATE PROGRAMME
(SH-FYUGP)**

**Physical Education
(Fitness Management & Personal Training)**

PROGRAMME OUTCOMES (PO):

At the end of the graduate program (Fitness Management & Personal Training) at Sacred Heart College (Autonomous) Chalakudy, a student would:

PO 1	Demonstrate a profound understanding of knowledge trends and their impact on the chosen discipline of study.
PO 2	Demonstrate professional skills to navigate diverse career paths with confidence and adaptability.
PO 3	Demonstrate mastery of varied digital and technological tools to understand and interact with the digital world, thus effectively processing complex information.
PO 4	Become a successful professional who drives positive change through effective communication, collaborative acumen, transformative leadership, and a dedication to inclusivity.
PO 5	Emergence as an innovative problem-solver and impactful mediator, applying scientific understanding and critical thinking to address challenges and advance sustainable solutions.
PO 6	Become a responsible leader, characterized by an unwavering commitment to human values, ethical conduct, and a fervent dedication to the well-being of society and the environment
PO 7	Emergence as an innovative researcher and entrepreneurial leader, leveraging collaborative partnerships with industry, academia, and communities, thus contributing to local, regional, and global development

Programme	Physical Education				
Course Code	PEN5FS107(1)				
Course Title	FITNESS MANAGEMENT AND PERSONAL TRAINING				
Type of Course	SKILL ENHANCEMENT COURSE (1)				
Semester	V				
Academic Level	300 – 399				
Course Details	Credit	Lecture per week	Tutorial per week	Practical Hours	Total Hours
	3	3	-	9	45
Pre-requisites					
Course Summary	Fitness management involves setting and achieving fitness goals creating personalised training plans and maintain healthy life style, personal				

	training involves a professional trainer to guide and motivate individuals through structured exercises routines, ensuring proper form and intensity. Both aspects seeking optimise physical wellbeing of individuals.
--	--

Course Outcomes (CO):

CO	CO Statement	Cognitive Level*	Knowledge Category#	Evaluation Tools used
CO1	To understand the concept of physical fitness.	U	C	Instructor-created exams / Quiz
CO2	To familiarise and understand the key concepts in Physiology and Kinesiology, for designing and imparting fitness training.	U	C	Assignment / created exams / Quiz
CO3	To develop knowledge about different training methods and principles of training.	Ap	F	Seminar Presentation/Discussion/Group Tutorial work
CO4	Develop skills in creating effective and personal training routines based on individual goals and fitness level	Ap	P	Practical Assignment / Observation of Practical Skills
CO5	To equip with skills for imparting knowledge to the society regarding Physical Fitness	U	P	Assessment and evaluation
* - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C) # - Factual Knowledge(F) Conceptual Knowledge (C) Procedural Knowledge (P) Metacognitive Knowledge (M)				

Detailed Syllabus:

Module	Unit	Content	Hrs
I	Concept of Physical Fitness		8
	1	Basic Concept of Fitness & Training	1
	2	Types of Physical Fitness-HRPF and PRPF	2
	3	Components of Physical Fitness,	2
	4	Methods of Developing Physical Fitness components	3
II	Exercise Physiology and Kinesiology		10
	5	Introduction to Physiology and exercise Physiology	2
	6	Types muscles and muscle contraction- Isotonic Contraction, Isometric Contraction and Isokinetic Contraction,	3
	7	Effect of exercise on Muscular system,	2

	8	Basic concepts of Kinesiology and Auxiliary Movements.	3
III	Training Methods		9
	9	Aim and Principles of Training,	2
	10	Training-Load, Recovery and overload	2
	11	Importance of warm up and cooling down exercises	1
	12	Training Methods- Weight Training, Circuit Training, Plyometric Training, Cross Training, Core Exercises.	3
	13	Aerobic and Anaerobic Training	1
IV	Personal Training		9
	14	Effective communication and motivational strategies for client engagement,	1
	15	Personal training for different gender and age group	2
	16	Creating personalised training as per client needs	2
	17	Introduction of various Fitness equipment's and exercises	2
	18	Client Fitness progress and evaluation.	2
V	Open ended Module		9
		Exercise Interventions for personal Training	

Mapping of COs with POs :

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	3	1	-	-	1	1	-
CO 2	2	2	1	1	2	-	-
CO 3	3	2	1	2	1	1	1
CO 4	1	2	3	2	1	1	1
CO 5	2	3	2	1	-	2	-

Correlation Levels:

Level	Correlation
-	Nil
1	Slightly / Low
2	Moderate / Medium
3	Substantial / High

Assessment Rubrics:

- Quiz / Assignment/ Quiz/ Discussion / Seminar
- Midterm Exam
- Final Exam (70%)

Mapping of COs to Assessment Rubrics:

	Internal Exam	Assignment	Discussion	Seminar	Quiz	End Semester Examinations
CO 1	✓	✓			✓	✓
CO 2	✓	✓			✓	✓
CO 3		✓	✓	✓		✓
CO 4	-	✓	✓			✓
CO 5		✓			✓	✓
CO 6						

REFERENCE:

1. Anthony & Kothoff: Text Book of anatomy and Psychology C.V.Mosby & Co.,
2. Astran Pond K. Rodahl.1986. "Text book of work physiology "New York : Mc.Graw– hill.
3. Evelyn C. Pearce (1986) Anatomy to Physiology fro Nurses. Sixteenth edition Oxford University Press Calcutta.
4. Edward L. Fox, Donald K. Mathews (1981) the Physiology Basis of physical Education and Athletics. CBS College publishing. Third Edition.
5. W.C.Brown Devries , (1986) Physiology of exercise for physical education and athletics Dubuque, iowa
6. Rasch P.(1989) Kinesiology and applied anatomy . Philadelphia , Lea & Febiger.
7. Porcari, J., Bryant, C., & Comana, F. (2015). Exercise physiology. USA: F A Davis
8. Willmore, J. H., Costill, David L., & Kenny, W. (2008). Physiology of sport and Exercise (4thed). USA, Human Kinetics. 9. Floyd, R. T., & Thompson, C. W. (2006). Manual of Structural Kinesiology, McGraw-Hill.
10. Howley. E.T and Franks B.D.(1997).Health Fitness Instructor's handbook.

Third Edition. Champaign Illinois: Human kinetics.

11. Newton, Harvey. Explosive lifting for sports. Human Kinetics, 2010.
12. Sandler, David. Fundamental weight training. Human Kinetics, 2010.
13. Fleck kraemer, (2004). Human kinetics Designing Resistance training programs.
14. Douglas S Brooks,(2004).The complete Book of Personal Training.
15. Lloyd, Rhodri S., and Jon L. Oliver, eds. Strength and conditioning for young athletes: science and application. Routledge, 2019.
16. Zatsiorsky, Vladimir M., William J. Kraemer, and Andrew C. Fry. Science and practice of strength training.Human Kinetics, 2020.

Model Question Paper

Fitness Management and Personal Training (FMPT03)

Time.1.5 hrs

Maximum Marks: 50

Section A

Answer any 8 questions. Each question Carries 2 Marks (16 marks)

1. Identify the term Physical Fitness?
2. Enumerate the Characteristics of skeletal muscle
3. Classify the types of Strength
4. Describe Aerobic Capacity?
5. Prepare the Concept of 1 RM?
6. Components of HRPF
7. Define training Load?
8. Discuss the term Kinesiology?
9. Illustrate the concept of personal Training?
10. Define Exercise Physiology?

Section B

Answer any 4 questions. Each question Carries 6 Marks (24 marks)

11. Explain the components of Physical Fitness?
12. Any two Methods of evaluating client physical fitness
13. Explain how to occur overload?
14. Analyse the importance of Weight training for developing Physical Fitness?
15. Judge the importance of cooling down exercise?

Section C

Answer any one questions. Each question Carries 10 Marks (10 marks)

16. Differentiate the various Methods for developing Physical Fitness?
17. Summarize any 5 types of fitness equipment and its effects on our body



**SACRED HEART COLLEGE (AUTONOMOUS), CHALAKUDY
– FOUR-YEAR UNDER GRADUATE PROGRAMME
(SH-FYUGP)**

**Physical Education –
FIRST AID AND BASIC LIFE SKILL SUPPORT**

PROGRAMME OUTCOMES (PO):

At the end of the graduate program at Sacred Heart College (Autonomous) Chalakudy, a student would:

PO 1	Demonstrate a profound understanding of knowledge trends and their impact on the chosen discipline of study.
PO 2	Demonstrate professional skills to navigate diverse career paths with confidence and adaptability.
PO 3	Demonstrate mastery of varied digital and technological tools to understand and interact with the digital world, thus effectively processing complex information.
PO 4	Become a successful professional who drives positive change through effective communication, collaborative acumen, transformative leadership, and a dedication to inclusivity.
PO 5	Emerge as an innovative problem-solver and impactful mediator, applying scientific understanding and critical thinking to address challenges and advance sustainable solutions.
PO 6	Become a responsible leader, characterized by an unwavering commitment to human values, ethical conduct, and a fervent dedication to the well-being of society and the environment
PO 7	Emerge as an innovative researcher and entrepreneurial leader, leveraging collaborative partnerships with industry, academia, and communities, thus contributing to local, regional, and global development

Programme	Physical Education				
Course Code	PEN5FS107(2)				
Course Title	FIRST AID AND BASIC LIFE SKILL SUPPORT				
Type of Course	SKILL ENHANCEMENT COURSE (2)				
Semester	V				
Academic Level	300 – 399				
Course Details	Credit	Lecture per week	Tutorial per week	Practical Hours	Total Hours
	3	3	-	9	45
Pre-requisites					
Course Summary	This will give an awareness about physical and physiological aspects of human body. It also gives an in depth knowledge of injuries and its				

	management. Is also gives confidence to the students to handle emergency situation.
--	---

Course Outcomes (CO):

CO	CO Statement	Cognitive Level*	Knowledge Category#	Evaluation Tools used
CO1	To Gain an appreciation for the significance of First Aid in emergency situations.	U	C	Instructor-created exams / Quiz
CO2	To Acquire comprehension of the physical and physiological processes of the human body.	U	C	Assignment / created exams / Quiz
CO3	To Obtain knowledge pertaining to various types of injuries and their appropriate management techniques.	Ap	F	Seminar Presentation/Group Tutorial work
CO4	To Develop proficiency in administering Basic Life Support (BLS) to individuals in need	Ap	P	Practical Assignment / Observation of Practical Skills
CO5	To Demonstrate the proper methods for safely transporting injured individuals to medical facilities or care centers.	Ap	P	Assessment and evaluation
* - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C) # - Factual Knowledge(F) Conceptual Knowledge (C) Procedural Knowledge (P) Metacognitive Knowledge (M)				

Detailed Syllabus:

Module	Unit	Content	Hrs
I	Understanding First Aid Principles, Anatomy, and Physiology		10
	1	First Aid - Meaning and Definition, Aim and Objectives, PRICE Qualities and qualifications of first aider	2
	2	Principles of First Aid, ABC, First Aid Kit	2
	3	Types of Muscles, Muscle Contraction	2
	4	Bones and Joints - Types, Structural and Classifications Physiology of Circulation, Respiration	4
	INJURIES AND MANAGEMENT		9
	5	Injuries and Types	3

II		Skin Injuries: Cuts and Wounds- Types, First Aid and Management	
	6	Soft Tissue Injuries Sprain: Types, First Aid and Management Strain: Types, First Aid and Management	2
	7	Head Injuries and Internal Injuries	4
III	BASIC LIFE SUPPORT SYSTEM		8
	8	Nose Bleeding, Shock, Drowning-First Aid and Management	2
	9	Snake Bite, Insects Bite, Animal Bite- First Aid and Management	2
	10	CPR	1
	11	Dislocation, Fracture, Spinal Injuries, Types First Aid and Management	3
IV	INJURY REHABILITATION		9
	12	Ice Application (Cryotherapy), Contrast bath	1
	13	Taping for Sprain, Strain, Dislocation, Fracture	3
	14	Physical Therapy - (Own body, Medicine balls, With weight, Therabands)	4
	15	Transporting Injured Person	1
V	Open ended Module		9
	16	Practical Demonstration by experts, seminar , etc	6
	17	Taping for Soft Tissue Injuries	1
	18	Taping for Fracture Dislocation	1
	19	Transportation of a suspected Spinal Injured Athlete/ Person	1

Mapping of COs with PSOs and POs :

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	1	1	2	2	3	2	1
CO 2	2	2	1	2	3	1	2
CO 3	1	2	2	3	3	2	1
CO 4	1	2	2	1	2	1	2
CO 5	1	2	3	1	2	2	2

Correlation Levels:

Level	Correlation
-	Nil
1	Slightly / Low
2	Moderate / Medium
3	Substantial / High

Assessment Rubrics:

- Quiz / Assignment/ Quiz/ Discussion / Seminar
- Midterm Exam
- Final Exam (70%)

Mapping of COs to Assessment Rubrics :

	Internal Exam	Assignment	Project Evaluation	End Semester Examinations
CO 1	✓			✓
CO 2	✓			✓
CO 3	✓			✓
CO 4		✓		✓
CO 5		✓		✓
CO 6			✓	

REFERENCE:

1. British Red Cross Society. (n.d.). First Aid Manual. Retrieved from <https://www.redcross.org.uk/first-aid/learn-first-aid-and-cpr/first-aid-books-and-dvds>
2. American Academy of Orthopaedic Surgeons (AAOS). (2020). Emergency First Aid: Recognition and Response to Medical Emergencies. Jones & Bartlett Learning.
3. American Heart Association. (2016). Basic Life Support (BLS) Provider Manual. American Heart Association. Retrieved from <https://shopcpr.heart.org/bls-provider-manual>
4. Le, T., Bhushan, V., & Sochat, M. (2019). First Aid for the USMLE Step 1. McGraw-Hill Education / Medical.
5. Forgey, W. W. (2013). Wilderness Medicine: Beyond First Aid. Mountaineers Books. Retrieved from <https://www.mountaineers.org/books/books/wilderness-medicine-beyond-first-aid>
6. Furst, J. (2011). The Complete First Aid Pocket Guide. Cider Mill Press.

7. American Academy of Orthopaedic Surgeons (AAOS). (2016). Emergency Care and Transportation of the Sick and Injured. Jones & Bartlett Learning.
8. DK Publishing. (2019). First Aid for Babies and Children Fast. DK.
9. World Health Organization (WHO). (1992). First Aid Manual for Chemical Accidents. World Health Organization. Retrieved from <https://www.who.int/publications-detail-redirect/9241545620>
10. Thompson, G. J., & Church, J. R. (2020). Emergency First Aid: Recognition and Treatment of Medical Emergencies. Saunders. Retrieved from <https://www.barnesandnoble.com/w/emergency-first-aid-gregory-j-thompson/1138324011>

Model Question Paper

Course Code:

SEC-2 First Aid and Basic Life Skill Support

Time : 1.5 Hrs

Mark: 50

Answer all questions.

Each question carries 2 marks

Ceiling 16 Marks

1. Define Green stick fractures.
2. Elaborate Isotonic contractions
3. Define T.E.N.S
4. Explain Front Bite
5. Define Subluxations
6. Define Skeletal muscles
7. Define Synovial joint
8. Elaborate Contusion
9. Explain Closed injuries
10. Define Incision

Section B

Answer all questions. Each question carries 6 marks.

Ceiling 24 Marks

11. Explain muscular injuries? First Aid and its management
12. Discuss fractures, types, and its management.
13. Analyze skin injuries.
14. Examine head injuries.
15. Critically evaluate dislocations and its management.

Section C

Answer any one question. Each question carries 10 marks

16. Explain the steps involved in performing CPR. Discuss the importance of CPR in saving lives during cardiac arrest and the proper techniques for administering CPR to adults, children, and infants.
17. Describe various rehabilitation techniques used to help individuals recover from injuries or medical conditions.



**SACRED HEART COLLEGE (AUTONOMOUS), CHALAKUDY
– FOUR-YEAR UNDER GRADUATE PROGRAMME
(SH-FYUGP)**

PHYSICAL EDUCATION (SEC)

PROGRAMME OUTCOMES (PO):

At the end of the graduate program at Sacred Heart College (Autonomous) Chalakudy, a student would:

PO 1	Demonstrate a profound understanding of knowledge trends and their impact on the chosen discipline of study.
PO 2	Demonstrate professional skills to navigate diverse career paths with confidence and adaptability.
PO 3	Demonstrate mastery of varied digital and technological tools to understand and interact with the digital world, thus effectively processing complex information.
PO 4	Become a successful professional who drives positive change through effective communication, collaborative acumen, transformative leadership, and a dedication to inclusivity.
PO 5	Emerge as an innovative problem-solver and impactful mediator, applying scientific understanding and critical thinking to address challenges and advance sustainable solutions.
PO 6	Become a responsible leader, characterized by an unwavering commitment to human values, ethical conduct, and a fervent dedication to the well-being of society and the environment
PO 7	Emerge as an innovative researcher and entrepreneurial leader, leveraging collaborative partnerships with industry, academia, and communities, thus contributing to local, regional, and global development

Programme	Physical Education				
Course Code	PEN5FS107(3)				
Course Title	PHYSICAL FITNESS AND EXERCISE PRESCRIPTION				
Type of Course	SKILL ENHANCEMENT COURSE (3)				
Semester	V				
Academic Level	300 – 399				
Course Details	Credit	Lecture per week	Tutorial per week	Practical per week	Total Hours
	3	3	-	-	45
Pre-requisites					
Course Summary					

Course Outcomes (CO):

CO	CO Statement	Cognitive Level*	Knowledge Category#	Evaluation Tools used
CO 1	Understand the physical fitness ,its components and types	U	F	Instructor-created exams / Quiz
CO 2	Analyze individuals fitness and assessment of the fitness level and techniques	AN	P	Practical Assignment / Observation of Practical Skills
CO 3	Demonstrate proficiency in various fitness assessment techniques	AP	P	Seminar Presentation / Group Tutorial Work
CO 4	To design safe and effective workout programs and to develop the ability to modify exercise prescriptions for individuals with specific health considerations.	U	P	Instructor-created exams / Home Assignments/Practical Assignment
CO 5	Recognize the importance of lifestyle factors, nutrition, and mental well-being in overall fitness.	U	C	Practical Assignment / Observation of Practical Skills
* - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C) # - Factual Knowledge(F) Conceptual Knowledge (C) Procedural Knowledge (P) Metacognitive Knowledge (M)				

Detailed Syllabus:

Module	Unit	Content	Hrs
I	Physical fitness and Assessment		10
	1	Definition & importance of physical fitness , type of physical fitness and components of physical fitness	5
		Benefits of regular physical activity	2
		Body composition assessment,Cardiovascular fitness testing, Muscular strength ,endurance and flexibility assessment	3
II	Principles of Exercise Prescription		9
	5	Frequency, intensity, time, and type (FITT) principles	2
	6	Progressive overload and specificity	2
	7	Individualization of exercise programs	2
	8	Exercise for special populations -Elderly, pregnant and differently abled individuals, person with chronic health conditions	3
	9		
111	Designing Exercise Programs		11
	10	Developing aerobic and anaerobic workouts	2

	11	Resistance training program design	2
	12	Flexibility and core training	2
	13	Injury prevention and management	2
	14	Nutrition and Fitness-Basics of nutrition for physical activity	3
IV	Ethics and Professionalism		6
	17	Code of ethics for exercise professionals	2
	18	Legal considerations and responsibilities	2
	19	Continuing education and professional development	2
V	Open ended Module-Preparation of Exercise programme		9
	Task:- Cardiovascular exercise Strength training High Intensity interval Training (HIIT) Out door activities –Hiking, rock climbing ,trail running sports and games participation- Soccer,basketball,Tennis Dance classes-Zumba,Hiphop Martial arts –Karate,Taekwondo,Kalari		

Reference

1. Essential of personal fitness training, National Academy of Sports Training (NASM) staff Publication Date-2016
2. Exercise Testing and Prescription :A Health Related Approach.David C Nieman Date 19/01/2010
3. Resource For the personal Trainer American College of sports Medicine (ACSM) Date 01/01/2013
4. Foundation of Strength Trainging and Conditioning.American College of sports Medicine (ACSM) 05/02/2013
5. Health related Physical fitness assessment American college of Sports Medicine (ACSM)
6. Resource Manual for Guidelines fo exercise testing and prescription. American College of Sports Medicine. (ACSM) Staff Dul-e 20/02/2013
7. Advance Fitness Assessment and Exercise Prescription -Human Kinetics An Employee owned Company.
8. Guidelines for Exercise Testing and Prescription. Eleventh Edition April 8,2021
9. Advanced Fitness Assessment anf Prescription, Vivan H Heyward Ann L Gibson 2018
10. ACSM s Compleat Guide to fitness and and Health 2E, American College of sports Medicine Bushman, barbara, 2017
11. ACSM S Exercise and Prscription, American College of Sports Medicine, Wolters Kluwer Health 2017
12. ACSM S Guidelines for exercise Testing and Prescription, American College of Sports Medicine, Lippincott Williams &Wilkins 2014
13. ACSM s Health -Related Physical Fitness Assessment Manual, American College of sports Medicine,Lippincott Williams &Wilkins 21/06/2013

Mapping of COs with POs :

	PO1	PO2	PO3	PO4	PO5	PO6
CO 1	3	1	2	-	2	2
CO 2	3	2	2	3	3	2
CO 3	2	3	3	2	2	1
CO 4	2	2	2	1	2	3
CO 5	3	2	2	1	2	2

Correlation Levels:

Level	Correlation
-	Nil
1	Slightly / Low
2	Moderate / Medium
3	Substantial / High

Assessment Rubrics:

- Quiz / Assignment/ Quiz/ Discussion / Seminar
- Midterm Exam
- Final Exam (70%)

Mapping of COs to Assessment Rubrics :

	Internal Exam	Assignment	Quiz/Debate	Project Evaluation	End Semester Examinations
CO 1	✓				✓
CO 2	✓				✓
CO 3	✓		✓		✓
CO 4	✓	✓	✓		✓
CO 5	✓	✓	✓		✓

V Semester SHFYUGP Degree Examinations

Course Code:

PHYSICAL FITNESS AND EXERCISE PRESCRIPTION

(Credits: 3)

Maximum Time: 1.5 hours

Maximum Marks: 50

Section A

[Answer any 8 questions . Each question carries 2 marks]

(Ceiling: 16 marks)

1. Define Physical Fitness
2. Describe Flexibility
3. Differentiate aerobic and anaerobic exercise?
4. Expand the acronym FITT
5. Enumerate the benefits of cardiovascular exercise?
6. Elaborate BMI
7. Explain muscular Endurance
8. Connect Calorie with food
9. Specify the term overload in exercise prescription ?
10. Explain resistance training ?
11. Enlist the benefits of warming up ?

Section B

[Answer any four questions All. Each question carries 6 marks]

(Ceiling: 24

marks)

12. Explain the components of physical fitness and how each component contribute to overall health and well-being ?
13. Discuss the principles of exercise prescription and how they can be applied to design effective workout programme ?
14. Describe the FITT principle and its importance in creating personalized exercise regimens
15. Evaluate the importance of proper warming up and cool-down routines in preventing sports injuries.
16. Discuss the role of nutrition in supporting physical fitness goals and exercise performance
17. Discuss the role of a certified fitness professional in guiding individuals towards achieving their fitness goal safely and effectively

Section C

[Answer any one. Each question carries 10 marks]

(1x10=10 marks)

18. Explain the principles of exercise prescription and their application in designing effective workout routines. How do intensity ,duration, frequency and specificity influence the outcomes of an exercise programme
19. Evaluate the role of technology in enhancing physical fitness and exercise prescription .How can wearable devices ,fitness app, and virtual coaching platforms be utilized to monitor progress, provide feedback and optimize training outcomes?