

SSD GIRLS' COLLEGE BATHINDA
AN AUTONOMOUS COLLEGE
BACHELOR OF ARTS
Session 2025-26
SUBJECT: BASIC SCIENCES OF SPORTS
(Paper Code: BA306)
Semester: III

Course Credits: 4
Theory: 50 Marks
Practical: 30 Marks
Internal Assessment: 20 Marks
6 Lectures per week

Scheme of Examination

	Name of The Paper	Time In Hrs.	External Assessment Marks	Internal Assessment Marks	Total
Theory	BASIC SCIENCES OF SPORTS	3 Hr	50	20	100
Practical	BASIC SCIENCES OF SPORTS	3 Hr	30		
Total Marks (Theory, Practical & Internal Assessment)(4 credits)					100

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BASIC SCIENCES OF SPORTS

Outline Syllabus	BASIC SCIENCES OF SPORTS Semester: III Paper Code:BA306
Credits	4 (Theory: 3, Practical; 1)
Marks	100: External = 50 (Theory) + 30 (Practical)+ 20 (Internal Assessment)
Contact Hrs	75 Hours (Theory: 45 Hours, Practical: 30 hours) 15 hours theory= 1 Credit, 30 Hours practical = 1 credit NOTE: <ul style="list-style-type: none"> ➤ Six periods per week (4 periods for Theory and 2 periods Practical) ➤ One unit contains 60-80 students for theory and 30-40 students for Practical. ➤ Teacher who is preparing three teams for University Inter-college
	Competitions, his/her workload shall be counted by including three periods per week in the teaching load.
UNITS	TOPICS
Unit 1	1. Anatomy and Physiology: Meaning and Importance.
	2. Physiological Terms: Vital capacity, second wind. Oxygen debt. Resting Heart Rate, Cardiac Output and VO ₂ max.
	3. Kinesiology: Meaning, importance of Kinesiology in Games and Sports.
	4. Biomechanics: Meaning, importance of Biomechanics in Games and Sports.
Unit 2	1. Biomechanical concept: Newton's laws of Motion. Levers. centre of gravity, Equilibrium, friction and force.
	2. Skeletal System: Meaning, Types of bones, Functions & Structure.
	3. Joints: Meaning, types and movements.
	4. Muscular system: Introduction, Classification (Functional & Structural), Muscle Contractions
Unit 3	1. Respiratory system: Introduction, Types of respiration, organs and mechanism of respiratory system and Measurements of Ventilation.
	2. Circulatory System: Introduction, structure & functions of heart. Cardiac Cycle, Basic Terminology: Cardiac output, stroke volume. Heart rate and blood pressure.
	3. Digestive system: Introduction, organs and mechanism of Digestive system.
	4. Endocrine system: Introduction, location and functions of endocrine glands.
PRACTICAL	Paper Code:BA306P SYLLABUS
	1. Game: National style Kabaddi or Circle (Punjab) style Kabaddi: fundamental skills, Marking, Measurement, rules and regulation
	2. Athletics: Long Jump, Discus throw: Marking, Measurement, rules &

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	regulation and Middle distance race (800 or 1500).
TEST & EVALUATION AND PRACTICE	Test 1. Cooper 12 Minute run and walk test and Harvard Step Test. Test 2. Blood pressure and Body temperature. Test 3. Measurement of Basal Heart rate and Training heart rate.
SUGGESTED READINGS	<ol style="list-style-type: none"> 1. McArdle, W. D., Katch, F. I., & Katch, V. L. (2014). <i>Essentials of Exercise Physiology</i> (5th ed.). Philadelphia, PA: Wolters Kluwer Health/Lippincott Williams & Wilkins. 2. Powers, S. K., & Howley, E. T. (2021). <i>Exercise Physiology: Theory and Application to Fitness and Performance</i> (11th ed.). New York, NY: McGraw-Hill Education. 3. Hoffman, J. (2014). <i>Physiological Aspects of Sport Training and Performance</i> (2nd ed.). Champaign, IL: Human Kinetics. 4. Muscolino, J. E. (2017). <i>Kinesiology: The Skeletal System and Muscle Function</i> (3rd ed.). St. Louis, MO: Elsevier Health Sciences. 5. Luttgens, K., Hamilton, N., & Deutsch, H. (2016). <i>Kinesiology: Scientific Basis of Human Motion</i> (12th ed.). New York, NY: McGraw-Hill Education. 6. Rasch, P. J., & Burke, R. K. (1989). <i>Kinesiology and Applied Anatomy</i> (6th ed.). Philadelphia, PA: Lippincott Williams & Wilkins. 7. McGinnis, P. M. (2020). <i>Biomechanics of Sport and Exercise</i> (3rd ed.). Champaign, IL: Human Kinetics. 8. Bartlett, R. (2007). <i>Introduction to Sports Biomechanics: Analysing Human Movement Patterns</i> (2nd ed.). London: Routledge. 9. Knudson, D. (2007). <i>Fundamentals of Biomechanics</i> (2nd ed.). New York, NY: Springer. 10. R.S Brar. (2003). <i>Essentials of Physical Education</i> (4th edition) Kalyani Publisher, New Delhi.

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SSD GIRLS' COLLEGE BATHINDA
AN AUTONOMOUS COLLEGE
BACHELOR OF ARTS
Session 2025-26
SUBJECT:
SPORTS COACHING AND ADMINISTRATION
(Paper Code: BA406)
Semester: IV

Course Credits: 4
Theory: 50 Marks
Practical: 30 Marks
Internal Assessment: 20 Marks
6 Lectures per week

Scheme of Examination

	Name of The Paper	Time In Hrs.	External Assessment Marks	Internal Assessment Marks	Total
Theory	SPORTS COACHING AND ADMINISTRATION	3 Hr	50	20	100
Practical	SPORTS COACHING AND ADMINISTRATION	3 Hr	30		
Total Marks (Theory, Practical & Internal Assessment)(4 credits)					100

Bal Karon Singh

Anshu

Rajpal

SPORTS COACHING AND ADMINISTRATION

MAJOR DISCIPLINE CORE COURSE (MAJ-4)	SPORTS COACHING AND ADMINISTRATION Semester: IV Paper Code:BA406	
SYLLABUS OBJECTIVES		
Unit 1	LO 1	To gain knowledge about aim, objectives, principles and various methods of sports training.
	LO 2	To learn the effects and significance of warm-up and cool-down exercises.
Unit 2	LO 3	To understand the components of physical fitness and methods to improve Speed, Strength, Endurance, Agility, and Flexibility.
	LO 4	To know the concept of transfer of training and its types and factors.
	LO 5	To understand the concept of training load and its types.
Unit 3	LO 6	To ascertain the concept of intramural and extramural activities.
	LO 7	To comprehend the types and how to make tournament fixtures.
	LO 8	To get the concept of sports management and how to organize and administer sports events.
LEARNING OUTCOMES		
Unit 1	LOs 1	Students will be capable to define the aim, objectives, and principles of sports training and use different training methods (Continuous, Interval, Fartlek, Repetition, and Circuit training) to improve athletic performance.
	LOs 2	Students develop knowledge regarding the benefits and importance of warm-up and cool-down routines in enhancing performance and preventing injuries.
Unit 2	LOs 3	Students will be able to define & differentiate between various components of physical fitness and apply effective training methods to enhance Speed, Strength, Endurance, Agility, and Flexibility.
	LOs 4	Students will be able to explain the types of transfer of training (positive, negative, and zero) and identify factors that influence transfer of training
	LOs 5	Students will be able to define and differentiate between normal load, rest load, and overload.
Unit 3	LOs 6	Students acquire knowledge regarding the significance and organization of intramural and extramural programs in promoting physical activity and sports development.
	LOs 7	Students gain understanding about the different types of tournaments (Knockout, League methods: Cyclic, Tabular, Staircase) and how to accurately draw fixtures for various tournaments.
	LOs 8	Learners will be capable of planning, organizing, and managing athletic meets effectively.
Outline Syllabus	SPORTS COACHING AND ADMINISTRATION (Paper Code: BA406P)	
Credits	4 (Theory: 3, Practical; 1)	

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Marks	100: External = 50 (Theory) + 30 (Practical)+ 20 (Internal Assessment)
Contact Hrs	75 Hours (Theory: 45 Hours, Practical: 30 hours) 15 hours theory 1 Credit, 30 Hours practical =1 credit NOTE: <ul style="list-style-type: none"> ➤ Six periods per week (4 periods for Theory and 2 periods Practical) ➤ One unit contains 60-80 students for theory and 30-40 students for Practical. ➤ Teacher who is preparing three teams for University Inter-college competitions, his/her workload shall be counted by including three periods per week in the teaching load.
UNITS	TOPICS
Unit 1	1. Sports Training: Meaning, aim and objective.
	2. Principles of Sports Training.
	3. Methods of Sports Training: Continuous method, Interval method. Fartlek, Repetition method and Circuit training.
	4. Warm-up, Cool-down: -Meaning, effects & significance on body.
Unit 2	1. Components of Physical fitness: Speed, Strength, Endurance, Agility and Flexibility.
	2. Methods of improving: Speed, Strength, Endurance, Agility and Flexibility.
	3. Transfer of Training: Types and factors, affecting on transfer of training
	4. Load: Normal load, Crest load and Over load.
Unit 3	1. Intramural and Extramural: meaning, importance and conduct of intramural and extramural.
	2. Tournaments: Byes, fixtures, Types of Tournament and drawing out of fixtures (Knock Out, League: Cyclic method. Tabular method and Staircase method).
	3. Sports Management: Meaning, Steps and Importance
	4. Event management: Organization and administration of sports events and Athletic meet.
PRACTICAL	SYLLABUS
	1. Games: Basketball or Table Tennis; Marking, Measurement, rules and regulation.
	2. Athletics: Javelin throw, High Jump: Marking, Measurement, Rules & regulation and Long Distance Running (3000 or 5000).
TEST & EVALUATION AND PRACTICE	TEST 1: Phillip's J.C.R test TEST 2. Semo agility test, Shuttle Run Test

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	TEST 3. Sit and reach test. TEST 4. Nelson Hand Reaction time test.
SUGGESTED READINGS	<ol style="list-style-type: none">1. Dick, W.. F. (1980). Sports training principles. London: Lepus Books.2. Harre, D.(1982). Principles of sports training. Berlin: Sporulated.3. Jensen, R. C.& Fisher, A.G. (1979). Scientific basis of athletic conditioning. Philadelphia: Lea and Fibiger.4. Matvycw, L.P. (1981). Fundamental of sports training. Moscow: Progress Publishers.5. Singh, H. (1984). Sports training, general theory and methods. Patiala: NSNIS.6. Uppal, A.K., (1999). Sports Training. New Delhi: Friends Publication.7. Singh, A., Bains, J, Gill, JS & Brar, RS (2026) Essential of Physical Education. Published by: Kalyani Publishers.

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