

SYLLABUS FOR SPORTS/PHYSICAL EDUCATION ELECTIVE COURSE (MINOR ELECTIVE PAPER) FOR B.A./B.Sc./B.Com.

- As per the U.G.C. letter No.-1-1-2024(sports)-FIW, dated -August 17, 2026.
- Ministry of Education, Department of Higher Education U.G.C. Division Govt. Of India No-16-22/2026-UIA dated - 15 June, 2026.
- Department of sports, Ministry of Youth Affairs Govt. Of India, letter No-J-17011/266/2026-SP-VI dated- 3rd June, 2026

As per National Education policy- 2020

From the session 2026-27 onwards



MAA SHAKUMBHARI UNIVERSITY, SAHARANPUR

On line Present.

1. Dr Mukul Pant - External Expert
2. Dr Ajay Malik — "
3. Prof. Mamta Singhal - Dean Arts
4. Prof. K. P. Singh — Dean Science
5. Prof. P. K. Srivastava - Dean Commerce


(Prof. Parveen Ahmed)


(Dr. Rita Bora)


(Prof. Sankar Singh)


(Dr. Harvir Singh Chandel)

SYLLABUS Designed By:-

- ✧ **Prof. Praveen Ahmad- Internal Member** 
- ✧ **Dr. Rita Bora- Internal Member** 
- ✧ **Dr. Ajay Malik- External Expert**
- ✧ **Dr. Mukul Pant- External Expert**
- ✧ **Prof. Harvir Singh Chaudhary- Special Invitee, Co- Chairman, Admission Rule framing Committee** 
- ✧ **Prof. Sandeep Gupta- Convenor, B.O.S.** 
- ✧ **Prof. Mamta Singhal** - Dean, Arts Faculty
- ✧ **Prof. K.P. Singh** - Dean, Science Faculty
- ✧ **Prof. P.K. Shrivastav** - Dean, Commerce Faculty



OBJECTIVES

Physical Education is a comprehensive discipline that encompasses the **biological, psychological, physical, health, and functional aspects of sports and physical activity**. It plays a significant role in promoting the overall physical and mental well-being of individuals. The elective course on Sports and Physical Education is designed to develop students' awareness and understanding of health, sports management, and career opportunities related to the field.

Through this course, students will gain knowledge about **personal health, environmental health, physical fitness, healthy lifestyles, and the prevention of substance abuse**. Personal health focuses on developing the ability to take responsibility for one's own well-being through informed and conscious health-related decisions. **Environmental health** emphasizes the interrelationship between individuals and their surroundings and promotes **healthy, safe, and sustainable communities**.

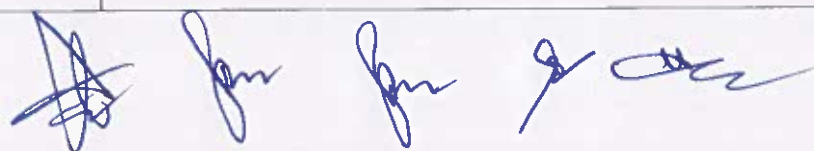
The course will also encourage students to develop **healthy habits, a sense of responsibility, self-discipline, and awareness of their social and environmental responsibilities**. It will equip them with the knowledge and skills necessary to make informed decisions regarding their health and lifestyle.

Ultimately, the course aims to enable students to lead **healthy, active, responsible, and productive lives** and to contribute positively to their families, communities, and society.

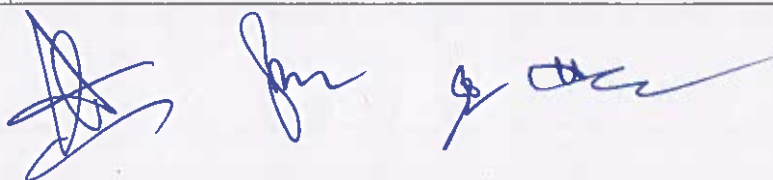


SYLLABUS FOR CREDIT BASED ELECTIVE COURSE ON SPORTS

	Course Code- Course Title-PHYSICAL EDUCATION, SPORTS, HEALTH AND CAREER DEVELOPMENT	Credit-06 General Elective
Course Outcomes: Students can be able to understand various aspects of health and career. In this subject student will study about health & their career related program. Personal Health is the ability to take charge of your health by making conscious decisions to be healthy. Student should focus on the interrelationships between people and their environment, career, valid certificates, valid Associations, valid sports activity & their hierarchy promotes human health and well-being, and fosters healthy and safe communities.		
UNIT	TOPIC	NO. OF LECTUERS=90
UNIT-I	• Sports Associations, Affiliated units & sports Events • Affiliated Federations of India – Recognition and validation of certificates • International and National Sports Events of different games & their hierarchy: • Olympic Games • Asian Games • Commonwealth Games • Khelo India National Games • Importance and role of: AIU SAI and other sports institutions	10
UNIT-II	• Event Management & Career in Physical Education • Meaning of Management & Event Management • Importance of Event Management • Professional courses in Physical Education (3 year & 2 year) • B.P.Ed., M.P.Ed. and other Physical education related professional courses • Career opportunities in teaching, coaching, fitness, sports administration & Event Management	10
UNIT-III	Health, Health Education & Physical fitness • Meaning & Definition of Health & Health Education • Aim, objective and Principles of Health Education	10



	• Dimensions of Health • Physical Fitness • Physical Fitness – Meaning and components • Selection of games according to physical fitness • Coaching Camps – Need and importance	10
UNIT-IV	NUTRITION, NUTRIENTS & DIET • Meaning & Definition of Nutrition, Nutrients, Diet • Basic Nutrition Guidelines • Sources of Nutrients: Macro & Micro Nutrients • Adulteration & Malnutrition • Balanced Diet & Preparation of Dietary Chart	10
UNIT-V	HEALTH PROBLEMS & ENVIRONMENTAL HEALTH • Environmental health • Personal and Environmental Hygiene • Brief Introduction to Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution • Tree Plantation, Plastic Recycling & Prohibition of Plastic Bag/Cover. • Celebration World Environment Day and its Importance	10
UNIT-VI	DISEASES: COMMUNICABLE & NON COMMUNICABLE • Meaning & Definition of Disease, Congenital Disease & Acquired Disease • Meaning & Definition of Communicable & Non Communicable Disease • Communicable Diseases (Contagious & Non Contagious, Viral Diseases & Bacterial Diseases, • Non Communicable Diseases - Blood Pressure, Diabetes	10
UNIT-VII	POSTURE AND POSTURAL DEFORMITIES	



	• Meaning & Definition of Posture • Causes of Bad posture • Postural Deformities & their Corrective Exercises & Yogasanas	10
UNIT-VIII	FIRST AID • Meaning & Definition of First Aid • Qualities of First Aider • Dressing & Bandages for Wound, Soft Tissue Injury, Bone Injury & Joints Injury • Dealing with an Emergency like Cardiac Arrest-Resuscitation (Basics) • Fast Evacuation Techniques • Transport Techniques	10
UNIT-IX	DOPING • Doping- Meaning & Concept • Types of Doping • Doping measures & role of NADA & WADA	10

Suggested Readings:

Griffith H. Winter (1986). Complete Guide to Sports Injuries, The Barkley Publishing Group, New York.

Herman Koren & Michael S. Bisesi (2018). Handbook of Environmental Health, CRC Press LLC, Broken Sound Parkway Northwest, Suite 300 Boca Raton, FL 33487 United States

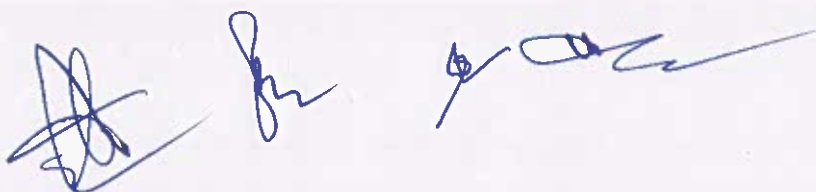
Norris, C.M. (1997). Sports Injuries- Diagnosis and Management for Physiotherapists, Butterworth Heinemann, Lanacre House, Jordan Hill, Oxford OXZSDP, A division of Reed Educational and Professional publishing Ltd. New Delhi

Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut

Park, K. (2009), Preventive and Social Medicine, M/s Banarsidas Bhanot Publishers, 1167, Prem Nagar, Jabalpur

Pearce, Evelyn C. (1997). Anatomy & Physiology for Nurses, Jaypee Brothers, New Delhi

Singh, S. N. (2018). Swasth Siksha, Khel Sahitya Kendra, Daryaganj, New Delhi
Verma, K. K.(1996). Health & Physical Education, Tandon Publication, Ludhiana



Waugh, A. & Grant, A. (2014). Anatomy & Physiology in Health and Illness,
Churchill Livingstone Elsevier

This course can be opted as an elective by the students of the following faculty-
B.A./B.Sc./B.Com.

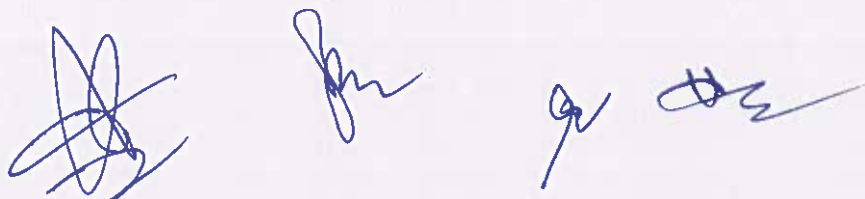
Continuous Evaluation method: CIE

Internal Assessment- 25 Marks

Written Test- 15 Marks

Assignment/ Attendance- 10 Marks

- Suggested Equivalent online courses:
- IGNOU
- Other Centrally/State operated University, Prayagraj
- Rajshri Tandon Open University





प्रो. श्यामा रथ
सचिव

Prof. Shyama Rath
Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission
(शिक्षा विभाग, भारत सरकार)
(Ministry of Education, Govt. of India)

U.No. 1-1/2024(SPORTS)/TAW

20 श्रावण, 1948/August 17, 2026

Subject: Strengthening Sports Ecosystem in Higher Education Institutions — Reference from Department of Sports.

आदरणीय महोदय / महोदय,

The University Grants Commission has received a communication from the Department of Sports, Ministry of Youth Affairs & Sports (D.O. No. J-17011/266/2026-SP-VI dated 03.06.2026), outlining measures to integrate sports more substantively into the higher education ecosystem, in alignment with the *National Education Policy (NEP) 2020* and *Khelo Bharat Niti 2025*. A copy of the said letter is enclosed as **Annexure-I** for reference and necessary action.

Institutions are requested to incorporate these measures in their academic and administrative frameworks, and to furnish feedback to UGC.

The Department of Sports has assured technical support for these initiatives.

भवदीया,

श्यामा रथ
(श्यामा रथ)

The Vice-Chancellor/ Directors/ Principals of all HEI'S

1. All Regulatory Authorities / Councils.
2. Joint Secretary, Higher Education, Ministry of Education, (rinasonowal.edu.nic.in).
3. JS (website), UGC (for uploading on (i) UGC website, (ii) Under ragging related Twitter handle of UGC)

श्यामा रथ
(श्यामा रथ)

विश्वविद्यालय अनुदान आयोग
① D.R.(Sports) ② Sports officers
प्रमाणित किया गया
Date 19/08/26 26
13/8/26
श्यामा रथ

Sir, kindly refer to Dean,
Art/Commerce & Science for
Further process

बहादुरशाह जलार मार्ग, नई दिल्ली-110002 | Bahadur Shah Zalar Marg, New Delhi-110002
दूरभाष (Ph.): 011-23236288/23239337 | सम्पर्क सूत्र (ई-मेल) (E-mail): secy.ugc@nic.in



Jari Ranjan Rao, IAS
Secretary

सचिव, खेल
मंत्रालय
भारत सरकार
Government of India
Department of Sports
Ministry of Youth Affairs & Sports

DO. No. J-17011/266/2026-SP-VI

Dated: 3rd June, 2026

Dear Sir,

I am writing to seek your kind attention and cooperation in improving ecosystem for sportspersons in higher education institutions. Despite the mandate of NEP 2020 and the Khelo Bharat Niti 2025, sports remain largely peripheral to the higher education experience. Universities and colleges are the institutions where young adults spend some of their most formative years, however, the level of institutional commitment to sports and physical activity remains inadequate.

2. In this regard, I am outlining below a few specific areas where advisories and policy guidance from the Department of Higher Education to Universities, Autonomous Institutions, and affiliated colleges could play a crucial role in strengthening institutional support and achieving a significant difference.

- a. **Credit-based Electives on Sports:** Universities and colleges may be advised to introduce credit-bearing elective courses in sports for courses in science, arts or commerce. This is consistent with the multidisciplinary ethos of NEP 2020 and would help in improving the exposure of youngsters to the world of sports.
- b. **Sports Infrastructure and Coaching Assistance in Colleges:** A minimum baseline of sports infrastructure, playfields, indoor facilities, and basic equipment, should be prescribed for all HEIs. Vacant posts of Physical Education Directors/Instructors/coaches must be mapped and filled on priority. UGC may be requested to issue suitable guidelines.
- c. **Academic and Timetable Accommodation for Student Sportspersons:** Student athletes representing their institution, state, or country need structured support inter-alia flexible attendance, rescheduled examinations when coinciding with competitions, remedial classes, and academic mentoring. Such accommodation across all HEIs would significantly reduce dropout from the competitive pathway and enable the dual pathway for sportspersons.
- d. **Promotion of Sports throughout the Academic Journey:** Sports must not be confined to annual events. Institutions should be required to maintain inter-house, inter-department, and inter-college competitions across a sports calendar throughout the year. A mandated 'Sports Calendar' as part of each institution's annual plan would be a useful mechanism.

Dear Sir/Madam,

Please find attached the advisory from the Secretary, UGC regarding **"Strengthening Sports Ecosystem in Higher Education Institutions"**.

Kindly share the same with all concerned institutions for necessary action.

Best Regards
University Grants Commission
New Delhi

→ **Strengthening Sports Ecosystem in Higher Education Institutions.pdf**
872K



माँ शाकुम्भरी विश्वविद्यालय, सहारनपुर Maa Shakumbhari University, Saharanpur

Website – msuniversity.ac.in

(पुंवारका, सहारनपुर, उत्तर प्रदेश, पिनकोड -247120)

Board of Studies (Physical Education) Proceedings of Meeting

A meeting of the Board of Studies (Physical Education) was held on 8th, September, 2026 (Tuesday) at 12:00 Noon in conference room of University Campus.

The following members were present in the meeting-

1. Prof. Praveen Ahmad- Internal Member
2. Dr. Rita Bora- Internal Member
3. Dr. Ajay Malik- External Expert (Online mode)
4. Dr. Mukul Pant- External Expert (Online mode)
5. Prof. Harvir Singh Chaudhary- Special Invitee, Co- Chairman, Admission Rule framing Committee
6. Prof. Sandeep Gupta- Convenor, B.O.S.
7. Prof. Mamta Singhal- Dean, Arts Faculty (Online mode)
8. Prof. K.P. Singh- Dean, Science Faculty (Online mode)
9. Prof. P.K. Srivastava-Dean, Commerce Faculty (Online mode)

The meeting of the Board of Studies (Physical Education) was held today in which the letter of G.M.V. College, Rampur Maniharan, Saharanpur regarding the revision of the syllabus in B.Sc. (P.E.H.E.S) and the letter of U.G.C. No. 1-1-2024 (SPORTS)/FIW dated August 17, 2026 regarding credit-based elective courses on Sports for undergraduate programs in Science, Arts, and Commerce streams was discussed.

The members discussed & decided the replacement in syllabus of B.Sc. (P.E.H.E.S). In reference to UGC letter no. 1-1-2024 (SPORTS)/FIW dated August 17, 2026, a syllabus was designed for the B.A. / B.Sc. / B.Com. for Sports/Physical Education of 6 credits.

The meeting was concluded with vote of thanks to all members from the convenor Prof. Sandeep Gupta.

1. Prof. Praveen Ahmad- Internal Member
2. Dr. Rita Bora- Internal Member
3. Dr. Ajay Malik- External Expert - (Online mode)
4. Dr. Mukul Pant- External Expert - (Online mode)
5. Prof. Harvir Singh Chaudhary- Special Invitee, Co- Chairman, Admission Rule framing Committee
6. Prof. Sandeep Gupta- Convenor, B.O.S.
7. Prof. Mamta Singhal- Dean, Arts Faculty - (Online mode)
8. Prof. K.P. Singh- Dean, Science Faculty - (Online mode)
9. Prof. P.K. Srivastava-Dean, Commerce Faculty - (Online mode)

**SYLLABUS FOR SPORTS/PHY
ELECTIVE PA**

- As per the U.G.C. letter No.-1
- Ministry of Education, Depart
Of India No-16-22/2026-UIA
- Department of sports, Minist
17011/266/2026-SP-VI dated

As per Nat
From the s

Participants (7)

M	Maa Shakumbhari University, Sa...	(Me)			
M	Insu (Host)				
ID	iPhone dr Ajay Malik				
D	P.K. Srivastava				
DP	Dr.Mukul Pant				
	Maa Shakumbhari University Saharan...				
PK	Prof KP Singh				

Invite

Mute me

Merge to meeting window



92

Max. Marks = 100

Theory = 70 Marks + Internal Assessment = 30 Marks

BES-C202

Time allowed: 31 hrs

BADMINTON & GYMNASTICS

UNIT-I

Introduction of Badminton

Origin, historical perspectives and

Orientation of the fundamental skills

Construction and maintenance of Bad

Rules of the game.

Introduction of Badminton Association

Introduction of International Badminton

UNIT-II

Coaching and Officiating in Badminton

Duties/responsibilities of a coach

Qualifications and qualities of a coach

Qualifications and responsibilities/functions of technical officials

Protocols of referees, judges, umpires

Participants (7)

Name	Role	Avatar
Max Shikombani University, Sa...	(MC)	...
msu (host)		...
Manita Singh		...
Prof KP Singh		...
Dr Mukul Pant		...
Phane dr Ajay Malik		...
Max Shikombani University, Saharan...		...

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