File Ref.No.137703/GA-IV-K-ASST-1/2023/Admn

UNIVERSITY OF CALICUT

Abstract

General and Academic IV- Faculty of Education- Modified Scheme and Syllabus of General Foundation Courses in Physical Education in accordance with the CUFYUGP Regulations 2024- Approved by the Academic Council - Implemented with effect from 2024 Admission - Orders Issued.

G & A - IV - K Section

U.O.No. 3140/2025/Admn Dated, Calicut University.P.O, 24.02.2025

Read:-1. U.O.No. 3103/2024/Admn dated 22.02.2024.

2. U.O No.9590/2024/Admn dated 19.06.2024.

3. U.O. Note 152618/EX-III/ASST-I/2024/PB dated 10-10-2024

4. Remarks from the Chairperson,Board of Studies in Physical Education UG dated 09-01-2025

5. Minutes of the meeting of the Faculty of Education dated 14.01.2025.

6. Minutes of the LXXXIX meeting of the Academic Council held on 04-02-2025

ORDER

1. The Regulations of the Calicut University Four-Year UG Programmes (CUFYUGP Regulations 2024) for Affiliated Colleges have been implemented with effect from the 2024 admission onwards, as per paper read (1) above.
2. Subsequently, orders were issued implementing the Scheme and Syllabus of the General Foundation Courses in Physical Education, in accordance with the CUFYUGP Regulations 2024, as per paper read (2) above.
3. Pareeksha Bhavan as per paper read (3) above, has notified that there are errors in the syllabus for the General Foundation Courses in Physical Education (CUFYUGP - 2024 Admission).
4. Subsequently, the Chairperson of the Board of Studies in Physical Education (UG) has forwarded the modified scheme and syllabus of the General Foundation Courses in Physical Education, in alignment with the CUFYUGP Regulations 2024, after rectifying the errors pointed out by Pareeksha Bhavan.
5. The Faculty of Education, as per paper read (5) above, approved the modified scheme and syllabus of the General Foundation Courses in Physical Education (UG) in its meeting held on 14.01.2025.
6. The LXXXIX meeting of the Academic Council, held on 04.02.2025, approved the minutes of the Faculty of Education meeting, as per paper read (6) above, and the Vice-Chancellor has granted permission to implement the resolutions of the LXXXIX Academic Council meeting.
7. Therefore, the modified scheme and syllabus of the General Foundation Courses in Physical Education, in accordance with the CUFYUGP Regulations 2024, are implemented with effect from the 2024 admission onwards.
8. Orders are issued accordingly. (Modified syllabus appended.)

Ajayakumar T.K

Assistant Registrar

To

The Principals of all Affiliated Colleges

Copy to: PS to VC/PA to PVC/ PA to R/PA to CE/JCE I/JCE IV/EX IV and EG Sections/GA IF/CHMK Library/Information Centres/SF/DF/FC

Forwarded / By Order

Section Officer

UNIVERSITY OF CALICUT

PHYSICAL EDUCATION
(GENERAL FOUNDATION COURSES)

SYLLABUS & MODEL QUESTION PAPERS

w.e.f. 2024 admission

(CUFYUGP Regulations 2024)

PHYSICAL EDUCATION

(FOUNDATION COURSES)

SYLLABUS

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) PEN1FM105(2) PEN1FM105(3)	MDC I (1) Yoga and Stress Management MDC I (2) Lifestyle Disease and Physical Activity MDC I (3) Sports and society	45	3	3	25	50	75
II	PEN2FM106(1) PEN2FM106(2) PEN2FM106(3)	MDC II (1) Physical Fitness and Active Living MDC II (2) Exercise and Weight Management MDC II (3) Recreational Activities for the Elderly	45	3	3	25	50	75
V	PEN5FS107(1) PEN5FS107(2) PEN5FS107(3)	SEC II (1) Fitness Management & Personal Training SEC II(2) First Aid & Basic Life skill Support SEC II (3) Physical Fitness and Exercise Prescription	45	3	3	25	50	75

CALICUT UNIVERSITY – FOUR-YEAR UNDER GRADUATE PROGRAMME (CU-FYUGP)

Physical Education

PROGRAMME OUTCOMES (PO):

At the end of the graduate program at Calicut University, 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	**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	3	-	-	45
Pre-requisites	Introduction to yoga, stress, and various stress management techniques				

Course Summary	Modern life became better, easier and more comfortable with the advent of technology in our daily life. But it has made our life less kinetic and physically inactive. Society is being faced with a lot of physical and mental health issues. Today's youth encounter these issues at an alarming scale and it has made their life more difficult. Yoga, one the best contribution of India to the world can aid in the promotion of health and well-being. This course gives awareness and knowledge about the basics of yoga for well-being.

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 the types of yoga, limbs of yoga, kriyas.	U & Ap	F & C	Quiz/Presentations/Internal exam
CO2	Knowledge about asanas and suryanamaskar. Its benefits and application in daily life.	U and Ap	C & P	Multi media Presentations / Discussions/ Seminar/ Internal exam
CO3	Pranayama and its techniques. Benefits of pranayama in daily life	An and Ap	C & P	Presentations/ Discussions/ Internal exam Debates/Seminars
CO4	Understanding stress and the effect of yoga on stress	U, E &Ap	C, P & M	Presentations/ Assignments/Debates/ Internal exam
CO5	Develop skills to understand yoga, various types of asana and yogic stress management techniques	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- History, meaning and definition	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 kriyas- various cleansing techniques (Kapalabhati, Trataka,Neti, Douithi, Nouli and Basthi)	2	
II	**INTRODUCTION TO ASANAS - DEFINITION AND ITS CLASSIFICATION. SURYANAMASKAR AND ITS BENEFITS.**		**14**	**18**
	5	Definition and Benefits of Asanas.	3	
	6	Classification of Asanas- According to Purpose- Relaxative Meditative and Cultural. Relaxative- Makarasana and Savasana, Meditative-Vajrasana and Padmasana Cultural- Ardhakadi chakrasana and Trikonasana	3	
	7	Classification of Asanas - According to Posture - standing, sitting, prone and supine. **Standing Asanas** - Ardhachakrasana, Padahasthasa. Sitting Asanas - Sasankasana, Paschimottanasa Prone Asanas- Bhujangasana , Salabhasana Supine Asanas- Uttanpadasana, Ardha halasana	4	
	8	Classification of Asanas -According to body Movements - Forward bending, Backward bending, Twisting and Balancing. Forward bending- Janusirsana Backward bending- Dhanurasana Twisting- Vakrasan Balancing- Vrikshasana	2	

	9	Introduction to Suryanamaskar (The Sun Salutation). Techniques of Suryanamarkar and its benefits. 12 stage Surynamaskar with breathing	2	
III	**INTRODUCTION TO PRANAYAMA. DEFINITION, TECHNIQUES AND BENEFITS.**		**6**	**10**
	10	Definition and Benefits of Pranayama.	2	
	11	Stages of Pranayama- Four stages- Pooraka- Inhalation Rechaka- Exhalation Anthara kumbhaka- Inhalation and holding Bahykumbhaka- Exhalation and holding	2	
	12	Pranayama and its Techniques- Chandra Bhedana- Cooling pranayama Surya Bhedana – Heating pranayama Nadisudhi- Balancing pranayama	2	
IV	**YOGIC STRESS MANAGEMENT**		**10**	**12**
	13	Meaning and definition of stress. Types of Stress – Eustress and Distress.	3	
	14	Stressors- Physical, Physiological and Psychological	2	
	15	Benefits of Yoga on stress-Physical, Physiological and Psychological	2	
	16	Various yogic stress management techniques- IRT- Instant Relaxation Techniques QRT- Quick Relaxation Techniques DRT- Deep Relaxation Techniques	3	
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** Relaxative-Makarasana and Savasana, Meditattive-Vajrasana and Patmasana Cultural- Ardhakadi chakrasana and Trikonasana Standing Asanas - Ardhachakrasana, Padahasthasa. Sitting Asanas - Sasankasana, Pascimottanasa Prone Asanas- Bhujangasana , Salabhasana Supine Asanas- Uttanpadasana, Ardha halasana		

		Forward bending- Janusirsana Backward bending- Dhanurasana Twisting- Vakrasan Balancing- Vrikshasana		
	2	**Practice of pranayamas**: Chandra Bhedana- Cooling pranayama Surya Bhedana – Heating pranayama Nadisudhi- Balancing pranayama		
	3	**Practicing suryanamaskar**: Suryanamarkar with proper breathing patterns.		
		Activities and assessment of Open ended		

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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.
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6. Iyengar, B. K. S. (2008). Light on life: The journey to wholeness, inner peace and ultimate freedom. Pan Macmillan.
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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(CUFYUGP) Degree Examinations

PEN1FM105(1)Yoga and Stress Management

(Credits: 3)

Maximum Time: 1.5 hours Maximum Marks: 50

Section A

[Answer All. Each question carries 2 marks] (Ceiling 16 marks)

1. Define Yoga
2. Asana in Prone and supine posture.
3. Eight limbs of yoga
4. Benefits of asanas
5. Pranayama
6. Chandrabhedana
7. Padahasthasana
8. Stress
9. QRT
10. Cooling pranayama

Section B

[Answer all. 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 Nadisudhi
15. Describe types of stress

Section C

[Answer any one. Each question carries 10 marks] (1x10=10 marks)

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

CALICUT UNIVERSITY – FOUR-YEAR UNDER GRADUATE PROGRAMME (CU-FYUGP)

Physical Education
Lifestyle Disease and Physical Activity

PROGRAMME OUTCOMES (PO):

At the end of the graduate program at Calicut University, 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 I (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 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 bellexercises - 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	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	Integrating Physical Activity into Daily Life, Wearable Technology and Health Monitoring	
	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, Benns A, Rossner S; Sagner M (2017). Lifestyle Medicine Lifestyle, the Environmental and preventive Medicine and Disease. 3rd Edition, Academic publishers.
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I Semester B.A/B.Sc. (CUFYUGP) Degree Examinations

PEN1FM105(2): Lifestyle Disease and Physical Activity

(Credits: 3)

Maximum Time: 1.5 hours Maximum Marks: 50

Section A

[Answer All. 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 all. 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.

CALICUT UNIVERSITY – FOUR-YEAR UNDER GRADUATE PROGRAMME (CU-FYUGP)
PHYSICAL EDUCATION

PROGRAMME OUTCOMES (PO):

At the end of the graduate program at Calicut University, 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 Soprts, 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(Sports Team Dynamics)	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	**Open Ended module -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 Sports fans	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:

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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

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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 B.A/B.Sc. (CUFYUGP) Degree Examinations

PEN1FM105(3):**Sports and Society**

(Credits: 3)

Maximum Time: 1.5 hours Maximum Marks: 50

Section A

[Answer All. Each question carries 2 marks] (Ceiling 16 marks)

1. Define Sports Sociology.
2. Gender and Sports.
3. 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. Write a note on deviant behaviour in Sports.

Section B

[Answer all. Each question carries 6 marks] (Ceiling: 24 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.

Section C

[Answer any one. Each question carries 10 marks] (1x10=10 marks)

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

CALICUT UNIVERSITY – FOUR-YEAR UNDER GRADUATE PROGRAMME (CU-FYUGP)

MDC in Physical Education
Physical Fitness and Active Living

PROGRAMME OUTCOMES (PO):

At the end of the graduate program at Calicut University, 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	MDC II (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**		**12**
	1	Meaning and definition of Physical Activity, Physical Exercise and Physical Fitness	1
	2	Activities for developing Fitness Components - HRPF, PRPF	1
	3	Importance of Warming up and Cooling down	4
	4	Principles of Fitness Training	4
	5	FITT Principles(Frequency, Intensity, Time and Ype)	2
II	**Developing Physical Fitness Training Programme**		**7**
	6	Types of Physical Fitness	2
	7	Health Related Physical Fitness (HRPF) and its components	2
	8	Performance Related Physical Fitness(PRPF) and its components	2
	9	Cosmetic fitness	1
III	**Physiological Effects of Exercise on Various Systems**		**9**

	10	Effect of Exercise on cardio vascular system	3
	11	Effect of Exercise on respiratory system	3
	12	Effect of Exercise on muscular system	3
IV	**Exercise and Active living**		**8**
	13	Concepts of Active Living and Healthy Ageing	2
	14	Risk factors associated with physical inactivity	4
	15	Exercise and ageing process	2
V	**Open Ended Module: Exercise interventions for Active living**		**9**
	16	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

1. Jack H. Wilmore, David L. Costill Physiology of Sport and Exercise, Human kinetics publication,2004
2. Dick, F.W. Sports Training Principles (4th ed.).Human Kinetics : Champaign , Illinois , 2002
3. Chu .D.A. Explosive Power and Strength. Champaign: Human Kinetics1996
4. Daryl Sidentop "Introduction to Physical Education, Fitness and Sport" McGraw-Hill publishing COMPANY,2006
5.Health Fitness and Instructors by Howley Franks

6.Timonen.V,(2016) Beyond Successful and Active Ageing; A Theory of Modei Ageing Ist Edition

. Constantinos Phellas , Aging in European Societies 2012

II Semester B.A/B.Sc. (CUFYUGP) Degree Examinations

PEN2FM106(1): **Physical Fitness and Active Living**

(Credits: 3)

Maximum Time: 1.5 hours Maximum Marks: 50

Section A

[Answer All. Each question carries 2 marks] (Ceiling 16 marks)

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

Section B

[Answer all. Each question carries 6 marks] (Ceiling: 24 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. Elaborate the factors to be remembered while designing PRPF Training Programs

Section C

Answer Any One Question. 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)

CALICUT UNIVERSITY – FOUR-YEAR UNDER GRADUATE PROGRAMME (CU-FYUGP)

PHYSICAL EDUCATION

PROGRAMME OUTCOMES (PO):

At the end of the graduate program at Calicut University, 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	MDC II (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	AP	P	Instructor created exam / Assessment/Examination/ Quiz

	evidence-based strategies for weight loss and maintenance.			
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 lose and weight lose	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 ageing 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, aneroxia Nervosa, bulimia, Nervosa , 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

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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.

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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 B.Sc. (CUFYUGP) Degree Examinations

PEN2FM106(2) EXERCISE AND WEIGHT MANAGEMENT

(Credits: 3)

Maximum Time: 1.5 hours Maximum Marks: 50

Section A

[Answer All. Each question carries 2 marks] (Ceiling 16 marks)

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

Section B

[Answer all. Each question carries 6 marks] (Ceiling: 24 marks)

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

Section C

Answer Any One Question. Each question carries 10 marks (1 x 10 = 10 Marks)

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

CALICUT UNIVERSITY – FOUR-YEAR UNDER GRADUATE PROGRAMME (CU-FYUGP)

PHYSICAL EDUCATION

PROGRAMME OUTCOMES (PO):

At the end of the graduate program at Calicut University, 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 THE ELDERLY				
Type of Course	**MDC II (3)**				
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 activities and to design programs for the older population 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 programmes for the 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	Ageing: 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	**Elderly Recreational Activities**		**8**
	9	Elderly Recreation Programme - General Guidelines and Planning	2
	10	Benefits of Elederly Recreation - Physical - Psychological- Social - Emotional	2
	11	Major Domains of Elderly 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 Elderly 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 **Debate and Discussion**	9

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1. Mitchell.J., (2017), Growing Older: Phases of Aging and Your Mind: What You Need to Know, Kindle Edition.
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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 B.Sc. (CUFYUGP) Degree Examinations

PEN2FM106(3): RECREATIONAL ACTIVITIES FOR THE ELDERLY

(Credits: 3)

Maximum Time: 1.5 hours Maximum Marks: 50

Section A

[Answer All. Each question carries 2 marks] (Ceiling 16 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

Section B

[Answer all. Each question carries 6 marks] (Ceiling: 24 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.

Section C

[Answer Any One Question. Each question carries 10 marks.] (1 x 10 = 10 Marks)

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

CALICUT UNIVERSITY – FOUR-YEAR UNDER GRADUATE PROGRAMME (CU-FYUGP)

Physical Education
(Fitness Management & Personal Training)

PROGRAMME OUTCOMES (PO):

At the end of the graduate program (Fitness Management & Personal Training) at Calicut University, 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(1)				
Course Title	FITNESS MANAGEMENT AND PERSONAL TRAINING				
Type of Course	SEC II (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	2
	2	Physical Fitness-Types and components	3
	3	Methods of Developing Physical Fitness components	3
II		**Exercise Physiology and Kinesiology**	**10**
	5	Introduction to Physiology Exercise Physiology and Kinesiology	2
	6	Physiological Effect of Exercises-Cardiovascular, Muscular and Respiratory systems.	3
	7	Types of muscles-Skeletal, Smooth and Cardiac. Muscle contraction- Isotonic Contraction, Isometric Contraction and Isokinetic Contraction,	3

	8	Joints-Definition and Its Classification-Hinge, Ball and Socket and Gliding	2
III	**Training Methods**		**9**
	9	Aims and Principles of Training, FITT Principles	2
	10	Training-Load, Recovery and overload	2
	11	Importance of warm up and cooling down exercises	1
	12	Types of training-Aerobic Training, Anaerobic Training and Resistance Training	3
	13	Importance of core training and flexibility Training.	1
IV	**Personal Training**		**9**
	14	Need and importance of Fitness Management and Personal Training	2
	15	Effective communication and motivational strategies for client engagement,	2
	16	Personal training according to the needs of client-Age, Gender, Physical Status-Weight gain and weight loss	2
	17	Introduction of various Fitness equipment's and exercises	3
V	**Open ended Module**		**9**
	18	Exercise Interventions for personal Training	
	19	Assessment of Clients fitness through various assessment methods. WHR, BMI, 1 RM Test, AAPHERD Physical fitness test	

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						

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V Semester BA/B.Sc. (CUFYUGP) Degree Examinations

PEN5FS107(1): FITNESS MANAGEMENT AND PERSONAL TRAINING

(Credits: 3)

Maximum Time: 1.5 hours Maximum Marks: 50

Section A

[Answer All. Each question carries 2 marks] (Ceiling 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 all. Each question carries 6 marks] (Ceiling: 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 cooing down exercise?

Section C

Answer any one questions. Each question Carries 10 Marks (1x10=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

CALICUT UNIVERSITY – FOUR-YEAR UNDER GRADUATE PROGRAMME (CU-FYUGP)

Physical Education –
FIRST AID AND BASIC LIFE SKILL SUPPORT

PROGRAMME OUTCOMES (PO):

At the end of the graduate program at Calicut University, 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	SEC II (2)				
Semester	V				
Academic Level	300 – 399				
Course Details	Credit	Lecture per week	Tutorial per week	Practical Hours	Total Hours
	3	3	-		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. It 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**	**8**
	1	First Aid - Meaning and Definition Aim and Objectives	1
	2	Principles of First Aid, First Aid Kit	1
	3	Types of Muscles, Muscle Contraction	2
	4	Bones and Joints - Types, Structural and Classifications Physiology of Circulation, Respiration	4
II		**INJURIES AND MANAGEMENT**	**10**
	5	Injuries and Types Skin Injuries	1
	6	Soft Tissue Injuries Sprain Types - First Aid and Management Strain Types - First Aid and Management	2
	7	Dislocation, Fracture, Spinal Injuries, Types of First Aid and Management	3
	8	Head Injuries and Internal Injuries	4
		BASIC LIFE SUPPORT SYSTEM	**9**
	9	Nose Bleeding, Shock, Drowning-First Aid and Management	2
	10	Snake Bite, Insects Bite, Animal Bite- First Aid and Management	2

III	11	CPR	1
	12	Tapping for Sprain, Strain, Dislocation, Fracture	3
	13	Transporting Injured Person	1
IV	**INJURY REHABILITATION**		**9**
	14	Ice Application (Cyrotherapy), Contrast bath, Paraffin Wax	2
	15	Infrared, Ultra Sound, TENS	1
	16	Laser Short Wave Diathermy	2
	17	Physical Therapy - (Own body, Medicine balls, With weight, Therabands)	4
V	**Open ended Module**		**9**
	18	Practical Demontration by experts, seminar , etc	**6**
	19	Tapping for Soft Tissue Injuries	1
	20	Tapping for Fracture Dislocation	1
	21	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			✓	

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V Semester BA/B.Sc. (CUFYUGP) Degree Examinations

PEN5FS107(2): FIRST AID AND BASIC LIFE SKILL SUPPORT

(Credits: 3)

Maximum Time: 1.5 hours Maximum Marks: 50

Section A

[Answer All. 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. 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. Analyse skin injuries.
14. Examine head injuries.
15. Critically evaluate dislocations and its management.

Section C

[Answer any one question. Each question carries 10 marks] (1x10=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.

CALICUT UNIVERSITY – FOUR-YEAR UNDER GRADUATE PROGRAMME (CU-FYUGP)

PHYSICAL EDUCATION (SEC)

PROGRAMME OUTCOMES (PO):

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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.
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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	SEC II(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 ativities –Hiking, rock climbing ,trail running sports and games participation- Soccer,basketball,Tennis Dance classes-Zumba,Hiphop Martial arts –Karate,Taekwondo,Kalari		

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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
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3	Substantial / High

Assessment Rubrics:

- Quiz / Assignment/ Quiz/ Discussion / Seminar
- Midterm Exam
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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 B.Sc. (CUFYUGP) Degree Examinations

PEN5FS107(3):**PHYSICAL FITNESS AND EXERCISE PRESCRIPTION**

(Credits: 3)

Maximum Time: 1.5 hours Maximum Marks: 50

Section A

[Answer All. 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

Section B

[Answer all. Each question carries 6 marks] (Ceiling: 24 marks)

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

Section C

[Answer any one. Each question carries 10 marks] (1x10=10 marks)

16. 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
17. 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?