

B.Sc.(Hons.) SPORTS SCIENCE**SYLLABUS****w.e.f. Academic Session 2020-23****Table III: Semester-wise evaluation/examination structure of the courses****SEMESTER I**

Course Code	THEORY COURSES	Periods*			Hrs/week	Evaluation Scheme			Credit units
		L	T	P		Int.	Ext.	Total	
BSS 101	Foundation of Sports Science and Sports	4	-	-	4	40	60	100	4
BSS 102	Computer Application in Sports Technology	4	-	-	4	40	60	100	4
BSS 103	Introduction to Anatomy and Physiology	4	-	-	4	40	60	100	4
BSS 104	Communication Skills	4	-	-	4	40	60	100	4
PRACTICALS									
BSS 105	Foundation of Sports Science and Sports (P)	-	-	2	2	20	30	50	1
BSS 106	Computer Application in Sports Technology (P)	-	-	2	2	20	30	50	1
BSS 107	Introduction to Anatomy & Physiology (P)	-	-	2	2	20	30	50	1
BSS 108	Communication Skill (P)	-	-	2	2	20	30	50	1
BSS 109	Sport of Choice: Individual Games (P)	-	-	2	2	-	50	50	2
BSS 110	Council Work (P)	-	-	2	2	-	50	50	2
Total		16	-	12	28	240	460	700	24

SEMESTER II

Course Code	THEORY COURSES	Periods*			Hrs/week	Evaluation Scheme			Credit units
		L	T	P		Int.	Ext.	Total	
BSS 201	Sports Anthropometry and Body Composition	4	-	-	4	40	60	100	4
BSS 202	Sport and Exercise Nutrition	4	-	-	4	40	60	100	4
BSS 203	Health Education	4	-	-	4	40	60	100	4
BSS 204	Sports Digitalization & Data Analytics	4	-	-	4	40	60	100	4
PRACTICALS									
BSS 205	Sports Anthropometry and Body Composition (P)	-	-	2	2	20	30	50	1
BSS 206	Sport and Exercise Nutrition (P)	-	-	2	2	20	30	50	1
BSS 207	Health Education (P)	-	-	2	2	20	30	50	1
BSS 208	Sports Digitalization & Data Analytics (P)	-	-	2	2	20	30	50	1
BSS 209	Sport of Choice: Team Games (P)	-	-	2	2	-	50	50	2
BSS 210	Council Work (P)	-	-	2	2	-	50	50	2
Total		16	-	12	28	240	460	700	24

SEMESTER III

Course Code	THEORY COURSES	Periods*			Hrs/week	Evaluation Scheme			Credit units
		L	T	P/S		Int	Ext	Total	
BSS 301	Test, Measurements and Evaluation in Sports	4	-	-	4	40	60	100	4
BSS 302	Organization and Administration in Sports	4	-	-	4	40	60	100	4
BSS 303	Sports and Exercise Physiology	4	-	-	4	40	60	100	4
BSS 304	Curriculum Design	4	-	-	4	40	60	100	4
PRACTICALS									
BSS 305	Test, Measurements and Evaluation in Sports (P)	-	-	2	2	20	30	50	1
BSS 306	Organization and Administration in Sports (P)	-	-	2	2	20	30	50	1
BSS 307	Sports and Exercise Physiology (P)	-	-	2	2	20	30	50	1
BSS 308	Minor Project Report & Viva (P)	-	-	2	2	20	30	50	1
BSS 309	Sport of Choice: Team Games (P)	-	-	2	2	-	50	50	2
BSS 310	Council Work (P)	-	-	2	2	-	50	50	2
Total		16	-	12	28	240	460	700	24

SEMESTER IV

Course Code	THEORY COURSES	Periods*			Hrs/week	Evaluation Scheme			Credit units
		L	T	P		Int	Ext	Total	
BSS 401	Sports Pharmacy	4	-	-	4	40	60	100	4
BSS 402	Sports Event Management	4	-	-	4	40	60	100	4
BSS 403	Choose Any One of The Following:- A. Sports For All B. Fitness and Wellness C. Sports Journalism and Mass Media D. Sports Tourism	4	-	-	4	40	60	100	4
BSS 404	Research Methods and Statistical Concepts	4	-	-	4	40	60	100	4
PRACTICALS									
BSS 405	Sports Pharmacy (P)	-	-	2	2	20	30	50	1
BSS 406	Sports Management (P)	-	-	2	2	20	30	50	1
BSS 407	Optional Paper (P) - As per options (A) / (B) / (C) / (D)	-	-	2	2	20	30	50	1
BSS 408	Minor Project Report & Viva (P)	-	-	2	2	20	30	50	1
BSS 409	Sport of Choice: Gymnastics (P)	-	-	2	2	-	50	50	2
BSS 410	Council Work (P)	-	-	2	2	-	50	50	2
Total		16	-	12	28	240	460	700	24

SEMESTER V

Course Code	THEORY COURSES	Periods*			Hrs/week	Evaluation Scheme			Credit units
		L	T	P		Int	Ext	Total	
BSS 501	Sports Kinesiology and Biomechanics	4	-	-	4	40	60	100	4
BSS 502	Sports and Exercise Psychology	4	-	-	4	40	60	100	4
BSS 503	Sports Sociology	4	-	-	4	40	60	100	4
PRACTICALS									
BSS 504	Sports Kinesiology and Biomechanics (P)	-	-	2	2	20	30	50	1
BSS 505	Sports and Exercise Psychology (P)	-	-	2	2	20	30	50	1
BSS 506	Internship Field Work Experience (P)	-	-	-	-	-	100	100	4
BSS 507	Major Project Report & Viva (P)	-	-	2	2	-	100	100	4
BSS 508	Sport of Choice: Swimming (P)	-	-	2	2	-	50	50	2
BSS 509	Council Work (P)	-	-	2	2	-	50	50	2
Total		12	-	10	22	160	540	700	26

SEMESTER VI

Course Code	THEORY COURSES	Periods*			Hr/Week	Evaluation Scheme			Credit Units
		L	T	P		Int.	Ext.	Total	
BSS 601	Science of Sports Training	4	-	-	4	40	60	100	4
BSS 602	Sports Injuries Prevention and Rehabilitation	4	-	-	4	40	60	100	4
BSS 603	Yogic Science	4	-	-	4	40	60	100	4
BSS 604	Environmental Studies	4	-	-	4	40	60	100	4
PRACTICALS									
BSS 605	Science of Sports Training (P)	-	-	2	2	20	30	50	1
BSS 606	Sports Injuries Prevention and Rehabilitation (P)	-	-	2	2	20	30	50	1
BSS 607	Major Project Thesis (P)	-	-	2	2	-	100	100	4
BSS 608	Sport of Choice: Yoga (P)	-	-	2	2	-	50	50	2
BSS 609	Council Work (P)	-	-	2	2	-	50	50	2
Total		16	-	10	26	200	500	700	26