

B.Sc.(Hons.) SPORTS SCIENCE**SYLLABUS****w.e.f. Academic Session 2018-19****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 | 4 | - | - | 4 | 40 | 60 | 100 | 4 |
| BSS 102 | Computer Application in Sports Technology (Digitalization) | 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 (P) | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 106 | Computer Application in Sports Technology (Digitalization) (P) | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 107 | Introduction to Anatomy & Physiology (P) | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 108 | Information and Communication Technology (P) | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 109 | Sport of Choice (P): Athletics | - | - | 4 | 4 | - | 50 | 50 | 2 |
| BSS 110 | Council Work | - | - | - | 2 | - | 50 | 50 | 2 |
| Total | | 16 | | 12 | 30 | 240 | 460 | 700 | 24 |

- L= Lecture, T=Tutorials, P= Practical.

SEMESTER II

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

Sports Science may be inclusive of Exercise Science because sports are also as organized physical activity like exercise (which is an organized physical activity).

SEMESTER III

| Course Code | THEORY COURSES | Periods* | | | Hrs/week | Evaluation Scheme | | | Credit units |
|-------------------|--|----------|---|-----|----------|-------------------|-----|-------|--------------|
| | | L | T | P/S | | Int | Ext | Total | |
| BSS 301 | Test Evaluation Accreditation Measurements and Standards (TEAMS) | 4 | - | - | 4 | 40 | 60 | 100 | 4 |
| BSS 302 | Sport and Exercise Physiology | 4 | - | - | 4 | 40 | 60 | 100 | 4 |
| BSS 303 | Research Methods | 4 | - | - | 4 | 40 | 60 | 100 | 4 |
| BSS 304 | Health Education | 4 | - | - | 4 | 40 | 60 | 100 | 4 |
| PRACTICALS | | | | | | | | | |
| BSS 305 | Test Evaluation Accreditation Measurements and Standards (P) | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 306 | Sport and Exercise Physiology (P) | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 307 | Health Education (P) | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 308 | Minor Project Report & Viva | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 309 | Sport of Choice (P): Team Games | - | - | 2 | 2 | - | 50 | 50 | 2 |
| BSS 310 | Council Work | - | - | - | 2 | - | 50 | 50 | 2 |
| Total | | 16 | | 10 | 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 | Scouting and Nurturing Sports Talent | 4 | - | - | 4 | 40 | 60 | 100 | 4 |
| BSS 403 | Choose Any One of The Following:- A. Fitness and Aerobics B. Sports Industry and Marketing C. Exercise Prescription | 4 | - | - | 4 | 40 | 60 | 100 | 4 |
| BSS 404 | Sport and Exercise Injury Prevention & Physiotherapy | 4 | - | - | 4 | 40 | 60 | 100 | 4 |
| PRACTICALS | | | | | | | | | |
| BSS 405 | Sports Pharmacy (P) | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 406 | Optional Paper (P) - As per options (A) / (B) / (C) | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 407 | Sport and Exercise Injury Prevention & Physiotherapy (P) | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 408 | Major Project Synopsis & Viva | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 409 | Sport of Choice (P): Yoga & Indigenous Game | - | - | 2 | 2 | - | 50 | 50 | 2 |
| BSS 410 | Council Work | - | - | - | 2 | - | 50 | 50 | 2 |
| Total | | 16 | | 10 | 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 Biomechanics | 4 | - | - | 4 | 40 | 60 | 100 | 4 |
| BSS 502 | Environmental Studies | 4 | - | - | 4 | 40 | 60 | 100 | 4 |
| BSS 503 | Sport and Exercise Psychology | 4 | - | - | 4 | 40 | 60 | 100 | 4 |
| BSS 504 | Balanced Education | 4 | - | - | 4 | 40 | 60 | 100 | 4 |
| PRACTICALS | | | | | | | | | |
| BSS 505 | Sports Biomechanics (P) | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 506 | Sport and Exercise Psychology (P) | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 507 | Internship Field Work Experience (P) | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 508 | Major Project: Status Report & Viva | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 509 | Sport of Choice (P): Swimming | - | - | 2 | 2 | - | 50 | 50 | 2 |
| BSS 510 | Council Work | - | - | - | 2 | - | 50 | 50 | 2 |
| Total | | 16 | | 10 | 28 | 240 | 460 | 700 | 24 |

SEMESTER VI

| Course Code | THEORY COURSES | Periods* | | | Hr/Week | Evaluation Scheme | | | Credit Units |
|-------------------|--|----------|---|----|---------|-------------------|------|-------|--------------|
| | | L | T | P | | Int. | Ext. | Total | |
| BSS 601 | Sports for All | 4 | - | - | 4 | 40 | 60 | 100 | 4 |
| BSS 602 | Performance Analysis and Sports Technology | 4 | - | - | 4 | 40 | 60 | 100 | 4 |
| BSS 603 | Sports Training Methodology | 4 | - | - | 4 | 40 | 60 | 100 | 4 |
| BSS 604 | Major Project Thesis | 4 | - | - | 4 | 40 | 60 | 100 | 4 |
| PRACTICALS | | | | | | | | | |
| BSS 605 | Sports for All (P) | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 606 | Performance Analysis and Sports Technology (P) | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 607 | Sports Training Methodology (P) | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 608 | Major Project: Presentation & Viva (P) | - | - | 2 | 2 | 20 | 30 | 50 | 1 |
| BSS 609 | Sport of Choice (P): Gymnastics | - | - | 2 | 2 | - | 50 | 50 | 2 |
| BSS 610 | Council Work | - | - | - | 2 | - | 50 | 50 | 2 |
| Total | | 16 | | 10 | 28 | 240 | 460 | 700 | 24 |