

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES**

**UNIVERSITY OF DELHI**

**B.Sc. (Hons.) (Physical Education, Health Education and Sports)**

**SEMESTER- IV**

**BSc-PE-DSC-10(4) SPORTS SOCIOLOGY**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/Practic e		
<b>BSc-PE-DSC-10(4) SPORTS SOCIOLOGY</b>	<b>4</b>	<b>3</b>	<b>0</b>	<b>1</b>	<b>Class XII pass</b>	<b>Nil</b>

**Learning Objective:**

To provide the knowledge and applications of Sports sociology as well as to familiarize the learners with the concepts of sociology, culture and sport, Socialization and sports, Gender and sports as well as sports education with application point of view.

**Learning Outcomes:** At the end of the course, the student will be able to

- Understand the meaning and importance of sports sociology
- Understand the concept of culture and sports along with its components to deal with cultural aspects
- Differentiate between gender, feminism social, cultural & economic barriers to women's participation in sports.
- Identify sports as a tool for gender equality & women empowerment in the present day context.
- Understand the importance and applications of sports sociology.
- Explain sociological perspectives with sports.
- Inculcate the sports culture in their life & society.
- Establish the relationship between society and sports.
- Understand the significance of socialization through games and sports for development of the society.

## **THEORY SYLLABUS (45 HOURS)**

### **UNIT-I Introduction**

- 1.1 Meaning & definitions of sociology & sports sociology
- 1.2 Aim and importance of sports sociology
- 1.3 Meaning and importance of society
- 1.4 Sports as a part of society

### **UNIT-II Culture and sports**

- 2.1 Concept of culture & sports culture
- 2.2 Characteristics of Sports Culture
- 2.3 Functions of sports culture
- 2.4 Components of sports culture

### **UNIT-III Socialization and Sports**

- 3.1 Concept of Socialization & Sports Socialization
- 3.2 Importance of sports socialization
- 3.3 Types of sports socialization
- 3.4 Agents of sports socialization

### **UNIT-IV Gender and sports**

- 4.1 Meaning of Gender and Feminism
- 4.2 Social, cultural & economical barriers to women's participation in sports
- 4.3 Gender discrimination and equality in sports
- 4.4 Sports as a tool for gender equality & women empowerment.

## **PRACTICAL SYLLABUS (30 HOURS)**

1. Collect data and analysis on the status of women in sports in society/Community
2. Conduct a survey of any sports choice based on commercial growth.
3. Superstition scale collect data and write an article on at least 15 members of a sports team
4. Cultural determination test (collect data and write an article on at least 10 members of the sports team)

### **SUGGESTED READINGS**

1. Rajveer Khel Samaj Shastra, 2010 Sports Publication, New Delhi,
2. Kumar, Dharmander, 2022 "Fundamentals of Sports Sociology" Wrier Choice publication, New Delhi,
3. Rao, Shankar 2012 "Principles of Sociology" S. Chand & Company, New Delhi, Nirja Publishers & printer, India,.
4. Gupta, M.L. & Sharma, D. D. D 2004 "Samajshastra" SahityaBhawan Publication,
5. Bhusan, V. and Sachdeva, 2003 An Introduction to Sociology, Delhi: Kitab,.
6. IGNOU, 2007 The Study of Society - Understanding Sociology, Delhi - IGNOU,.

7. Jain, Rachna, 2005 Sports Sociology, New Delhi: Khel Sahitaya Kendra,.
8. Knop, P.D., Engstrom, L.M., Sbisstadd, B., Uleiss, M.R., 1996 World Wide Trends In Youth Sport, Human Kinetics
9. Maguire, J. and Young JAI, K., 2005 Theory, Sport and Society, Elsevier Ltd.
10. Majuardar, B., and Morgan Reutledge, J. A., 2005 Sport in South Asian Society Past and Present edited, New York and London
11. Moping Sense of Sports, 2000 by Ellis Cashmore Routledge, New York,
12. Rawat, H.K. Sociology Basic concepts, 2007 Rawat Publication
13. Roulledge, M. Abrow, 2001 Sociology, The Basics London
14. Sandhu, Kanwaljit Singh, 2000 Sport Sociology, New Delhi : Friends Pub.,.
15. Singh, Bhupinder, Sports Sociology, 2004 New Delhi : Friends,.
16. Singh, J.P., Samaajshastra Avdharanaaye Aur Sidhaant 1999, Prentis Hall of India New Delhi
17. Sports in Contemporary Society: An ethnology worth publications, New York-2001
18. Stanly eitzan and George H. Sage, 1997 Sociology of world American Sports, Bastow, M. A: W C B/Mcgraw Hill
19. Turner, B., 2006 Cambridge Dictionary of Sociology, U.K., Cambridge, U.N. Press.,
20. Woods, Ronald B., 2007 Social issues in Sports, Human Kinetics

**Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.**

## SEMESTER- IV

### BSc-PE-DSC-11 (4) :SPORTS BIOMECHANICS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
<b>BSc-PE-DSC-11 (4): SPORTS BIOMECHANICS</b>	<b>4</b>	<b>3</b>	<b>0</b>	<b>1</b>	<b>Class XII pass</b>	<b>Nil</b>

**Learning Objective:** The objective of this course is to provide an understanding with practical skills to the learners about Sports Biomechanics and its applications to sports as well as to develop the foundation of sports biomechanics for performance analysis and improvement.

**Learning Outcomes :** At the end of the course the student will be able to-

- 1.Understand the fundamental concepts and practices related to Sports Biomechanics.
- 2.Develop an understanding for practical applications of the fundamental structure of movement with related mechanics and its principles.
- 3.Analyze the sport movements and design movement-oriented exercise for improvement of performance.
- 4.Develop the program for improving performance as an innovative approach applying biomechanics.
- 5.Apply the knowledge and skills related to science of movement to
- 6.create a strong foundation for better sports performance and research.

### THEORY SYLLABUS (45 HOURS)

#### UNIT – I Introduction to Sports Biomechanics (10 Hours)

- i. Meaning and Definition of Sports Biomechanics.
- ii. Importance of Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.
- iii. Terminology of Fundamental Movements- Fundamental concepts of Centre of Gravity, Equilibrium, Line of Gravity

#### UNIT – II Mechanical Concepts (10 Hours)

- i. Force - Meaning, definition, types and its application to sports activities
- ii. Lever - Meaning, definition, types and its application to human body.
- iii. Newton's Laws of Motion – Meaning, definition and its application to sports activities (linear and angular).
- iv. Projectile – Factors influencing projectile trajectory.

### **UNIT – III Kinematics of Human Movement (10 Hours)**

- i. Linear Kinematics – Distance and Displacement, speed and velocity, Acceleration
- ii. Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.

### **UNIT – IV Kinetics of Human Movement And Biomechanical Principles (15 Hours)**

- i. Linear Kinetics – Inertia, Mass, Momentum, Friction.
- ii. Angular Kinetics – Moment of Inertia, Couple, Stability.
- iii. The Principle of the Optimum Path of Acceleration.
- iv. The Principle of the Initial Force.
- v. The Principle of Reaction.
- vi. The Principle of Conservation of Momentum.

### **PRACTICAL SYLLABUS (30 Hours)**

1. Evaluation of Velocity- Time Graph.
2. Determination of Centre of Gravity by Reaction Board Method.
3. Determination of Centre of Gravity by Joint Point Method.
4. Determination of Centre of Gravity by Main Point Method.
5. Determination of Centre of Combined Gravity (Joint Point Method).
6. Demonstration of the Principle of Conservation of Angular Momentum.
7. Demonstration of the Principle of Action and Reaction.

### **SUGGESTED READINGS:**

1. Shaw, D. (2003). Sports Biomechanics. Khel Sahitya Kendra.
2. Shaw, D. (2022). Biomechanics and Kinesiology of Human Motion. Khel Sahitya Kendra.
3. Shaw, D. (2007). Mechanical Basis of Bio-Mechanics. Sports Publication.
4. Shaw, D. (2018). Pedagogic Kinesiology. Sports Publication.
5. Shaw, D. & Kumar, G. (2022). Kinesiology of Exercises with Apparatus. Khel Sahitya Kendra.
6. Shaw, D. & Mathur, N. (2022). Kinesiology of Freehand Exercises. Sports Publication.
7. Bunn, J. W. (1972). Scientific Principles of Coaching. Englewood Cliffs, N.J.: Prentice Hall Inc.

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## SEMESTER- IV

### BSc-PE-DSC-12 (4): EXERCISE PRESCRIPTION FOR FITNESS AND HEALTH

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>BSc-PE-DSC-12 (4): EXERCISE PRESCRIPTION FOR FITNESS AND HEALTH</b>	<b>4</b>	<b>3</b>	<b>0</b>	<b>1</b>	<b>Class XII pass</b>	<b>Nil</b>

**Learning Objective:** The objective of this course is to provide an understanding, skill and practices to the learners about exercise prescription for health and fitness.

**Learning Outcomes:** At the end of the course the student will be able to: -

1. Acquire the knowledge and practices of exercise prescription on behalf of health status.
2. Deal with differentiation and the relation between exercise & physical activity.
3. Understand and demonstrate the direct and indirect health benefits of the exercise
4. Get an understanding and applications of acronyms FITT (Frequency, Intensity, Time (duration), type (Mode of Exercise) (Training principles for batter training)

#### **THEORY SYLLABUS (45 HOURS)**

##### **UNIT I - (09 Hours)**

1. Exercise Prescription: Definition, Concept, and significance of exercise prescription.
2. Scientific Basis of Exercise Prescription
3. Guidelines to be followed while starting an exercise program.

##### **UNIT II - (09 Hours)**

1. Meaning and definition of exercise & physical activity
2. Differences between exercise & physical activity (chronic and acute effects for adaptation)
3. Relation between exercise & physical activity

##### **UNIT III - (09 Hours)**

1. Effect of sedentary lifestyle on health and Health benefits of exercise.
2. Sedentary population, Special population (Children, Expectant mothers, and the older population).

3. Stages of behavior Change in adapting regular exercise regimen.

#### **UNIT IV - (09 Hours)**

1. Exercise stress test, physical fitness test.
2. Understanding acronyms FITT (Frequency, Intensity, Time (duration), Type (Mode of Exercise)).
3. Principles of Fitness Training

#### **PRACTICAL SYLLABUS (30 HOURS)**

1. Assessment Of Health-Related Physical Fitness Components (At Least Three Components)
2. Administering The PAR-Q
3. Measurement Of Health Status Using A Health Status Questionnaire.
4. Designing An Exercise Program For A Selected Population.
5. Evaluation Of An Exercise Programme

#### **SUGGESTED READINGS-**

1. American College of Sports Medicine (2000). ACSM's Guidelines for Exercise Testing and Prescription. Lippincott Williams & Wilkins. Philadelphia. USA.
2. Corbin C G Welk W Corbin & K Welk (2005). Concepts of Fitness and Wellness. McGraw Hill Company. New York. USA.
3. Hales D (2006). An Invitation to Health. Thomson Wadsworth. Belmont. California. USA.
4. Kolecki JE and DQ Thomas (2007). Activities and Assessment Manual. Jones and Bartlett Publishers. Sandburg. Massachusetts. USA.
5. Powers S and E Howley (2006). Exercise Physiology- Theory and Applications. McGraw Hill Co. New York. USA.
6. Thomas DQ and JE Kotecki (2007). Physical Activity and Health –An Interactive Approach. Jones and Bartlett Publishers. Sndbury. Massachusetts. USA.

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