

**GOVT. DIGVIJAY AUTONOMOUS P.G. COLLEGE**  
**RAJNANDGAON (C.G.)**



**Session - 2026 - 27**

**SYLLABUS**  
**OF**  
**SPORTS AND HEALTHY LIFE**  
**UNDER**  
**FACULTY OF SPORTS DEPARTMENT**  
**Approved By Board of Studies (BOS)**  
**DEPARTMENT OF**  
**SPORTS**

# GOVT. DIGVIJAY AUTONOMOUS P.G. COLLEGE RAJNANDGAON (C.G.)

## FOUR YEAR UNDERGRADUATE PROGRAM (2024-2028) DEPARTMENT OF SPORTS: VALUE ADDITION COURSE COURSE CURRICULUM (2026-27)

### Program Outcomes :-

Participating in structural sports and healthy life programs yields comprehensive, scientifically proven positive outcomes across multiple dimensions of human development. Global institutions like the World Health Organization (WHO) actively promote these initiatives to combat sedentary lifestyles and noncommunicable diseases.

The primary health and lifestyle outcomes of these programs are categorized below:

#### 1. Physical & Physiological Outcomes :-

Regular engagement in sports-driven physical activity fundamentally alters and strengthens the body's internal systems.

##### Cardiovascular Health:-

Enhances resting heart capacity, optimizes blood circulation, and lowers the long-term risk of heart disease and strokes.

##### Metabolic Regulation:-

Increases insulin sensitivity and glucose transport, acting as a critical buffer against obesity, metabolic syndrome, and Type-2 diabetes.

Musculoskeletal Strength: Stimulates bone mineral density (reducing the risk of osteoporosis later in life) and builds structural muscle stability.

##### Immune & Intestinal Defense:-

Improves overall immune system response and promotes healthier gut function, decreasing the body's susceptibility to chronic inflammation and specific cancers.

#### 2. Mental & Cognitive Outcomes

A healthy life program targets neurological well-being as much as physical fitness.

Stress and Anxiety Reduction: Exercise triggers the release of endorphins (frequently called "happiness hormones"), which mitigate short-term anxiety, stabilize mood swings, and ease depression.

##### Enhanced Brain Function:-

Increases cerebral blood flow to the hippocampus, directly improving memory consolidation, sharp spatial focus, and cognitive longevity.

**FOUR YEAR UNDERGRADUATE PROGRAM (2024-2028)**  
**DEPARTMENT OF SPORTS: VALUE ADDITION COURSE**  
**COURSE CURRICULUM (2026-27)**

|                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                       |
|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|
| <b>PART-A: Introduction</b>                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                       |
| <b>Program: Undergraduate</b><br>(Certificate/Diploma/Degree/Honors)                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Semester-I/III/V Session: 2026-27</b>              |
| Course Code                                                                             | <b>SPVAC-01</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                       |
| Course Title                                                                            | <b>Sports and Healthy Life</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                       |
| Course Type                                                                             | <b>Value Addition Course (VAC)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                       |
| Pre-requisite(if any)                                                                   | As per Government norms/Institutional scheme                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                       |
| Course Learning Outcomes (CLO)                                                          | <b>After completion of this course, the students will be able to -</b> <ul style="list-style-type: none"> <li>➤ Acquire values of cooperation, team spirit, determination, and endurance</li> <li>➤ Acquire good health and psychological well-being through sports participation</li> <li>➤ Apply the decision making-ability and goal-setting skills acquired through sportsparticipation in everyday life</li> <li>➤ Acquire skills for engaging in moderate or vigorous physical activity and sportsparticipation</li> <li>➤ Reduce exposure to screen time on electronic gadgets and channelizing energythrough sports participation</li> </ul> |                                                       |
| Credit Value                                                                            | <b>2 Credits</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>Credit = 15 Hours - learning &amp; Observation</b> |
| Total Marks                                                                             | <b>Max. Marks: 50</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Min Passing Marks: 20</b>                          |
| <b>PART-B: Content of the Course</b>                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                       |
| <b>Total No. of Teaching-learning Periods (01 Hr. per period) 30 Periods (30 Hours)</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                       |
| <b>Module</b>                                                                           | <b>Topics (Course contents): Learning and Practices</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>No.of Hrs</b>                                      |
| <b>I</b>                                                                                | <b>Introduction:</b> Concept and Rules of the Sport, Types, Techniques / skills in the sport/Aerobic Skills Indoor and Outdoor Games. Practices for Marking of the court/field, Skills learning in sports, Group Games/Relays, Participation in games                                                                                                                                                                                                                                                                                                                                                                                                | <b>07 Hours</b>                                       |
| <b>II</b>                                                                               | <b>Components of Fitness:</b> Meaning and Development of Strength, Speed, Endurance, Flexibility and Coordinative Abilities. Practices to Skills learning and Participation in sports, Participation in National competitions                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>07 Hours</b>                                       |
| <b>III</b>                                                                              | <b>Benefits of sports and physical activity:</b> Effect of exercise on the body, Organizing of a sports game competition, Balanced Diet, Practices to Group Games,/Relays/Step Aerobics, Participation in Intramural competitions                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>07 Hours</b>                                       |
| <b>IV</b>                                                                               | <b>Sports in Contemporary Times:</b> Honour and Awards associated with sports and sportspersons. C Aerobics and Physical Activity, Athletics, Archery, Badminton, Basketball, Boxing, Chess, Carrom, Cricket, Football, Handball, Hockey, Kabaddi Kho-Kho, Shooting, Squash, Table-Tennis, Tennis, Volleyball, Wrestling etc                                                                                                                                                                                                                                                                                                                         | <b>09 Hours</b>                                       |

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## PART-CSPVAC-01 (Sports and Healthy Life)

### Learning Resources: Text Books, Reference Books and Others

#### Text Books Recommended

1. James R Morrow Jr., Dale P Mood, James G Dirsch, Minsoo Kang - Measurement and Evaluation in Human Performance-Human Kinetics Publishers (2015)
3. W. Larry Kenney, Jack H Wilmore, David L Costill (2015) Physiology of Sports and Exercise, Second Edition. USA Human Kinetics.
4. Wener W K Hoeger, Sharon A. Hoeger- Fitness and Wellness-Cengage Learning (2014)
5. Kansal DK (2012) A practical approach to Measurement Evaluation in Physical Education & Sports selection. Sports & Spiritual Science Publications, New Delhi
6. Websites of International Sports Federations, Ministry of Youth Affairs and Sports Govt

#### Online Resources-

- e-Resources /e-books and e-learning portals

<https://sportscotland.org.uk/about-us/sport-for-life>

<https://www.who.int/initiatives/sports-and-health>

<https://idrottsforum.org/articles/grutoska-carlsson/grujoska-carlsson071107.Pdf>

#### ❖ Use of following sites

- <https://sport-for-life.org>

## PART -D: Assessment and Evaluation

### Suggested Continuous Evaluation Methods:

Maximum Marks:50 Marks

Continuous Internal Assessment (CIA): 15 Marks

End Semester Exam (ESE): 35 Marks

|                                                               |                                                                                                                                                                             |                                                                                                                  |
|---------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| Continuous Internal Assessment (CIA) :<br>(By Course Teacher) | Internal Test/Quiz- (2)10 & 10<br>Assessment/Seminar+Attendance – 05<br>Total Marks - 15                                                                                    | Better marks out of the two<br>Test/Quiz+obtained marks in<br>Assignment shall be considered<br>against 15 Marks |
| End Semester Exam (ESE):                                      | Two section - A&B<br>Section A : Q1.Objective - 05 x1= 05 Mark;Q2. Short answer type- 5x2=10<br>Section B :Descriptive answer type qts.,1 out of 2 from each unit- 4x05 =20 |                                                                                                                  |

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### Reference Book:-

1. Exercise Physiology — McArdle, Katch & Katch
2. Sport Nutrition — Jeukendrup & Gleeson
3. Essentials of Exercise Physiology — McArdle, Katch & Katch
4. Sports and Exercise Nutrition — McArdle, Katch & Katch
5. Foundations of Physical Education, Exercise, and Sport Sciences — William C. Adams
6. Yoga/Health & Wellness से संबंधित एक मानक पुस्तक