



UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A ++' GRADE' UNIVERSITY)
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

Academic Section

Email: academicsectionju14@gmail.com

NOTIFICATION (25/Dec./Adp./131)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the Syllabi and Courses of Study in the subject of **Physical Education and Sports** of Semesters I and II for **Four Year Under Graduate Programme** under as per NEP-2020 (as given in the annexure) for the examinations to be held in the years as per the details given below:

Subject	Semester	Course Code	For the examinations to be held in the year
Physical Education and Sports	Semester-I	UMJSPT-101	December 2025, 2026, 2027 and 2028
		UMISPT-102	December 2025, 2026, 2027 and 2028
		UMDSPT-103	December 2025, 2026, 2027 and 2028
		USESPT-104*	December 2025 only
		USESPT-111	December 2026, 2027 and 2028
	Semester-II	UMJSPT-201	May 2026, 2027, 2028 and 2029
		UMISPT-202	May 2026, 2027, 2028 and 2029
		UMDSPT-203	May 2026, 2027, 2028 and 2029
		USESPT-204*	May 2026 only
		USESPT-211	May 2027, 2028 and 2029

Note: -

1. Course No. USESPT-104 and USESPT-204 is only for December 2025 and May 2026 only.
2. The Syllabi of the courses is available on the University website: www.jammuuniversity.ac.in

Sd/-
DEAN ACADEMIC AFFAIRS

No. F. Acd/II/25/132w-215

Dated: 20/12/2025

Copy for information and necessary action to:

1. Dean, Faculty of Education
2. Convener, Board of Studies in Physical Education
3. Director, Physical Education
4. All members of the Board of Studies
5. Sr. P.A. to the Controller of Examinations
6. Principal, Trikuta College of Physical Education, Nardani, Bantalab, Jammu.
7. Director, CITES&M, University of Jammu for directing the concerned to upload the notification on University Website.
8. C.A. to the Controller of Examinations
9. Director, Computer Centre, University of Jammu.
10. Joint Registrar/Deputy Registrar/Asst. Registrar (Confidential/Exam UG/Exam. Non Prof.)

Shruca
23/12/25
Joint Registrar (Academic)

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23/12/25

UNIVERSITY OF JAMMU
("A+ +" Grade University-Accredited by NAAC)

COURSE SCHEME & SYLLABUS

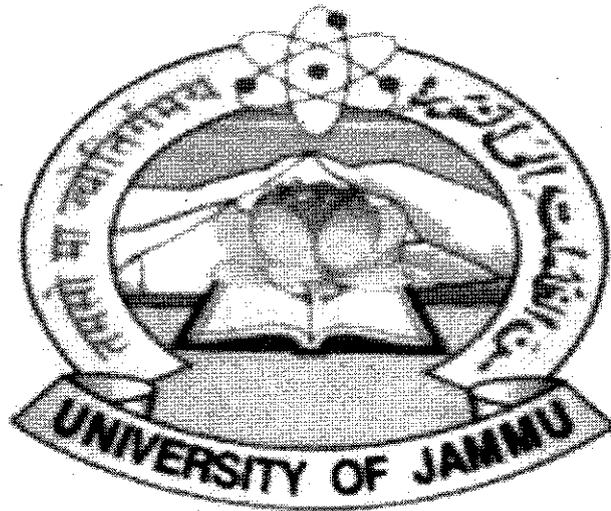
For

B.P.E.S.

FYUGP in the subject of PHYSICAL EDUCATION and SPORTS as per NEP-2020
With

PHYSICAL EDUCATION

(Effective from Academic Session 2025-26 Onwards)



Department of Sports and Physical Education

University of Jammu

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Following Courses of study are prescribed for
B.P.E.S.
FYUGP in the subject of PHYSICAL EDUCATION and SPORTS as per NEP-2020
Semester 1st

Four Credits

S. No.	Course Type	Course No.	Course Title	Credits	Marks				Total Marks
					Theory		Practical/Practical		
1.	Major	UMJSPT-101	History and Foundation of Physical Education	03Th+01P	Mid semester:15	End Exam:60	Assessment: 10 marks	Exam: 15 marks	100
2.	Minor	UMISPT-102	Basic and Systematic Anatomy & Physiology	03Th+01P	Mid semester:15	End Exam:60	Assessment: 10 marks	Exam: 15 marks	100

Three Credits

S. No.	Course Type	Course No.	Course Title	Credits	Marks		Total Marks
					Theory		
1.	Multidisciplinary	UMDSPT-103	Computer Applications	03	Mid semester:15	End Exam:60	75

S. No.	Course Type	Course No.	Course Title	Credits	Marks				Total Marks
					Theory		Practical		
1.	Skill Enhancement	USESPT-104	Officiating and coaching – I	02 (Theory 01 credits +01 credits Practical)	Mid semester: 05 Marks	End Exam: 20 marks	Assessment: 05 Marks	Exam: 20 marks (10+05)	50
2.	Skill Enhancement	USESPT-111	Officiating and coaching – I	03 (Theory 01 credits +02 credits Practical)	Mid semester: 25 Marks		End Exam: 50 marks		75

*NOTE: - Course Title Skill Enhancement with Course No. USESPT-104 syllabi is for Dec 2025 only

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Semester IInd

Four Credits

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					Theory		Practical/Practical		
1.	Major	UMJSPT-201	Sports Psychology	03Th+01P	Mid semester:15	End Exam:60	Assessment: 10 marks	Exam: 15 marks	100
2.	Minor	UMISPT-202	Health Education	03Th+01P	Mid semester:15	End Exam:60	Assessment: 10 marks	Exam: 15 marks	100

Three Credits

S. No.	Course Type	Course No.	Course Title	Credits	Marks		Total Marks
					Theory		
1.	Multidisciplinary	UMDSPT-203	Environmental Science	03	Mid semester:15	End Exam:60	75

S. No.	Course Type	Course No.	Course Title	Credits	Marks				Total Marks
					Theory		Practical		
1.	*Skill Enhancement	USESPT-204	Officiating and coaching - II	02 Theory 01 credits +02 credits Practical)	Mid semester: 05 Marks	End Exam: 20 marks	Assessment: 05 marks	Exam: 20 marks	50
2.	Skill Enhancement	USESPT-211	Officiating and coaching - II	03 (Theory 01 credits +02 credits Practical)	Mid semester: 25 Marks		End Exam: 50 marks		75

*NOTE: - Course Title Skill Enhancement with Course No. USESPT-204 syllabi is for May 2026 only

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UNIVERSITY OF JAMMU
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COURSE SCHEME & SYLLABUS

For

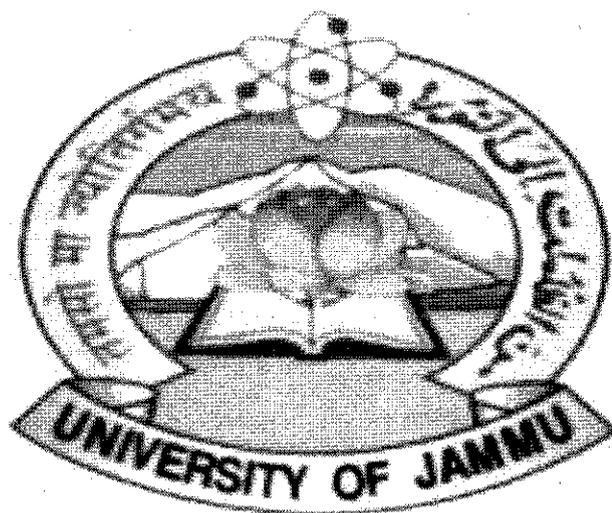
B.P.E.S.

FYUGP in the subject of PHYSICAL EDUCATION and SPORTS as per NEP-2020
With

PHYSICAL EDUCATION

(Semester I)

(EXAMINATION TO BE HELD IN DEC 2025, DEC 2026, DEC 2027, DEC 2028)



Department of Sports and Physical Education

University of Jammu

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Following Courses of study are prescribed for
B.P.E.S.
FYUGP in the subject of PHYSICAL EDUCATION and SPORTS as per NEP-2020
Semester 1st

Four Credits

S. No.	Course Type	Course No.	Course Title	Credits	Marks				Total Marks
					Theory		Practical/Practical		
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UNIVERSITY OF JAMMU

Syllabi of Physical Education and Sports for FYUGP as per NEP-2020

SEMESTER - 1st

(Examination is to be held in December 2025, 2026, 2027, 2028)

Major Course

Title of the course: History and Foundation of Physical Education

Course Code: UMJSPT 101

Credits: 04 (03theory+01practical)

Contact Hours: Theory- 45 hours

Practical - 15 hours

Maximum Marks: 100 (Theory: 75+ Practical: 25)

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Course Learning Outcomes:

The pass out would be able to compare the relationship between general education and Physical education.

One would be able to identify and relate with the History of Physical Education.

One would be able to comprehend the relationship between Philosophy, Education and Physical education.

One would able to identify the works of Philosophers of Education and Physical Education.

One would know recent developments and academic foundation of Physical Education.

THEORY COURSE

UNIT-I: Introduction to Physical Education

1.1 Meaning, Definition and Scope of Physical Education

1.2 Aims Objective and Importance of Physical Education in present era.

1.3 Misconceptions about Physical Education.

1.4 Relationship of Physical Education with General Education.

UNIT-II: Historical Development of Physical Education in India

2.1 Historical development of physical education and Sports in India- Pre Independence Period.

2.2 Post Independence Period.

2.3 Ancient Olympics

2.4 Modern Olympics with special references educational and cultural values of Olympic movement

Unit-III: Philosophical Foundation of Physical Education

3.1 Philosophical foundation: Idealism, Pragmatism, Naturalism and Realism

3.2 Philosophy and Culture in relation to Physical Education.

3.3 Fitness and wellness movement in the contemporary perspectives

3.4 Role of Sports in the maintenance and promotion of fitness.

UNIT-IV: Foundation of Physical Education

4.1 Biological: Growth and development, Age and gender characteristics and Body Types

4.2 Psychological: Attitude, Interest, Cognition and Emotions

4.3 Psychological: Motivation and its types.

4.4 Sociological: Society and culture and Leadership in physical education

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UNIVERSITY OF JAMMU

Syllabi of Physical Education and Sports for FYUGP as per NEP-2020

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Credits: 04 (03theory+01practical)

Contact Hours: Theory- 45 hours

Practical - 15 hours

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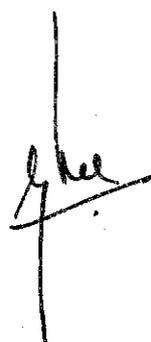
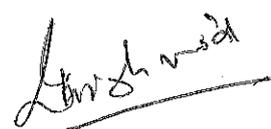
2) Internal assessment: 15

Duration of Examination: 03hrs

PRACTICAL COURSE

1. Badminton

- I. Equipment required in the game
- II. Rules and regulation of the game
- III. Basic Skills
- IV. Dimensions



UNIVERSITY OF JAMMU

Syllabi of Physical Education and Sports for FYUGP as per NEP-2020

SEMESTER - 1st

(Examination is to be held in December 2025, 2026, 2027,2028)

Major Course

Title of the course: History and Foundation of Physical Education

Course Code: UMJSPT 101

Credits: 04 (03theory+01practical)

Contact Hours: Theory- 45 hours

Practical - 15 hours

Maximum Marks: 100 (Theory: 75+ Practical: 25)

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
2. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).
3. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

Midterm assessment test shall be conducted by the course coordinator as per the following pattern:
The duration of test shall be 1 and a half hours.

SECTION A: Eight (08) short answer questions (Five to be attempted) covering 50% syllabus (two units) i.e. four questions from each unit. Each Question shall be of 01 mark.

SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

The midterm assessment marks awarded to the students in the course shall be displayed on the notice board at least one week before the commencement of end semester examination.

EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

The external end semester university examination in theory to be conducted by university shall consist of the following:

SECTION A: Four (04) short answer questions having one question from each unit. The students are required to attempt all questions. Each Question shall be of 03 marks.

SECTION B: Eight (08) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each Question shall be of 12 marks.

The Duration of Exam shall be of 03 hours.

PRACTICAL (25 MARKS)

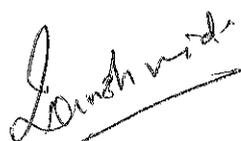
Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be asunder:

INTERNAL PRACTICAL (10 MARKS):

Internal practical involves Skill test of 07 marks and Viva Voce of 03 marks.

EXTERNAL PRACTICAL (15 MARKS):

Internal practical involves Skill test of 10 marks and Viva Voce of 05 marks.



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UNIVERSITY OF JAMMU
Syllabi of Physical Education and Sports for FYUGP as per NEP-2020
SEMESTER - 1st
(Examination is to be held in December 2025, 2026, 2027,2028)
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Practical - 15 hours

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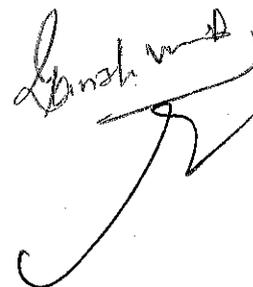
1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Suggested Readings

1. Bucher, C. A. (n.d.) - Foundation of physical education. St. Louis: The C.V. Mosby Co.
2. Deshpande, S. H. (2014) - Physical Education in Ancient India. Amravati: Degree college of Physical education.
3. Dash, B.N. (2003.) –Principles of Education, Neelkamal publication, Hyderabad,
4. Kamlesh, M.L. (2002) –Sociological Foundation of Physical Education, Metropolitan Book co. Pvt. Ltd., Delhi,
5. Pandey, R.S.(1991) Philosophical & Sociological Foundation of Education, Vinod PustakMandir, Agra,.
6. Bhatia, K.K. &Narang, C.L. (1984.)– Philosophical & Sociological Bases of Education, Prakash Bros., Ludhiana,
7. Adams, William.C (1991.) – Foundation of Physical Education Exercises and Sports Sciences, Lea and Febigor, Philadelphia,
8. Dr. Kamlesh M.L. (2004) - Principles and History of Physical Education and Sports, Friends Publication (India) New Delhi.
9. Dr. B.C.Kapri, Fundamentals of Physical Education, Friends Publication, DariyaGanj, Delhi(India).



UNIVERSITY OF JAMMU

Syllabi of Physical Education and Sports for FYUGP as per NEP-2020

SEMESTER - 1st

(Examination is to be held in December 2025, 2026, 2027, 2028)

Minor Course

Title of the course: Basic and Systematic Anatomy & Physiology

Course Code: UMISPT 102

Credits: 04 (03theory+01practical)

Contact Hours: Theory- 45 hours

Practical - 15 hours

Maximum Marks: 100 (Theory: 75+ Practical: 25)

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Course Learning Outcomes:

The student will be oriented with the basic structure and function of human body by identifying, comparing and relating different systems, organs and their functional and structural units.

One would be able to Relate and interpret the role of exercise on body systems and its relation to well being, through literature reviews and physical conditioning exercises.

Adapt the art to apply the knowledge of anatomy and physiology in physical activity classes at school level.

Construct anatomy and physiology related pedagogical materials exploring their creative imaginations while working in group and using technology.

THEORY COURSE

UNIT-I: Introduction

1.1 Meaning and definition of Anatomy and Physiology.

1.2 Structural and function of human cell

1.3 Skeletal System- classification and functions

1.4 Structure and types of bones, joints in human body, Effects of exercise on skeletal system

UNIT-II: Muscle

2.1 Structure and function of Muscle

2.2 Major classifications of Muscles

2.3 Types of muscle fiber

2.4 Types of muscular contractions (Isotonic, Isometric, Isokinetic) and Effect of exercise on muscular system

Unit-III: Circulatory and Respiratory System

3.1 Heart Structure and Effect of exercise on circulatory system

3.2 Concept of stroke volume, cardiac output and cardiac index

3.3 Effect of Exercise on Respiratory System

3.4 Concept of recovery oxygen and second wind

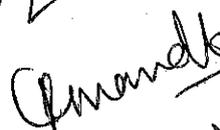
UNIT-IV: Digestive and Nervous System

4.1 Structure of digestive system and Effect of exercise on Digestive System and Excretory System

4.2 Classification of Nervous System on the basis of its structure and functions

4.3 Structure of Nervous System

4.4 Effect of exercise on nervous system



UNIVERSITY OF JAMMU

Syllabi of Physical Education and Sports for FYUGP as per NEP-2020

SEMESTER - 1st

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Practical - 15 hours

Maximum Marks: 100 (Theory: 75+ Practical: 25)

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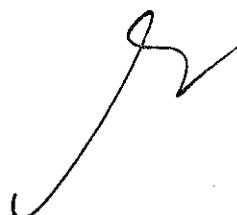
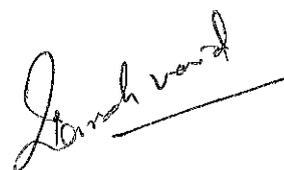
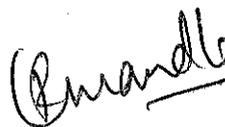
2) Internal assessment: 15

Duration of Examination: 03hrs

PRACTICAL COURSE

1. Table Tennis

- I. Equipment required in the game
- II. Rules and regulation of the game
- III. Basic Skills
- IV. Dimensions



UNIVERSITY OF JAMMU

Syllabi of Physical Education and Sports for FYUGP as per NEP-2020

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The Duration of Exam shall be of 03 hours.

PRACTICAL (25 MARKS)

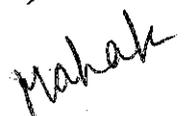
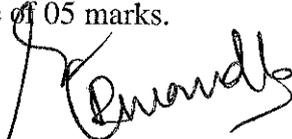
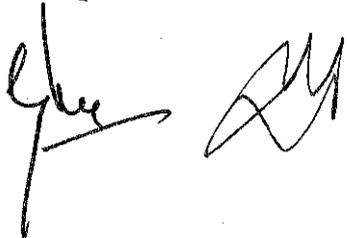
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UNIVERSITY OF JAMMU

Syllabi of Physical Education and Sports for FYUGP as per NEP-2020

SEMESTER - 1st

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Course Code: UMISPT 102

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Contact Hours: Theory- 45 hours

Practical - 15 hours

Maximum Marks: 100 (Theory: 75+ Practical: 25)

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Suggested Reading

1. Appuseries (2012) How the Human Body Works - Kids Animation Learn Series. [Online] Available from https://www.youtube.com/results?search_query=APPUSERIES+human+body+ [Accessed 20th July 2016].
2. Bannister, L. H. & et.al.(2000) Gray'sAnatomy.Churchill Living Stone.
3. Boone, T. (2014) Exercise physiology.Jones& Bartlett Learning.
4. Davidson, D.S. & Morgan, B. (2002) Human body revealed. Great Britian, Dorling Kindersley.
5. E Learning for kids- Founding Dreams (Date not Available) Science- Body Parts. [Online] Available from: <http://www.e-learningforkids.org/science/lesson/body-parts/>[Accessed 20th July 2016].
6. Foss, M. L., Keteyian, S. J. & Fox, E. L., (1998).Fox's physiological basis for exercise and sport. Boston, Mass, WCB/McGraw-Hill.
7. Get Body Smart (2016) An online examination of human anatomy and physiology-Animated Text Narrations and Quizzes to Explain the Structures and Functions of the Human Body Systems. [Online] Available from: <http://www.getbodysmart.com/> [Accessed 20th July 2016].
8. Hall, J. E. & Guyton, A. C. (2011).Guyton and Hall textbook of medical physiology. Philadelphia, PA, Saunders Elsevier.
9. Jam Campus (2018) THE PARTS OF A CELL SONG. [online video] Available at: <https://www.youtube.com/watch?v=NkC9Aijf7gI> [Accessed 03 July 2018].
10. JCCCvideo (2010) The Plasma Membrane. [online video] Available at: <https://www.youtube.com/watch?v=moPJkCbKjBs> [Accessed 03 July 2018].
11. Manocchia. P. (2007) Anatomy of Exercise-A trainer's inside guide to your workout. New York, A & C Black.
12. Mc Ardle, W.D.; Katch, F.I. &Katch, V.L. (2010) Exercise physiology- Nutrition, Energy, and human performance.7th edition. Philadelphia, Wolters Klnwerand Lippincott Williams & Wilkins.
14. Nucleus Medical Media (2015)1 Jain, Rachna, Sports Medicine, New Delhi: KSK, 2002.
15. Khanna, G.L & Jayprakash, C.S., Exercise Physiology & Sports Medicine, Lucky, 1990.
- 16.Khanna, G.L., Exercise Physiology & Sports Medicine, Lucky Enterprises, 1990.
- 17.Komi, P.V., Encyclopaedia of Sports Medicine, Blackwell, 1992.
18. Pande, P.K., Sports Medicine, ND; Khel Sahitya Kendra,1998.
19. Pandey, P.K., Outline of Sports Medicine, Delhi: J.P. Brothers, 1987.
20. Prentice, W.E., Therapeutic Modalities in Sports Medicine, Times Mirror, 1990. Renstrom,

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UNIVERSITY OF JMMU
Syllabi of Physical Education and Sports for FYUGP as per NEP-2020
SEMESTER - 1st
(Examination is to be held in December 2025, 2026, 2027,2028)
Multidisciplinary Course

Title of the course: Computer Applications

Course Code: UMDSPT 103

Credits: 03 (03theory)

Contact Hours: Theory- 45 hours

Maximum Marks: 75

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Course Learning Outcomes:

1. The student will be oriented with the basic knowledge of computer applications.
2. The student will be able to apply the knowledge in the framing of training programs.
3. The outcome of this course will help him in gathering, storage and processing of huge information in relation to inputs, outputs and feedback of sports training programs.

THEORY COURSE

Unit-I: Introduction to Computer

- 1.1 Information and communication technology (ICT).
- 1.2 Application of Computers in Physical Education
- 1.3 Components of computer, input and output device

Unit- II: Word Processing

- 2.1 Getting started with Microsoft Word
- 2.2 Creating, saving and opening a document
- 2.3 Page Setup, Paragraph Alignment, Spelling and Grammar Check, Printing Option, Inserting Page Number, Graph and Footnote.

Unit-III: Spreadsheet Program

- 3.1 Getting started with Microsoft Excel
- 3.2 Creating, saving and opening spreadsheet
- 3.3 Creating formulas

Unit-IV: Presentation Software

- 4.1 Getting started with Microsoft Power Point
- 4.2 Creating, saving and opening a ppt. file
- 4.3 Format and editing features Slide show, Design, Inserting Slide Number, Picture, Graph and Table

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UNIVERSITY OF JAMMU
Syllabi of Physical Education and Sports for FYUGP as per NEP-2020
SEMESTER - 1st
(Examination is to be held in December 2025, 2026, 2027, 2028)
Multidisciplinary Course

Title of the course: Computer Applications

Course Code: UMDSPT 103

Credits: 03 (03theory)

Contact Hours: Theory- 45 hours

Maximum Marks: 75

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
2. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).
3. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

Midterm assessment test shall be conducted by the course coordinator as per the following pattern: The duration of test shall be 1 and a half hours.

SECTION A: Eight (08) short answer questions (Five to be attempted) covering 50% syllabus (two units) i.e. four questions from each unit. Each Question shall be of 01 mark.

SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

The midterm assessment marks awarded to the students in the course shall be displayed on the notice board at least one week before the commencement of end semester examination.

EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

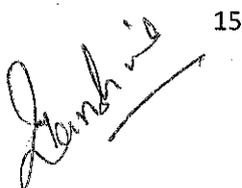
The external end semester university examination in theory to be conducted by university shall consist of the following:

SECTION A: Four (04) short answer questions having one question from each unit. The students are required to attempt all questions. Each Question shall be of 03 marks.

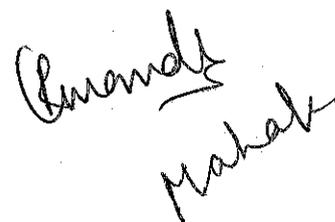
SECTION B: Eight (08) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each Question shall be of 12 marks.

The Duration of Exam shall be of 03 hours.



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UNIVERSITY OF JAMMU
Syllabi of Physical Education and Sports for FYUGP as per NEP-2020
SEMESTER - 1st
(Examination is to be held in December 2025, 2026, 2027, 2028)
Multidisciplinary Course

Title of the course: Computer Applications

Course Code: UMDSPT 103

Credits: 03 (03 theory)

Contact Hours: Theory- 45 hours

Maximum Marks: 75

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Suggested Readings

1. Irtegov, D. (2004). Operating system fundamentals. Firewall Media.
2. Frye, C. & Lambert, J. (2015). Microsoft Office 2016 Step by Step, Microsoft Press.
3. Milke, M. (2007). Absolute beginner's guide to computer basics. Pearson Education Asia.
4. Sinha, P. K. & Sinha, P. (2004). Computer fundamentals. 4th edition, BPB Publication.

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UNIVERSITY OF JAMMU
Syllabi of Physical Education and Sports for FYUGP as per NEP-2020
SEMESTER - 1st
(Examination is to be held in December 2025 Only)
Skill Enhancement Course

Title of the course: Officiating and coaching – I

Course Code: USEPET 104

Contact Hours: Theory- 15 hours

Maximum Marks: 50 (25 Theory+ 25 Practical)

1) Mid Semester Test: 05 marks

2) End Semester Test: 20 marks

Credits: 02 (01theory+01Practical)

Practical - 15 hours

Duration of Examination: 2½ hours

Learning outcomes

1. The pass out would be oriented with the rules regulations of the chosen game.
2. The pass out would be able to lay-out and mark the dimensions of the play court.
3. Students would be able to organize the concerned sports event and officiate in it.
4. Students would be oriented in the art of coaching the sports team.
5. Students shall also be able to organize and officiate in yogic events.

Unit-I: Introduction of Officiating and coaching

- 1.1 Concept of officiating and coaching
- 1.2 Principles of officiating & Coaching
- 1.3 Importance of officiating and coaching.

Unit-II: Rules and Layout: Volleyball

- 2.1 Dimensions, layouts and marking of fields of Volleyball
- 2.2 Rules and their interpretations of Volleyball
- 2.3 Qualification and number of officials in Volleyball

Unit-III: Rules and Layout: Handball

- 3.1 Dimensions, layouts and marking of fields of Handball
- 3.2 Rules and their interpretations of Handball
- 3.3 Qualification and number of officials in Handball

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UNIVERSITY OF JAMMU

Syllabi of Physical Education and Sports for FYUGP as per NEP-2020

SEMESTER - 1st

(Examination is to be held in December 2025 Only)

Skill Enhancement Course

Title of the course: Officiating and coaching -- I

Course Code: USEPET 104

Contact Hours: Theory- 15 hours

Maximum Marks: 50 (25 Theory+ 25 Practical)

1) Mid Semester Test: 05 marks

2) End Semester Test: 20 marks

Credits: 02 (01theory+01Practical)

Practical - 15 hours

Duration of Examination: 2½ hours

PRACTICAL COURSE

Anyone (Volleyball/Handball)

1. History and Development of the game at International and National level.
2. Dimensions and marking of playing area.
3. Basic requirements of the playing area.
4. Fundamental skills of the game.
5. Skill tests, scoring and arrangement of the skill tests.
6. National and international organizations / federations of the game.
7. Rules and their interpretations of the game.
8. Team selection and coaching in that game.
9. Officiating & Referee / Umpire /scorer /curatorship for self-employment.

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UNIVERSITY OF JAMMU

Syllabi of Physical Education and Sports for FYUGP as per NEP-2020

SEMESTER - 1st

(Examination is to be held in December 2025 Only)

Skill Enhancement Course

Title of the course: Officiating and coaching – I

Course Code: USEPET 104

Contact Hours: Theory- 15 hours

Maximum Marks: 50 (25 Theory+ 25 Practical)

1) Mid Semester Test: 05 marks

2) End Semester Test: 20 marks

Credits: 02 (01theory+01Practical)
Practical - 15 hours

Duration of Examination: 2½ hours

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

MID-TERM ASSESSMENT TEST (10 MARKS)

Theory (05 mark): Ten (10) short or Multiple choice or one-word answer type questions question All question are compulsory and each question carries half (1/2) marks. **Time allotted 1/2 hour.**

Performance (05 marks): Demonstration proficiency is the acquired skills under simulated conditions covering 50% of subjects from foundational to middle stage.

FINAL END SEMESTERASSESSMENT (40 MARKS)

Theory (20 marks): Section-A: shall Five (05) short answer type questions of 02 marks selecting at least one from each unit (All compulsory). Each be of 02 marks. The medium of examination shall be English

Section B: Four (04) long answer type questions (Two to be attempted) covering 100% syllabus. Each question shall be of 05 marks. The examiner will set up four questions selecting at least one from each units. The medium of examination shall be English.

Performance (20 marks)

Project File (10 marks) in any topic/concept

Performance Test (05 marks) Demonstrate proficiency in the acquired skills in any topic/concept

Viva Voce (05 marks)

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UNIVERSITY OF JAMMU
Syllabi of Physical Education and Sports for FYUGP as per NEP-2020
SEMESTER - 1st
(Examination is to be held in December 2025 Only)
Skill Enhancement Course

Title of the course: Officiating and coaching – I

Course Code: USEPET 104

Contact Hours: Theory- 15 hours

Maximum Marks: 50 (25 Theory+ 25 Practical)

1) Mid Semester Test: 05 marks

2) End Semester Test: 20 marks

Credits: 02 (01 theory+01 Practical)

Practical - 15 hours

Duration of Examination: 2½ hours

Suggested Readings

1. Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice
2. Hall. Bunn, J. W. (1972). *Scientific principles of coaching*.
3. Englewood cliffs N. J. Prentice Hall. Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.
4. Dyson, G. H. (1963). *The mechanics of Athletics*. London: University of London Press Ltd.
5. Lawther, J.D. (1965).
6. *Psychology of coaching*. New York: Pre. Hall.
7. Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Grew Hill.
7. Official Rule Book / Handbook of the concerned federation of sports.

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UNIVERSITY OF JAMMU
Syllabi of Physical Education and Sports for FYUGP as per NEP-2020
SEMESTER - 1st
(Examination is to be held in December 2026, 2027,2028)
Skill Enhancement Course

Title of the course: Officiating and coaching – I

Course Code: USEPET 111

Contact Hours: Theory- 15 hours

Maximum Marks: 75 (Theory: 25+ Practical: 50)

1) Theory (University exam): 25

2) Practical assessment: 50

Credits: 03 (01theory+02practical)

Practical - 45 hours

Duration of Examination: 03hrs

Learning outcomes

1. The pass out would be oriented with the rules regulations of the chosen game.
2. The pass out would be able to lay-out and mark the dimensions of the play court.
3. Students would be able to organize the concerned sports event and officiate in it.
4. Students would be oriented in the art of coaching the sports team.
5. Students shall also be able to organize and officiate in yogic events.

Unit-I: Introduction of Officiating and coaching

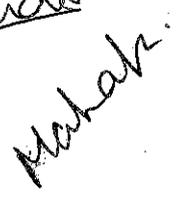
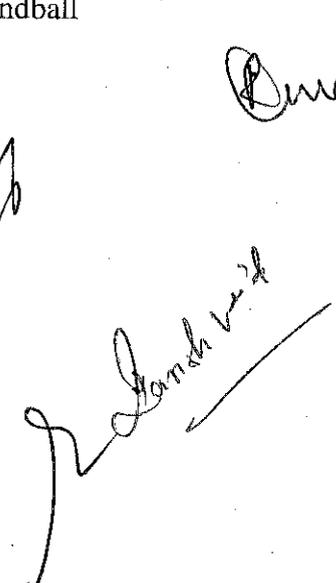
- 1.1 Concept of officiating and coaching
- 1.2 Principles of officiating & Coaching
- 1.3 Importance of officiating and coaching.

Unit-II: Rules and Layout: Volleyball

- 2.1 Dimensions, layouts and marking of fields of Volleyball
- 2.2 Rules and their interpretations of Volleyball
- 2.3 Qualification and number of officials in Volleyball

Unit-III: Rules and Layout: Handball

- 3.1 Dimensions, layouts and marking of fields of Handball
- 3.2 Rules and their interpretations of Handball
- 3.3 Qualification and number of officials in Handball



UNIVERSITY OF JAMMU
Syllabi of Physical Education and Sports for FYUGP as per NEP-2020
SEMESTER - 1st
(Examination is to be held in December 2026, 2027,2028)
Skill Enhancement Course

Title of the course: Officiating and coaching - I

Course Code: USEPET 111

Contact Hours: Theory- 15 hours

Maximum Marks: 75 (Theory: 25+ Practical: 50)

1) Theory (University exam): 25

2) Practical assessment: 50

Credits: 03 (01theory+02practical)

Practical - 45 hours

Duration of Examination: 03hrs

PRACTICAL COURSE

Anyone (Volleyball/Handball)

1. History and Development of the game at International and National level.
2. Dimensions and marking of playing area.
3. Basic requirements of the playing area.
4. Fundamental skills of the game.
5. Skill tests, scoring and arrangement of the skill tests.
6. National and international organizations / federations of the game.
7. Rules and their interpretations of the game.
8. Team selection and coaching in that game.
9. Officiating & Referee / Umpire /scorer /curatorship for self-employment.

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UNIVERSITY OF JAMMU

Syllabi of Physical Education and Sports for FYUGP as per NEP-2020

SEMESTER - 1st

(Examination is to be held in December 2026, 2027, 2028)

Skill Enhancement Course

Title of the course: Officiating and coaching - I

Course Code: USEPET 111

Contact Hours: Theory- 15 hours

Maximum Marks: 75 (Theory: 25+ Practical: 50)

1) External (University exam): 15

2) Internal assessment: 10

Credits: 03 (01theory+02practical)

Practical - 45 hours

Duration of Examination: 03hrs

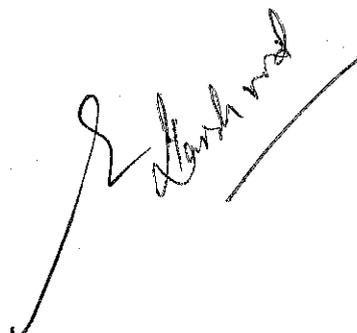
Suggested Readings

1. Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice
2. Hall. Bunn, J. W. (1972). *Scientific principles of coaching*.
3. Englewood cliffs N. J. Prentice Hall. Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.
4. Dyson, G. H. (1963). *The mechanics of Athletics*. London: University of London Press Ltd.
5. Lawther, J.D. (1965).
6. *Psychology of coaching*. New York: Pre. Hall.
7. Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Grew Hill.
7. Official Rule Book / Handbook of the concerned federation of sports.






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UNIVERSITY OF JAMMU
("A++" Grade University-Accredited by NAAC)

COURSE SCHEME & SYLLABUS

For

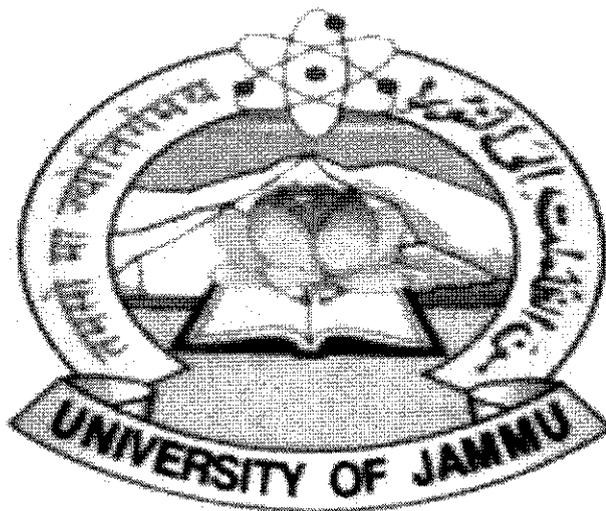
B.P.E.S.

FYUGP in the subject of PHYSICAL EDUCATION And SPORTS as per NEP-2020
With

PHYSICAL EDUCATION

(Semester II)

(EXAMINATION TO BE HELD IN MAY 2026, 2027, 2028, 2029)



Department of Sports and Physical Education

University of Jammu

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Following Courses of study are prescribed for
B.P.E.S.
FYUGP in the subject of PHYSICAL EDUCATION and SPORTS as per NEP-2020
Semester IInd

Four Credits

S. No.	Course Type	Course No.	Course Title	Credits	Marks				Total Marks
					Theory		Practical/Practical		
1.	Major	UMJSPT-201	Sports Psychology	03Th+01P	Mid semester:15	End Exam:60	Assessment: 10 marks	Exam: 15 marks	100
2.	Minor	UMISPT-202	Health Education	03Th+01P	Mid semester:15	End Exam:60	Assessment: 10 marks	Exam: 15 marks	100

Three Credits

S. No.	Course Type	Course No.	Course Title	Credits	Marks		Total Marks
					Theory		
1.	Multidisciplinary	UMDSPT-203	Environmental Science	03	Mid semester:15	End Exam:60	75

S. No.	Course Type	Course No.	Course Title	Credits	Marks				Total Marks
					Theory		Practical		
1.	*Skill Enhancement	USESPT-204	Officiating and coaching - II	02 Theory 01 credits +02 credits Practical)	Mid semester: 05 Marks	End Exam: 20 marks	Assessment: 05 marks	Exam: 20 marks	50
2.	Skill Enhancement	USESPT-211	Officiating and coaching - II	03 (Theory 01 credits +02 credits Practical)	Mid semester: 25 Marks		End Exam: 50 marks		75

*NOTE:- Course Title Skill Enhancement with Course No. USESPT-204 syllabi is for MAY 2026 only

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UNIVERSITY OF JAMMU
Syllabi of Physical Education and Sports for FYUGP as per NEP-2020
SEMESTER - IInd
(Examination is to be held in May 2026, 2027, 2028,2029)
Major Course

Title of the course: Sports Psychology

Course Code: UMJSPT 201

Contact Hours: Theory- 45 hours

Maximum Marks: 100 (Theory: 75+ Practical: 25)

1) External (University exam): 60

2) Internal assessment: 15

Credits: 04 (03theory+01practical)

Practical - 15 hours

Duration of Examination: 03hrs

Course Learning Outcomes:

1. The study would orient the student in basic concepts of psychology.
2. The student would be oriented in identifying factors determining one's overall personality.
3. One would understand various laws of learning and their relevance in teaching learning process.
4. The study would orient the student in getting through with the psychology of sports person.

THEORY COURSE

Unit-I: Introduction of Sports Psychology:

- 1.1 Meaning and aim of Sports Psychology.
- 1.2 Importance of Sports Psychology
- 1.3 Significance of Sports Psychology in Physical Education and coaching.
- 1.4 Psychological factors affecting sports performances.

Unit-II: Personality and Sports:

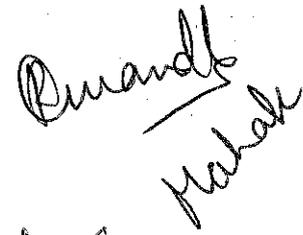
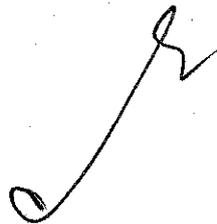
- 2.1 Meaning and nature of Personality.
- 2.2 Theories of personality in sports
- 2.3 Dimensions of personality and development of personality
- 2.4 Types of motivation.

Unit-III: Learning

- 3.1 Meaning nature and principles of Learning, Types of Learning.
- 3.2 Laws of learning, Transfer of learning
- 3.3 Factors affecting learning
- 3.4 Learning curve, Plateau

Unit-IV: Sports Sociology and Leadership:

- 4.1 Nature of Sports Sociology.
- 4.2 Importance of Sports Sociology in Physical Education.
- 4.3 Socialization and value education through Physical Education.
- 4.4 Impact of society on sports



UNIVERSITY OF JAMMU
Syllabi of Physical Education and Sports for FYUGP as per NEP-2020
SEMESTER - IInd
(Examination is to be held in May 2026, 2027, 2028,2029)
Major Course

Title of the course: Sports Psychology

Course Code: UMJSPT 201

Contact Hours: Theory- 45 hours

Maximum Marks: 100 (Theory: 75+ Practical: 25)

1) External (University exam): 60

2) Internal assessment: 15

Credits: 04 (03theory+01practical)

Practical - 15 hours

Duration of Examination: 03hrs

PRACTICAL COURSE

1. Hockey

- I. Equipment required in the game
- II. Court Marking, Rules and regulation of the game
- III. Basic Skills
- IV. Dimensions

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UNIVERSITY OF JAMMU
Syllabi of Physical Education and Sports for FYUGP as per NEP-2020
SEMESTER - IInd
(Examination is to be held in May 2026, 2027, 2028,2029)
Major Course

Title of the course: Sports Psychology

Course Code: UMJSPT 201

Contact Hours: Theory- 45 hours

Maximum Marks: 100 (Theory: 75+ Practical: 25)

1) External (University exam): 60

2) Internal assessment: 15

Credits: 04 (03theory+01practical)

Practical - 15 hours

Duration of Examination: 03hrs

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
2. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).
3. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

Midterm assessment test shall be conducted by the course coordinator as per the following pattern:
The duration of test shall be 1 and a half hours.

SECTION A: Eight (08) short answer questions (Five to be attempted) covering 50% syllabus (two units) i.e. four questions from each unit. Each Question shall be of 01 mark.

SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

The midterm assessment marks awarded to the students in the course shall be displayed on the notice board at least one week before the commencement of end semester examination.

EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

The external end semester university examination in theory to be conducted by university shall consist of the following:

SECTION A: Four (04) short answer questions having one question from each unit. The students are required to attempt all questions. Each Question shall be of 03 marks.

SECTION B: Eight (08) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each Question shall be of 12 marks.

The Duration of Exam shall be of 03 hours.

PRACTICAL (25 MARKS)

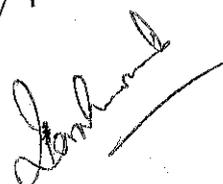
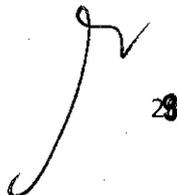
Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be asunder:

INTERNAL PRACTICAL (10 MARKS):

Internal practical involves Skill test of 07 marks and Viva Voce of 03 marks.

EXTERNAL PRACTICAL (15 MARKS):

External practical involves Skill test of 10 marks and Viva Voce of 05 marks.



UNIVERSITY OF JAMMU
Syllabi of Physical Education and Sports for FYUGP as per NEP-2020
SEMESTER - IInd
(Examination is to be held in May 2026, 2027, 2028,2029)
Major Course

Title of the course: Sports Psychology

Course Code: UMJSPT 201

Contact Hours: Theory- 45 hours

Maximum Marks: 100 (Theory: 75+ Practical: 25)

1) External (University exam): 60

2) Internal assessment: 15

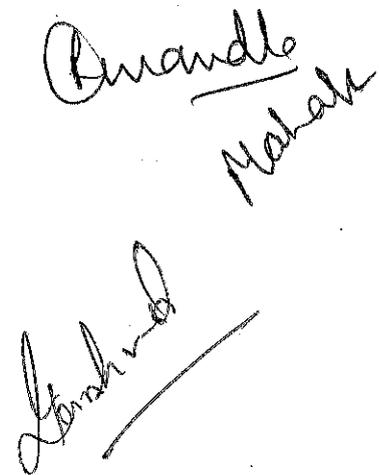
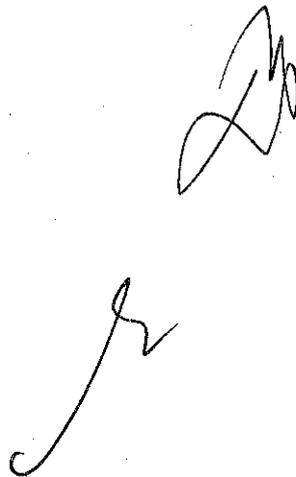
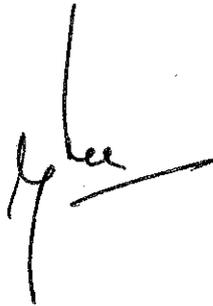
Credits: 04 (03theory+01practical)

Practical - 15 hours

Duration of Examination: 03hrs

Suggested Readings

1. Alison and Robinson. (2018), Excelling in Sport Psychology: Planning, Preparing, and Executing Applied Work, Sean Fitzpatrick
2. Taylor, Jim, (2018), Assessment in Applied Sport Psychology, Human kinetics
3. Coumbe-Lilley , (2018), Complex Cases in Sport Psychology, Routledge
4. Ball, D. W. & Loy, J. W. (1975).Sport and social order; Contribution to the sociology of sport. London: Addison Wesley Publishing Co., Inc.
5. Kamlesh, M.L. (1998). Psychology in physical education and sport. New Delhi: Metropolitan Book Co.
6. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system. London: Addison Wesley Publishing Company Inc.
7. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981).Sports culture and society. Philadelphia: Lea &Febiger.
8. Skinnner, C. E., (1984.). Education psychology. New Delhi: Prentice Hall of India.



UNIVERSITY OF JAMMU
Syllabi of Physical Education and Sports for FYUGP as per NEP-2020
SEMESTER - IInd
(Examination is to be held in May 2026, 2027, 2028, and 2029)
Minor Course

Title of the course: Health Education

Course Code: UMISPT 202

Contact Hours: Theory- 45 hours

Maximum Marks: 100 (Theory: 75+ Practical: 25)

1) External (University exam): 60

2) Internal assessment: 15

Credits: 04 (03theory+01practical)

Practical - 15 hours

Duration of Examination: 03hrs

Course Learning Outcomes:

1. The student will be able to identify and synthesize the factors that influence health
2. The student will be able to recognize the health related challenges in current time and able to apply the preventive measures.
3. The student will be able to identify the role of peers, community and media in health promotion and protection.
4. The student will be able to demonstrate the expertise in above stated domains in a school setup.
5. The student will be able to value the knowledge and skills required to preserve community health and well-being.

THEORY COURSE

Unit-I: Health Education and Services

1.1 Concept, definition and dimensions of Health

1.2 Definition, aim, objectives and principles of Health Education.

1.3 Personal Hygiene

1.4 Health Services in India (Sub Centers, Primary Health Centers, and Community Health Centers)

Unit-II: Global Health Issues

2.1 Communicable, Non-Communicable disease and their prevention

2.2 Malnutrition: causes and their prevention

2.3 Balance Diet and Components of Balanced Components

2.4 Modern life style and hypo-kinetic diseases prevention and management through exercise.

Unit-III: Health Education in Schools

3.1 Need and scope of health education in schools

3.2 Preventing alcohol, tobacco and other drugs abuses in schools

3.3 Meaning, definition and importance of First Aid.

3.4 First Aid Techniques and Equipments.

Unit-IV: Health Supervision and Evaluation in Schools

4.1 Health Instruction and Health Supervision

4.2 Assessing personal and peers health risk taking

4.3 Analyzing the influence of family, peers, culture and media on health behavior

4.4 Consumer Health and Comprehensive Health Education



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UNIVERSITY OF JAMMU
Syllabi of Physical Education and Sports for FYUGP as per NEP-2020
SEMESTER - IInd
(Examination is to be held in May 2026, 2027, 2028,2029)
Minor Course

Title of the course: Health Education

Course Code: UMISPT 202

Contact Hours: Theory- 45 hours

Maximum Marks: 100 (Theory: 75+ Practical: 25)

1) External (University exam): 60

2) Internal assessment: 15

Credits: 04 (03theory+01practical)

Practical - 15 hours

Duration of Examination: 03hrs

PRACTICAL COURSE

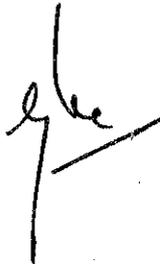
1. Kabaddi

I. Equipment required in the game

II. Court Marking, Rules and regulation of the game

III. Basic Skills

IV. Dimensions



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UNIVERSITY OF JAMMU
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Maximum Marks: 100 (Theory: 75+ Practical: 25)

1) External (University exam): 60

2) Internal assessment: 15

Credits: 04 (03theory+01practical)

Practical - 15 hours

Duration of Examination: 03hrs

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
2. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).
3. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

Midterm assessment test shall be conducted by the course coordinator as per the following pattern:
The duration of test shall be 1 and a half hours.

SECTION A: Eight (08) short answer questions (Five to be attempted) covering 50% syllabus (two units) i.e. four questions from each unit. Each Question shall be of 01 mark.

SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

The midterm assessment marks awarded to the students in the course shall be displayed on the notice board at least one week before the commencement of end semester examination.

EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

The external end semester university examination in theory to be conducted by university shall consist of the following:

SECTION A: Four (04) short answer questions having one question from each unit. The students are required to attempt all questions. Each Question shall be of 03 marks.

SECTION B: Eight (08) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each Question shall be of 12 marks.

The Duration of Exam shall be of 03 hours.

PRACTICAL (25 MARKS)

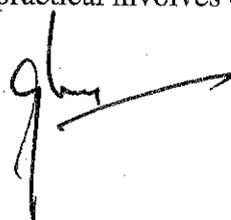
Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be asunder:

INTERNAL PRACTICAL (10 MARKS):

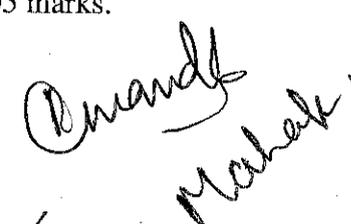
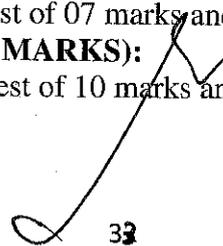
Internal practical involves Skill test of 07 marks and Viva Voce of 03 marks.

EXTERNAL PRACTICAL (15 MARKS):

External practical involves Skill test of 10 marks and Viva Voce of 05 marks.



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SEMESTER - IInd

(Examination is to be held in May 2026, 2027, 2028,2029)

Minor Course

Title of the course: Health Education

Course Code: UMISPT 202

Contact Hours: Theory- 45 hours

Maximum Marks: 100 (Theory: 75+ Practical: 25)

1) External (University exam): 60

2) Internal assessment: 15

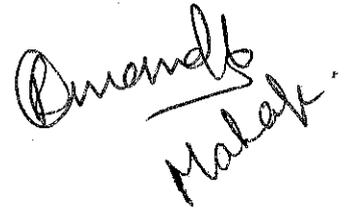
Credits: 04 (03theory+01practical)

Practical - 15 hours

Duration of Examination: 03hrs

Suggested Readings

1. Agrawal, K.C. (2001). Environmental biology. Bikaner: Nidhi publishers Ltd.
2. Bensley, R. J. and Fisher, J. B (2009). Community Health Education Methods. Massachusetts: Jones and Bartlett Publishers.
3. Edward, J. T. (2006). Health and Disease, New Delhi: Sports Publication.
4. Anspaugh, D. J. and Ezell, G. (2003). Teaching today's Health. USA: Allyn& Bacon.
5. McKenzie, J. F. and Smeltzer, J. L (2001). Planning, Implementing, and Evaluating Health Promotion Programs: A Primer, USA: Allyn& Bacon.



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Syllabi of Physical Education and Sports for FYUGP as per NEP-2020
SEMESTER - IInd
(Examination is to be held in May 2026, 2027, 2028,2029)
Multidisciplinary Course

Title of the course: Environmental Science

Course Code: UMDSPT 203

Credits: 03 (03theory)

Contact Hours: Theory- 45 hours

Maximum Marks: 75 (Theory: 75)

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Course Learning Outcomes:

1. The course shall develop in student the scientific background needed to understand how the earth works and how we, as human beings, fit into that.
2. At the end of the course, it is expected that students will be able to identify and analyze environmental problems as well as the risks associated with these problems.
3. Design and evaluate strategies, technologies or policies for sustainable management of environmental systems.
4. Develop capacity to address real-world environmental problems — pollution control, conservation, resource management, biodiversity protection.

THEORY COURSE

Unit-I: Understanding the Environment

- 1.1 Environment: Concept, Importance and Component
- 1.2 Concept and objectives: Environment Education, Environmental Ethics
- 1.3 Swatch Bharat Abhiyan.

Unit- II: Natural Resources

- 2.1 Types of natural resources and their importance.
- 2.2 Natural resource management: Individual, Community and Government Level.
- 2.3 Air, Water and Soil pollution: Causes, Effect and Control

Unit-III: Environment and Biodiversity

- 3.1 Ecosystem: Concept of protected area network with special reference to Dachigam national park and Kishtwar national park.
- 3.2 Biodiversity: Concept, levels, hot spots and values
- 3.3 Threats and conservation of biodiversity



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Multidisciplinary Course

Title of the course: Environmental Science

Course Code: UMDSPT 203

Credits: 03 (03theory)

Contact Hours: Theory- 45 hours

Maximum Marks: 75 (Theory: 75)

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

THEORY (75MARKS):

4. Theory Paper shall be of 75 Marks.
5. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).
6. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

Midterm assessment test shall be conducted by the course coordinator as per the following pattern: The duration of test shall be 1 and a half hours.

SECTION A: Eight (08) short answer questions (Five to be attempted) covering 50% syllabus (two units) i.e. four questions from each unit. Each Question shall be of 01 mark.

SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

The midterm assessment marks awarded to the students in the course shall be displayed on the notice board at least one week before the commencement of end semester examination.

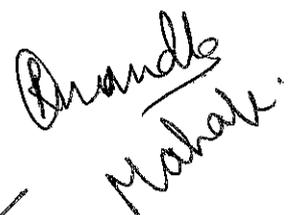
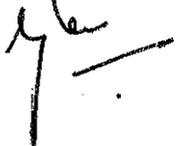
EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

The external end semester university examination in theory to be conducted by university shall consist of the following:

SECTION A: Four (04) short answer questions having one question from each unit. The students are required to attempt all questions. Each Question shall be of 03 marks.

SECTION B: Eight (08) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each Question shall be of 12 marks.

The Duration of Exam shall be of 03 hours.



UNIVERSITY OF JAMMU
Syllabi of Physical Education and Sports for FYUGP as per NEP-2020

SEMESTER - IInd

(Examination is to be held in May 2026, 2027, 2028, 2029)

Multidisciplinary Course

Title of the course: Environmental Science

Course Code: UMDSPT 203

Credits: 03 (03theory)

Contact Hours: Theory- 45 hours

Maximum Marks: 75 (Theory: 75)

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

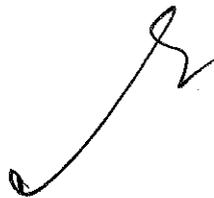
Suggested Readings

1. Khaushik & Khaushik, "Fundamentals of Environmental Studies"
2. Somvanshi & Dhupper "Fundamentals of Environmental Studies"
3. Gauba & Bisht "Environmental Studies, Challenges & Solutions A quick Compendium"
4. Asthana & Asthana "A textbook of Environmental Studies".



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UNIVERSITY OF JAMMU

Syllabi of Physical Education and Sports for FYUGP as per NEP-2020

SEMESTER - IInd

(Examination is to be held in May 2026 Only)

Skill Enhancement Course

Title of the course: Officiating and coaching – II

Course Code: USE~~SP~~PT 204

Contact Hours: Theory- 15 hours

Maximum Marks: 50 (25 Theory+ 25 Practical)

1) Mid Semester Test: 05 marks

2) End Semester Test: 20 marks

Credits: 02 (01theory+01Practical)

Practical - 15 hours

Duration of Examination: 2½ hours

Learning outcomes

1. The pass out would be oriented with the rules regulations of the chosen game.
2. The pass out would be able to lay-out and mark the dimensions of the play court.
3. Students would be able to organize the concerned sports event and officiate in it.
4. Students would be oriented in the art of coaching the sports team.
5. Students shall also be able to organize and officiate in yogic events.

Unit-I: Rules and Layout: Football

3.1 Dimensions, layouts and marking of fields of Football

3.2 Rules and their interpretations of Football

3.3 Qualification and number of officials in Football

Unit-II Rules and Layout: Basketball

2.1 Dimensions, layouts and marking of fields of Basketball

2.2 Rules and their interpretations of Basketball

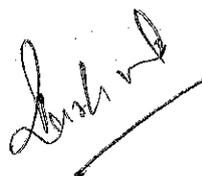
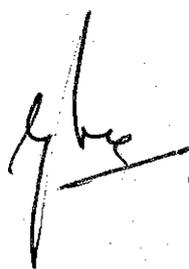
2.3 Qualification and number of officials in Basketball

Unit-III: Rules and Layout: Hockey

3.1 Dimensions, layouts and marking of fields of Hockey

3.2 Rules and their interpretations of Hockey

3.3 Qualification and number of officials in Hockey



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Skill Enhancement Course

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Course Code: USEPT 204

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Maximum Marks: 50 (25 Theory+ 25 Practical)

1) Mid Semester Test: 05 marks

2) End Semester Test: 20 marks

Credits: 02 (01theory+01Practical)

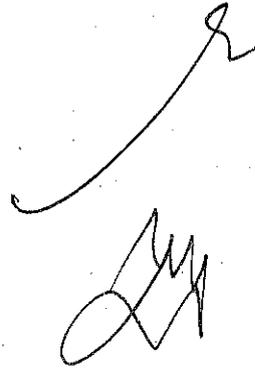
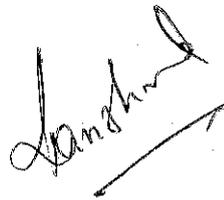
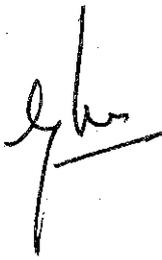
Practical - 15 hours

Duration of Examination: 2½ hours

PRACTICAL COURSE

Anyone (Football/Basketball/Hockey)

1. History and Development of the game at International and National level.
2. Dimensions and marking of playing area.
3. Basic requirements of the playing area.
4. Fundamental skills of the game.
5. Skill tests, scoring and arrangement of the skill tests.
6. National and international organizations / federations of the game.
7. Rules and their interpretations of the game.
8. Team selection and coaching in that game.
9. Officiating & Referee / Umpire /scorer /curatorship for self-employment.



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Title of the course: Officiating and coaching – II

Course Code: USESPT 204

Contact Hours: Theory- 15 hours

Maximum Marks: 50 (25 Theory+ 25 Practical)

1) Mid Semester Test: 05 marks

2) End Semester Test: 20 marks

Credits: 02 (01theory+01Practical)

Practical - 15 hours

Duration of Examination: 2½ hours

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

MID-TERM ASSESSMENT TEST (10 MARKS)

Theory (05 mark): Ten (10) short or Multiple choice or one-word answer type questions question All question are compulsory and each question carries half (1/2) marks. **Time allotted 1/2 hour.**

Performance (05 marks): Demonstration proficiency is the acquired skills under simulated conditions covering 50% of subjects from foundational to middle stage.

FINAL END SEMESTERASSESSMENT (40 MARKS)

Theory (20 marks): Section-A: shall Five (05) short answer type questions of 02 marks selecting at least one from each unit (All compulsory). Each be of 02 marks. The medium of examination shall be English

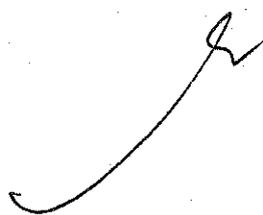
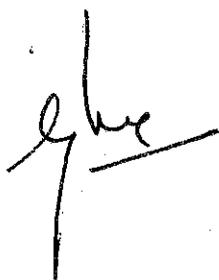
Section B: Four (04) long answer type questions (Two to be attempted) covering 100% syllabus. Each question shall be of 05 marks. The examiner will set up four questions selecting at least one from each units. The medium of examination shall be English.

Performance (20 marks)

Project File (10 marks) in any topic/concept

Performance Test (05 marks) Demonstrate proficiency in the acquired skills in any topic/concept

Viva Voce (05 marks)



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1) Mid Semester Test: 05 marks

2) End Semester Test: 20 marks

Credits: 02 (01theory+01Practical)

Practical - 15 hours

Duration of Examination: 2½ hours

Suggested Readings

1. Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice
2. Hall. Bunn, J. W. (1972). *Scientific principles of coaching*.
3. Englewood cliffs N. J. Prentice Hall. Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.
4. Dyson, G. H. (1963). *The mechanics of Athletics*. London: University of London Press Ltd. Lawther, J.D. (1965).
5. *Psychology of coaching*. New York: Pre. Hall.
6. Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Graw Hill.
7. Official Rule Book / Handbook of the concerned federation of sports.

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UNIVERSITY OF JAMMU
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SEMESTER - IInd

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Skill Enhancement Course

Title of the course: Officiating and coaching - II

Course Code: USESPT 211

Contact Hours: Theory- 15 hours

Maximum Marks: 75 (Theory: 25+ Practical: 50)

1) Theory (University exam): 25

2) Practical assessment: 50

Credits: 03 (01theory+02practical)

Practical - 45 hours

Duration of Examination: 03hrs

Learning outcomes

1. The pass out would be oriented with the rules regulations of the chosen game.
2. The pass out would be able to lay-out and mark the dimensions of the play court.
3. Students would be able to organize the concerned sports event and officiate in it.
4. Students would be oriented in the art of coaching the sports team.
5. Students shall also be able to organize and officiate in yogic events.

Unit-I: Rules and Layout: Football

3.1 Dimensions, layouts and marking of fields of Football

3.2 Rules and their interpretations of Football

3.3 Qualification and number of officials in Football

Unit-II Rules and Layout: Basketball

2.1 Dimensions, layouts and marking of fields of Basketball

2.2 Rules and their interpretations of Basketball

2.3 Qualification and number of officials in Basketball

Unit-III: Rules and Layout: Hockey

3.1 Dimensions, layouts and marking of fields of Hockey

3.2 Rules and their interpretations of Hockey

3.3 Qualification and number of officials in Hockey



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UNIVERSITY OF JAMMU
Syllabi of Physical Education and Sports for FYUGP as per NEP-2020
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Skill Enhancement Course

Title of the course: Officiating and coaching - II

Course Code: USE~~SP~~PT 211

Contact Hours: Theory- 15 hours

Maximum Marks: 75 (Theory: 25+ Practical: 50)

1) Theory (University exam): 25

2) Practical assessment: 50

Credits: 03 (01theory+02practical)

Practical - 45 hours

Duration of Examination: 03hrs

PRACTICAL COURSE

Anyone (Football/Basketball/Hockey)

1. History and Development of the game at International and National level.
2. Dimensions and marking of playing area.
3. Basic requirements of the playing area.
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5. Skill tests, scoring and arrangement of the skill tests.
6. National and international organizations / federations of the game.
7. Rules and their interpretations of the game.
8. Team selection and coaching in that game.
9. Officiating & Referee / Umpire /scorer /curatorship for self-employment.

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1) Theory (University exam): 25

2) Practical assessment: 50

Credits: 03 (01theory+02practical)

Practical - 45 hours

Duration of Examination: 03hrs

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

Note for paper setter for Mid Term Examination: Part-1

The question paper will be of **25 marks**. There shall be 2 Sections in the question paper with pattern as follows:

Section-A shall comprise of **4** short answer type questions of (2½ marks each) covering all three units with at least one question from each unit. The students have to attempt all the **4** questions from Section-A.

Section-B shall comprise of a total of **6** questions with two questions selected from each unit. Each question shall be of **5 marks**. The students have to attempt **3** questions selecting only one question from each unit.

Evaluation of skills: Final Examination Part-2

The Evaluation of Skills will be internal. The Examination of Skills shall be of **50** marks.

The evaluation of skills will be done internally through the Board of three Members (including the trainer of the Course).

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UNIVERSITY OF JAMMU
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Course Code: USE ~~SPT~~ 211

Contact Hours: Theory- 15 hours

Maximum Marks: 75 (Theory: 25+ Practical: 50)

1) Theory (University exam): 25

2) Practical assessment: 10

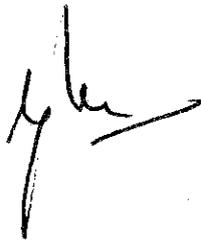
Credits: 03 (01theory+02practical)

Practical - 45 hours

Duration of Examination: 03hrs

Suggested Readings

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2. Hall. Bunn, J. W. (1972). *Scientific principles of coaching*.
3. Englewood cliffs N. J. Prentice Hall. Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.
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