

Annexure – 09

Semester – II
Skill Enhancement Courses (SEC -1)
Title of the Course:
PHYSICAL EDUCATION AND SPORTS
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester (Inclusive of Theory & Practical's)
1	28
Content of Theory & Practical Course	
`28Hrs	<p>Unit 1: - Physical Education & Sports</p> <ul style="list-style-type: none"> • Conditioning exercises • Aerobics & Calisthenics • One Major Game and One Indigenous Game (Basic Skills) • One Track/Field Event • Intramural Competitions
28	

Note: Due weightage in Assessment shall be given to Elite Sportsmen of the College

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Practicals	Internal - 25 Marks
Total	25 Marks