

**SEMESTER I**  
**MULTI-DISCIPLINARY COURSES (MDC)**

**KU1MDCPED101: SPORTS & SOCIETY**

Semester	Course Type	Course Level	Course Code	Credits	Total Hours
1	MDC	100	KU1MDCPED101	3	45

Learning Approach (Hours/ Week)			Marks Distribution			Duration of ESE (Hours)
Lecture	Practical/ Internship	Tutorial	CE	ESE	Total	
3	-	-	25	50	75	1.5 hr.

**Course Description**

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*This course will help to analyze the role of Psychology in daily life to understand ourselves and others. The students will be able to relate biological, psychological and sociocultural factors of human behavior. The course also helps to understand the basics of social and abnormal behavior*

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**Course Outcomes: After the completion of the course, the students will be able to**

CO No.	Expected outcome	Learning Domains
CO1	Think critically and articulate how sports impact society as well as how society impacts sports	R, U, An, A
CO2	Articulate and explain the major sociological issues associated with gender, social class, race, and media in sports	An, E
CO3	Describe how competition and the professional commercial model of sport have an impact on the youth and college sport System	R, E, A
CO4	To understand the relationship that exist between culture, society and individual behaviours	U, An

\*Remember (R), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C)

**Mapping of Course Outcomes to PSOs**

	PSO1	PSO2	PSO3	PSO4	PSO5	PO6	PSO7
CO1	√					√	√
CO2	√				√		√
CO3	√		√				√
CO4	√				√		

**COURSE CONTENTS**

**Module 1: Introduction to Sports**

**Hours of transaction: 10**

- 1.1 Meaning and definition of Sports
- 1.2 Various physical Education and sports programmes
- 1.3 Competitive sports and Non Competitive sports(Minor Games)
- 1.4 Sports for all age groups

**Suggested Reading specific to module:**

- 1.1 The Oxford Handbook of Sport and Society, - Lawrence A. Wenner
- 1.2 Research Handbook on Sports and Society Edited by Elizabeth C.J. Pike, Professor and Head of Sport, Health and Exercise, University of Hertfordshire, UK
- 1.3 Sports in Society: Issues and Controversies by Coakley Jay
- 1.4 Skill Transmission, Sport and Tacit Knowledge A Sociological Perspective by Honorata Jakubowska

**Module 2: Concept of Society and Culture**

**Hours of transaction: 10**

- 2.1 Society meaning and definition
- 2.2 Characteristics of society
- 2.3 Meaning and definition of culture
- 2.4 Characteristics of culture

**Suggested Reading specific to module:**

- 2.1 Hammond, Peter. 1971. An Introduction to Cultural and Social Anthropology. New York: The McMillan Company
- 2.2 Kottak, Conrad P. 2002. Anthropology: The Exploration of Human Diversity. 9th ed. Boston:McGraw-Hill.
- 2.3 Fundamentals of Sports Sociology by Dr.Dharmander Kumar
- 2.4 Sports in South Asian Society: Past and Present by Boria Majumdar, J.A Mangan

**Module 3: Sports for socialization**

**Hours of transaction: 10**

- 3.1 Sports and personality development
- 3.2 Developing life skills through sports
- 3.3 Sports as a globalizing agent
- 3.4 Sports and gender equality

**Suggested Reading specific to module:**

- 3.1 Sports participation: Motivation, Family Socialization and gender by Arvind Kumar Tripathiet al.
- 3.2 The Sociology of Sports: An Introduction-3<sup>rd</sup> edition by Tim Delaney, Tim Madigan

3.3 Sport, Gender and Development: Intersections, Innovations and Future Trajectories by Lyndsay M C Hayhurst, Holly Thorpe, Megan Chawansky  
3.4 Life Skills Through Sports by Martins Paulo

**Module 4: Sports for wellness** **Hours of transaction: 10**

4.1 Sports for Physical, Mental and Emotional wellbeing  
4.2 Sports to avoid lifestyle diseases  
4.3 Sports and happy hormones  
4.4 Sports inculcate human values like Respect, Empathy, Honesty, Teamwork, balancing failure and success etc.

**Suggested Reading specific to module:**

4.1 Sports for Life: Daily Sports Themes For Life Success by Sean T Adams  
4.2 Athlete for Life: A Guide to Sports for Health and Wellness by Shenu Gopal  
4.3 Sport and Quality of Life - Practices, Habits and Lifestyles by Paolo Corvo, Fabio Massimo la verde  
4.4 Sport and Physical Activity for Mental Health by David Carless, Kitrina Douglas

**Module 5: Teacher Specific Module** **Hours of transaction: 05**

- Group discussion on the topic power of sports as a platform for social change
- Debates on the controversial topics in sports (eg. Commercialization, violence, etc)
- Presentations on individual or group related to sports and societal issues

**Core Compulsory reading**

1. The Sociology Book Big Ideas Simply Explained by Sarah Tomley
2. Governance in sport –Analysis and Application by Bonnie Tiell
3. Physical Education, Sport and Schooling, Studies in the Sociology of Physical Education
4. Sport, Violence and Society by Kevin Young
5. Sport, Theory and Social Problems A Critical Introduction by Eric Anderson
6. Values in Sport: Elitism, Nationalism, Gender Equality and the Scientific Manufacturing of Winners by Claudio Tamburini, Torbjorn Tannsjo
7. Sports: A way of Life by Kanishka Pandey

### **Core suggested readings**

1. Gender and race in Sports by Harris Duchess
2. Sociology of Sport and Social Theory by Earl Smith
3. Transforming sport ,Knowledges, Practices, Structures edited by Thomas F Carrer, DanielBurdssy
4. Fundamentals of Sociology of Sport and Physical Activity by Katherine M Jamieson, Maureen M Smith
5. Routledge Handbook of the sociology of Sport by Richard Glunotti

### **TEACHING LEARNING STRATEGIES**

- The class will be taught by using lectures and demonstrations, seminars, classroom discussion, videos, charts and presentation and blended learning methods.

### **MODE OF TRANSACTION**

- Lecture/laboratory work/field work/outreach activities/project work visa/viva/seminars/term papers/assignments/presentations/self-study, etc.

### **ASSESSMENT RUBRICS**

<b>Evaluation Type</b>		<b>Marks</b>
<b>End Semester Evaluation</b>		<b>50</b>
<b>Continuous Evaluation</b>		<b>25</b>
a)	Test Papers	<b>10</b>
b)	Assignment/Book/Article review	<b>5</b>
c)	Seminar	<b>5</b>
d)	Viva-Voce	<b>5</b>
<b>Total</b>		<b>75</b>

### **Sample Questions to test Outcomes.**

1. Discuss the relationship between society and Sports
2. Justify the influence of Sport in one's character building
3. How do sports get benefitted to sedentary people?
4. Discuss the effect of sport on one's mental wellbeing
5. How sports inculcate values in students. Justify?

**SEMESTER II**  
**MULTI-DISCIPLINARY COURSES (MDC)**

**KU2MDCPED102: NUTRITION AND WEIGHT MANAGEMENT**

Semester	Course Type	Course Level	Course Code	Credits	Total Hours
II	MDC	100	KU2MDCPED102	3	45

Learning Approach (Hours/ Week)			Marks Distribution			Duration of ESE (Hours)
Lecture	Practical/ Internship	Tutorial	CE	ESE	Total	
3	-	-	25	50	75	1.5 hr.

**Course Description**

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*The course provides a holistic exploration of nutrition science, basics of weight management, and preventing nutrition-related chronic diseases. It also offers a comprehensive understanding of nutrition's impact on health and practical strategies for positive lifestyle changes*

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**Course Outcomes: After the completion of the course, the students will be able to**

CO No.	Expected outcome	Learning Domains
CO1	Understand the fundamental principles of nutrition.	U
CO2	Develop a basic understanding of energy balance and its role in weight management.	R, U
CO3	Understand the role of nutrition on managing and preventing chronic lifestyle diseases	R, U, A
CO4	Realize the importance of healthy eating habits	R, U, A

\*Remember (R), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C)

**Mapping of Course Outcomes to PSOs**

	PSO1	PSO2	PSO3	PSO4	PSO5	PO6	PSO7
CO1	✓	✓					
CO2	✓	✓					
CO3	✓	✓					
CO4	✓	✓					

**COURSE CONTENTS**

**Module 1: Introduction to Nutrition and Health**

**Hours of transaction: 10**

- 1.1 Overview of nutrition as a science
- 1.2 Macronutrients and micronutrients
- 1.3 Dietary guidelines and recommendations
- 1.4 Health promotion and disease prevention

**Suggested reading Specific to the Module**

- 1.1 "Nutrition: Science and Applications" by Lori A. Smolin and Mary B. Grosvenor
- 1.2 "The Science of Nutrition" by Janice J. Thompson and Melinda Manore
- 1.3 "Introduction to Health Behavior Theory" by Joanne Caciato and Michelle Segar

1.4 James M. Raczynski, Ralph J. DiClemente (2013). Handbook of Health Promotion and Disease Prevention. Springer US

**Module 2: Basics of Weight Management**

**Hours of transaction: 10**

- 2.1 Energy balance and metabolism
- 2.2 Body composition and measurement techniques
- 2.3 Psychological factors influencing eating behavior
- 2.4 Strategies for weight loss and maintenance

**Suggested reading Specific to the Module**

- 2.1 "Weight Management: A Practitioner's Guide" by Claude Bouchard and Angelo Tremblay
- 2.2 "Obesity: Causes, Mechanisms, Prevention, and Treatment" by Debasis Bagchi and Harry G. Preuss
- 2.3 "Mindless Eating: Why We Eat More Than We Think" by Brian Wansink
- 2.4 B. Lyman (2012). A Psychology of Food More Than a Matter of Taste. Springer Netherlands

**Module 3: Nutrition and Chronic Diseases**

**Hours of transaction: 10**

- 3.1 Nutrition-related chronic diseases
- 3.2 Dietary patterns and disease prevention
- 3.3 Role of nutrition in cardiovascular health
- 3.4 Impact of nutrition on chronic conditions like diabetes

**Suggested reading Specific to the Module**

- 3.1 Robert E.C.Wildman, Barry S. Miller, (2004), “Sports and Fitness Nutrition”, Thomson.
- 3.2 Bean, Anitha (2006), 5thed, Sports Nutrition
- 3.3 Burke, Louise (2007), Practical Sports Nutrition, Human Kinetics.
- 3.4 Omorogieva Ojo (2019).Dietary Intake and Type 2 Diabetes. Publisher:MDPI AG

**Module 4: Practical Applications and Behavior Change**

**Hours of transaction: 10**

- 4.1 Behavior changes theories and techniques
- 4.2 Developing sustainable healthy eating habits

4.3 Practical approaches to weight management

4.4 Personalized nutrition and lifestyle interventions

**Suggested reading Specific to the Module**

4.1 Heather Hedrick Fink, Alan E. Mikesky (2020) - Practical Application in SportNutrition- Jones & Bartlett Learning, LLC

4.2 Anita Bean (2013) - The Complete Guide to Sports Nutrition – Bloomsbury Publishing

4.3 Bill Campbell (2013) - Sports Nutrition: Enhancing Athletic Performance Taylor & Francis

4.4 Burke, Louise (2007), Practical Sports Nutrition, Human Kinetics.

**Module 5: Teacher Specific Module**

**Hours of transaction: 05**

- Preparation of dietary guidelines and recommendations for different age groups
- Discussion on the topic social and environmental influences on food choices and portion sizes
- Quizzes and exams assessing knowledge of nutrition principles and dietary recommendations

**Core Compulsory reading**

1. Pandey, P. K., (1987). Outline of sports medicine, New Delhi: J.P. Brothers Pub.
2. Williams, J. G. P. (1962). Sports medicine. London: Edward Arnold Ltd
3. Benardot, Don (2000), Advanced Sports Nutrition, HumanKinetics

**Core suggested readings**

1. Davis, K. P. (2019). Sleep Hygiene: A Comprehensive Approach to Better Sleep and Health. Journal of Sleep Research, 28(2), 120-135.

**TEACHING LEARNING STRATEGIES**

- The class will be taught by using lectures and demonstrations, seminars, classroom discussions, videos, charts, and presentation and blended learning methods.

## **MODE OF TRANSACTION**

- Lecture/Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

## **ASSESSMENT RUBRICS**

<b>Evaluation Type</b>	<b>Marks</b>
<b>End Semester Evaluation</b>	<b>50</b>
<b>Continuous Evaluation</b>	<b>25</b>
a) Test Papers	10
b) Assignment/Book/Article review	5
c) Seminar	5
d) Viva-Voce	5
<b>Total</b>	<b>75</b>

### **Sample questions to test the outcomes**

1. Explain in detail macro and micronutrients
2. Explain in detail the concept of body composition
3. Elucidate the practical approaches to weight management.

