

# **Manipal College of Health Professions**

**Manipal Academy of Higher Education, Manipal**

*Outcome Based Education (OBE) Framework*

**3 Years Full time Undergraduate Program**

**BSc. Exercise and Sports Science Honours**

*With effect from July 2020*

**SEMESTER - I**

Code	Course	Credit Distribution (L,T,P - Hours/week)				Marks Distribution		
		L	T	P	C	IAC	ESE	Total
ESS1101	Introduction to Sport	2	2	-	4	50	50	100
ESS1111	Introduction to Sport Practicum	-	-	8	4	50	50	100
ESS1102	Anatomy for Exercise and Sports Science	3	1	-	4	50	50	100
ESS1103	Physiology for Exercise and Sports Science	3	1	-	4	50	50	100
ESS1104	Computer Applications	2	-	-	2	100	-	100
ESS1105	Essentials of Photography and Videography	2	-	-	2	100	-	100
	<b>Total</b>	<b>12</b>	<b>4</b>	<b>8</b>	<b>20</b>	<b>400</b>	<b>200</b>	<b>600</b>

Note: ESE for ESS1101, ESS1102, ESS1103, and ESS1111 will be conducted for 100 and Normalized to 50.

**SEMESTER - II**

Code	Course	Credit Distribution (L,T,P - Hours/week)				Marks Distribution		
		L	T	P	C	IAC	ESE	Total
ESS1201	Functional Anatomy	3	1	-	4	50	50	100
ESS1221	Sports Coaching	2	-	4	4	50	50	100
ESS1222	Basic Evaluation in Sport	1	1	6	5	50	50	100
BIC 1202	Biochemistry	3	-	-	3	100	-	100
CSK 1001	Communication Skills	2	-	-	2	100	-	100
EIC 1001	Environmental Science and Indian Constitution	2	-	-	2	100	-	100
	<b>Total</b>	<b>13</b>	<b>2</b>	<b>10</b>	<b>20</b>	<b>450</b>	<b>150</b>	<b>600</b>

Note: ESE for ESS1201, ESS1221, and ESS1222 will be conducted for 100 and normalized to 50.

**SEMESTER - III**

Code	Course	Credit Distribution (L,T,P - Hours/week)				Marks Distribution		
		L	T	P	C	IAC	ESE	Total
ESS2101	Sports Biomechanics	3	1	-	4	50	50	100
ESS2111	Sports Biomechanics Practicum	-	-	6	3	50	50	100
ESS2102	Motor control, Learning and Skill Acquisition	2	1	-	3	50	50	100
ESS2103	Physical Activity in Health and Disease	2	1	-	3	50	50	100
ESS2104	Academic Writing	1	1	-	2	100	-	100
ESS2126	First Aid	-	1	2	2	100	-	100
*** ****	Open Elective - I	-	-	-	3	-		S/NS
<b>Total</b>		<b>8</b>	<b>5</b>	<b>8</b>	<b>20</b>	<b>400</b>	<b>200</b>	<b>600</b>

Note: ESE for ESS2101, ESS2102, ESS2103, and ESS2104 will be conducted for 100 and normalized to 50

**SEMESTER - IV**

Code	Course	Credit Distribution (L,T,P - Hours/week)				Marks Distribution		
		L	T	P	C	IAC	ESE	Total
ESS2201	Exercise Physiology	4	1	-	5	50	50	100
ESS2211	Exercise Physiology Practicum	-	-	8	4	50	50	100
ESS2202	Essentials of Fitness Training	2	1		3	50	50	100
ESS2212	Essentials of Fitness Training Practicum			6	3	50	50	100
GPY 2204	General Psychology	2	-	-	2	100	-	100
ESS****	Program Elective 1	3	-	-	3	50	50	100
		11	2	14	20	350	250	600

Note: ESE for ESS2201, ESS2211, ESS2202, and ESS2212 will be conducted for 100 and normalized to 50.  
Students can choose from a list of available program electives.

**SEMESTER - V**

Code	Course	Credit Distribution (L,T,P - Hours/week)				Marks Distribution		
		L	T	P	C	IAC	ESE	Total
ESS3101	Athletic Injuries and Management	2	1	-	3	50	50	100
ESS3111	Athletic Injuries and Management Practicum	-	-	6	3	50	50	100
ESS3102	Exercise and Sport Psychology	3	-	-	3	50	50	100
ESS3103	Sports Nutrition	3	-	-	3	50	50	100
ESS3104	Leadership and Management in Sports	2	1	-	3	50	50	100
ESS3105	Ethical Issues for Sport Scientists	1	1	-	2	100	-	100
*** **	Open Elective - II	-	-	-	3	-		S/NS
		11	3	6	20	350	250	600

Note ESE for ESS3101, ESS3111, ESS3102, ESS3103, and ESS3104 will be conducted for 100 and normalized to 50

**SEMESTER - VI**

Code	Course	Credit Distribution (L,T,P - Hours/week)				Marks Distribution		
		L	T	P	C	IAC	ESE	Total
ESS3201	Strength and Conditioning	2	2	-	4	50	50	100
ESS3211	Guided Practical Training	-	-	10	5	100	-	100
ESS3202	Entrepreneurship and Innovation	1	1	-	2	100	-	100
ESS3251	Project	-	1	4	3	100	-	100
BST3201	Biostatistics and Research Methodology	3	-	-	3	30	70	100
ESS****	Program Elective 2	3	-	-	3	50	50	100
	<b>Total</b>	<b>9</b>	<b>4</b>	<b>14</b>	<b>20</b>	<b>430</b>	<b>170</b>	<b>600</b>

Note: ESE for BST3201 will be conducted for 100 marks and normalized to 70 marks  
ESE for ESS3201 will be conducted for 100 and normalized to 50 marks



### Open Electives

Open elective is credited, choice-based and is graded as satisfactory / not satisfactory (S/NS). Students make a choice from pool of electives offered by MAHE institution / Online courses as approved by the department

### Program Electives

Program elective is credited and choice-based. The students make a choice from pool of electives offered by the department. The ESE is conducted for 50 marks.

Semester	Course Code	Course Title	Credit (s) Distribution (L,T,P,CL are hours/ week)			
			L	T	P	C
IV Semester	ESS2241	Material Science for Sports and Exercise	3	-	-	3
	ESS2242	Sport Instrumentation and Technology	3	-	-	3
VI Semester	ESS3241	Performance Analysis	2	1	-	3
	ESS3242	Adapted Physical Activity	2	1	-	3
ESE for ESS2241, ESS2242, ESS3241 and ESS3242 will be conducted for 100 and normalized to 50.						