

**F.Y.BBA Design and Innovation  
SEMESTER-II (NEP 2026)**

**COURSE STRUCTURE**

Sr. No	Particular	Course Code	Credits	Page. No.
<b>MAJOR CORE</b>				
1	<a href="#">Design Elements</a>	26BD2-A109	4	2
2	<a href="#">History of Design</a>	26BD2-A110	2	3
<b>VSC - VOCATIONAL SKILL COURSE (Compulsory)</b>				
3	<a href="#">Model Making</a>	26BD2-C111	2	4
<b>MINOR</b>				
4	<a href="#">Principles of Management</a>	26BD2-F112	2	5
<b>GE/OE- GENERIC/OPEN ELECTIVE (Optional)</b>				
5	<a href="#">Digital Marketing</a>	26BD2-G113	4	7
<b>SEC - SKILL ENHANCEMENT COURSE (Compulsory)</b>				
6	<a href="#">Information and Communication Technology</a>	26BD2-H114	2	10
<b>AEC - ABILITY ENHANCEMENT COURSE (Compulsory)</b>				
7	<a href="#">English for Business Communication-II</a>	26BD2-I106	2	12
<b>VEC - VALUE EDUCATION COURSE (Compulsory)</b>				
8	<a href="#">Environmental Science and Sustainability-I</a>	26BD1-J107	2	14
<b>CC – Co-curricular Courses</b>				
9	<a href="#">Physical Education</a>	26BD2-K115	2	17
<b>Total Credits</b>			<b>22</b>	

<b>Course Code:</b> <b>26BD2-A109</b>	<b>Course: Design Elements</b>		<b>Marks: 100</b> <b>Credits: 4</b>
<b>Course Objectives:</b>			
<ul style="list-style-type: none"> <li>To learn basic design elements and principles.</li> </ul>			
<b>Course Outcome:</b>			
After completing the course, the student shall be able to			
C01: Analyse products form design elements perspective			
C02: Improve aesthetic sense			
<b>Unit</b>	<b>Unit Title</b>	<b>Contents</b>	<b>No. of Lectures</b>
I	Elements of design	1.1 Line, 1.2 Shape form,	12
II	Elements of design	2.1 Colour, 2.2 Value, 2.3 Texture, 2.4 space	12
III	Principles of Design	3.1 Balance, 3.2 Movement, 3.3 Rhythm, 3.4 Contrast	12
IV	Principles of Design	4.1 Emphasis, 4.2 Pattern, 4.3 Unity and diversity	12
V	Design relevance	5.1 How objects perceived by people - Case Study	12
Total No. of Lectures			60

### Suggested Reading

1. Elements and Principles of Design by Zena O'Connor
2. Universal Principles of Design by William Lidwell, Kritina Holden , Jill Butler.

<b>Course Code:</b> <b>26BD2-A110</b>	<b>Course: History of Design</b>		<b>Marks: 100</b> <b>Credits: 2</b>
<b>Course Objectives:</b> To learn Design work done by various designers in the past. To learn Cultural trends in past, impact on society, cultural trends.			
<b>Course Outcome:</b> After completing the course, the student shall be able to CO1: Start appreciating work done by other designers and use the knowledge for new creation CO2: Predict what could be trend based on design historical moments. CO3: Use other designer good work for new innovations.			
<b>Unit</b>	<b>Unit Title</b>	<b>Contents</b>	<b>No. of Lectures</b>
I	Introduction	1.1.Design and Art Movements, Impact on design with reference to time	6
II	Design Education	2.1. The Bahaus and Ulm -philosophy, 2.2. Vienna Secession	6
III	Design moments	3.1 Art Deco, 3.2. Modernism, 3.3. Futurism etc	6
IV	Emerging Trends	4.1. Crafts to Industrialisation to individualism	6
V	Great work	5.1. Great work at Various regions - Europe, USA, Asia by various designers - Lowey, Herman Miller etc	6
<b>Total No. of Lectures</b>			<b>30</b>

### **Suggested Reading**

1. Made in Italy - edited by Grace Lees-Maffei and Kjetil Fallan
2. Design in the USA by Jeffrey L. Meikle
3. The definitive history of AUTOMOBILE by DK Publishing

<b>Course Code:</b> 26BD2-C111	<b>Contents: Model Making</b>		<b>Marks: 50</b> <b>Credits: 2</b>
<b>Course Objectives:</b>			
<ul style="list-style-type: none"> <li>• Students will be able to demonstrate physical prototypes in the design and innovation process.</li> <li>• Students will be able to apply prototyping skills to communicate and validate design concepts.</li> </ul>			
<b>Course Outcome:</b>			
After completing the course, the student shall be able to			
CO1: Demonstrate Prototypes in the design and innovation process			
CO2: Compare various prototype-making methods.			
<b>Unit</b>	<b>Unit Title</b>	<b>Contents</b>	<b>No. of Lectures</b>
I	Introduction	<ul style="list-style-type: none"> <li>• Importance of prototyping in the design process</li> <li>• Types of prototypes: low-fidelity vs. high-fidelity</li> <li>• Overview of model making techniques and materials</li> </ul>	6
II	Sketching and Basic Drafting	<ul style="list-style-type: none"> <li>• Freehand sketching techniques</li> <li>• Principles of orthographic and perspective drawing</li> <li>• Introduction to digital sketching tools</li> </ul>	6
III	Foam & Cardboard Modelling	<ul style="list-style-type: none"> <li>• Techniques for working with foam board and cardboard</li> <li>• Creating basic 3D forms and structures</li> <li>• Adding detail and refinement to foam and cardboard models</li> </ul>	6
IV	Woodworking and Sculpting	<ul style="list-style-type: none"> <li>• Introduction to woodworking tools and safety procedures</li> <li>• Techniques for shaping and assembling wood models</li> <li>• Sculpting with clay and other moldable materials</li> </ul>	6
V	Rapid Prototyping Technologies	<ul style="list-style-type: none"> <li>• Overview of 3D printing, laser cutting, and CNC machining</li> <li>• Design considerations for rapid prototyping</li> <li>• Hands-on experience with rapid prototyping equipment</li> </ul>	6
Total No. of Lectures			30

**Suggested Reading:**

"Prototyping and Modelmaking for Product Design" by Bjarki Hallgrimsson

<b>CourseCode:</b> 26BD2-F1112	<b>Course: Principles of Management</b>		<b>Marks: 50</b> <b>Credits: 2</b>
<b>Course Objectives:</b> 1. To study the Fundamentals of Management 2. To study various Functions of Management			
<b>Course Outcome:</b> After completing the course, the student shall be able to <b>CO1:</b> Understand the Fundamentals of Management. <b>CO2:</b> Understand the various functions of Management			
<b>Unit</b>	<b>Unit Title</b>	<b>Contents</b>	<b>No of Lectures</b>
1	Introduction to Management	1.1 Management:- Meaning, Nature, Importance. 1.2 Role of Managers. 1.3 Difference between Management and Administration. 1.4 Management as a Science, Art & Profession.	10
	Managerial Functions	2.1 Forecasting:- Meaning, Need ,Types. 2.2 Planning:- Meaning, Importance, Types, Process Advantages, Disadvantages. 2.3 Organizing:- Meaning and Importance 2.4 Staffing:- Meaning and Importance 2.5 Direction:- Meaning and Importance. 2.6 Co-ordination:- Meaning and Importance. 2.7 Controlling:- Meaning, Importance and Process 2.8 Delegation of Authority:- Meaning and Importance 2.9 Decentralization:-Meaning and Importance  2.10 Decision Making:- Meaning and Types 2.11 Motivation:- Meaning and Importance. 1.5	
Total No. of Lectures			30

### Suggested Readings:

<b>Sr No</b>	<b>Name of the Book</b>	<b>Author</b>	<b>Publication</b>
1	Management Concepts and Strategies	J.S. Chandan	Vikas Publishing House Pvt. Ltd.
2	Principles of Management	Harold Koontz , Heinz Weihrich , A. Ramachandra Arysri	McGraw hill companies
3	Management A Global and	Heinz Weihrich ,Mark V.	McGraw hill

	Entrepreneurial Perspective	Cannice , Harold Koontz	companies
4	Management – 2008Edition	Robert Kreitner , MamataMohapatra	Biztantra – Management ForFlat World
5	Introduction to Management	John R. Schermerhorn	Wiley India Pvt. Ltd.
6	Principles of Management	P.C. Tripathi , P.N. reddy	McGraw hill companies
7	Management Text andCases	R. SatyaRaju , A.Parthasarthy	PHI learning Pvt.Ltd
8	Management (Multi-Dimensional Approach )	H. R. Appannaiah , G. Dinakar , H.A. Bhaskara	Himalaya PublishingHouse
9	Principles of Management	L M Prasad	Himalaya PublishingHouse

<b>Course Code: 26BD2-G113</b>	<b>Course: Digital Marketing</b>	<b>Marks: 100</b> <b>Credits: 4</b>
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**Course Objectives:**

1. To introduce students to the concept and importance of digital marketing in the modern business environment.
2. To develop understanding of various digital marketing channels and tools used by organizations.
3. To enable students to plan and implement digital marketing strategies.
4. To familiarize students with analytics and performance measurement in digital marketing.

**Course Outcome:**

After completing the course, the student shall be able to

CO1- Explain the concept, scope, and importance of digital marketing in business.

CO2- Identify different digital marketing platforms and tools used for promotion.

CO3- Design digital marketing campaigns using various online channels.

CO4- Evaluate the effectiveness of digital marketing strategies using analytics tools.

<b>Unit</b>	<b>Unit Title</b>	<b>Contents</b>	<b>No. of Lectures</b>
<b>I</b>	Introduction to Digital Marketing	Meaning and Concept of Digital Marketing Importance and Scope of Digital Marketing Evolution of Digital Marketing Difference between Traditional Marketing and Digital Marketing Digital Marketing Channels and Platforms Benefits and Challenges of Digital Marketing	15
<b>II</b>	Digital Marketing Tools and Techniques	Search Engine Optimization (SEO): Concept and Importance Search Engine Marketing (SEM) Content Marketing Social Media Marketing (Facebook, Instagram, LinkedIn, YouTube) Email Marketing Mobile Marketing	15
<b>III</b>	Online Advertising and Campaign Management	Digital Advertising and Pay-Per-Click (PPC) Display Advertising and Banner Ads Influencer Marketing Affiliate Marketing Planning and Managing Digital Marketing Campaigns Budgeting for Digital Marketing	15

<b>IV</b>	Digital Marketing Analytics	Web Analytics and Website Traffic Analysis Social Media Analytics Key Performance Indicators (KPIs) in Digital Marketing Measuring Return on Investment (ROI) in Digital Campaigns Introduction to Digital Marketing Tools (Google Analytics, CRM Systems, Marketing Dashboards) Ethical and Legal Issues in Digital Marketing	15
<b>Total No. of Lectures</b>			<b>60</b>

<b>Sr. No.</b>	<b>Title of the Book</b>	<b>Author/s</b>	<b>Publication</b>
1	Understanding Digital Marketing: Marketing Strategies for Engaging the Digital Generation	Ryan, Damian	Kogan Page Publishers
2	Digital Marketing: Strategy, Implementation and Practice	Chaffey, Dave and Ellis-Chadwick, Fiona	Pearson Education, Harlow
3	Digital Marketing Strategy: An Integrated Approach to Online Marketing	Kingsnorth, Simon	Kogan Page Publishers
4	Social Media Marketing	Tuten, Tracy L. and Solomon, Michael R	SAGE Publications



<b>Course Code:</b> 23BD2-H051	<b>Course: Information and Communication Technology</b>		<b>Marks: 50</b> <b>Credits: 2</b>
<b>Course Objectives:</b>			
<ol style="list-style-type: none"> <li>1. To introduce students to the fundamentals of Information and Communication Technology used in modern business environments.</li> <li>2. To develop practical skills in using digital productivity tools for business documentation, data analysis, and presentations.</li> <li>3. To provide understanding of data management, databases, and business analytics concepts.</li> <li>4. To familiarize students with internet technologies, cloud computing, and digital business platforms.</li> </ol>			
<b>Course Outcome:</b>			
After completing the course, the student shall be able to			
<b>CO1:</b> Understand the importance and role of ICT in modern business organizations.			
<b>CO2:</b> Apply digital productivity tools such as word processors, spreadsheets, and presentation software for business tasks.			
<b>Unit</b>	<b>Unit Title</b>	<b>Contents</b>	<b>No of Lectures</b>
I	Foundations of ICT in Business	1.1. Meaning and importance of ICT 1.2. Role of ICT in modern organizations 1.3. Components of ICT systems <ul style="list-style-type: none"> <li>• Hardware, software, networks</li> </ul> 1.4. Types of computers and business applications 1.5. Operating systems and system software 1.6. Information systems in business <ul style="list-style-type: none"> <li>• TPS, MIS, DSS, ERP, CRM</li> </ul>	10
II	Digital Productivity and Office Tools	2.1 Business documentation using Word Processors <ul style="list-style-type: none"> <li>• Formatting, styles, templates</li> <li>• Mail merge for business communication</li> </ul> 2.2 Spreadsheet tools for business analysis <ul style="list-style-type: none"> <li>• Functions (SUM, IF, VLOOKUP, COUNTIF)</li> <li>• Data sorting and filtering</li> <li>• Pivot tables and charts</li> </ul> 2.3 Presentation tools for business communication <ul style="list-style-type: none"> <li>• Designing professional presentations</li> <li>• Infographics and visual storytelling</li> </ul> 2.4 Collaboration tools <ul style="list-style-type: none"> <li>• Google Workspace / Microsoft 365</li> <li>• Online meetings and team collaboration</li> </ul> 2.5 Database fundamentals <ul style="list-style-type: none"> <li>• Tables, fields, records, keys</li> </ul> 2.6 Introduction to SQL and database queries 2.7 Data visualization tools (Excel / Power BI / Tableau basics) 2.8 Role of data in managerial decision making	15
Total No. of Lectures			30

**Suggested Readings:**

- Business Analytics” – James Evans
- Fundamentals of Computers” – V. Rajaraman
- Study Material by NIIT / NIELI

<b>Course Code:</b> 26BD2-I106	<b>Course: English for Business Communication</b>	<b>Marks: 50</b> <b>Credits: 2</b>
<b>Course Objectives:</b> 1. To develop effective soft skills. 2. To know the recent trends in corporate communication.		
<b>Course Outcome:</b> After completing the course, the student shall be able to <b>CO1:</b> Demonstrate effective soft skills <b>CO2:</b> Demonstrate the use of recent trends in corporate communication		
<b>Unit</b>	<b>Unit Title</b>	<b>Contents</b>
<b>I</b>	Introduction to Soft Skills	1.1 Meaning, Need and Importance of soft skills. 1.2 Elements of soft skills. <ul style="list-style-type: none"> <li>• Grooming, Manners &amp; Etiquettes,</li> <li>• Effective Listening &amp; Speaking</li> <li>• Interview Skills, Resume Writing and Job Application Letter.</li> <li>• Oral Presentation</li> <li>• Group Discussion.</li> <li>• Problem-solving skills</li> <li>• Time management abilities</li> </ul>
<b>II</b>	Recent trends in corporate Communication	2.1 Technologies used in Business Communication – <ul style="list-style-type: none"> <li>• Blog writing</li> <li>• Websites</li> <li>• Social Media Network: LinkedIn, WhatsApp, Twitter, Facebook, Instagram, YouTube</li> <li>• Video Conferencing</li> <li>• Email</li> </ul> 2.2 Etiquettes in Social Media Communication. 2.3 Branding Communication and Signage communication 2.4 Emotional Intelligence and Critical thinking 2.5 Resume writing and interview preparation (physical and virtual).

**Suggested Readings:**

<b>Sr. No.</b>	<b>Title</b>	<b>Author</b>
1	Business Communication	K. K.Sinha
2	Business Correspondence & Report Writing	R. C. Sharma & Krishan Moha
3	Communication	C.S. Rayudu
4	Business Communication	Asha Kaul
5	Soft Skills	Dr. Alex
6	Essentials of Business Communication	Rajendra Pal & Korlahalli
7	Managerial Communication	P. D. Chaturvedi & Mukesh Chaturvedi

8	Business Communication	Prasad, Sona
9	Business Communication	Jain V. K
10	Business Communication	Rai, Urmila
11	Business Communication	Hiremath, Saroj
12	Business Communication	Ashish, Aishwarya
13	Business Communication	ICMR – ICFAI Centre for Management Research

Course Code: 26BD1-J107	Course: Environmental Studies and Sustainability -II	Marks: 50 Credits: 2	
<p><b>Course Objectives:</b></p> <ol style="list-style-type: none"> <li>1. To familiarize students to policy framework of environmental protection in India.</li> <li>2. To provide students an in-depth understanding of various categories of E-Waste, related environmental hazards and E-Waste Management.</li> <li>3. To create awareness among students about environmental impacts of AI and Data Centers.</li> <li>4. To acquaint students with environmental compliances and approval for corporates in India.</li> </ol>			
<p><b>Course Outcomes:</b> After completing the Course, the students shall be able to:</p> <p><b>CO1:</b> Understand Constitutional and legal framework for environmental protection in India.  <b>CO2:</b> Understand &amp; Practice responsible handling &amp; disposal of E-Waste in individual &amp; professional capacity.  <b>CO3:</b> Understand environmental impacts of Data centers.  <b>CO4:</b> Know environmental compliance requirements for corporates in India.</p>			
Unit	Unit Title	Contents	No. of Lectures
I	Environmental Protection: Policy & Institutional Framework	<p>1.1 Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution</p> <p>1.2 Nuclear hazards and human health risks</p> <p>1.3 Climate change, global warming, ozone layer depletion, acid rain: Causes &amp; Effects</p> <p>1.4 Environmental Policy Framework: Principles of Environmental Law:</p> <ul style="list-style-type: none"> <li>• Sustainable Development</li> <li>• Polluter Pays Principle</li> <li>• Precautionary Principle</li> <li>• Public Trust Doctrine</li> </ul> <p>Environmental Laws in India: Objectives &amp; Scheme</p> <ul style="list-style-type: none"> <li>• Environmental protection under Indian Constitution: Art.48(A), Art.51(g), Art.21</li> <li>• Environment (Protection) Act, 1986</li> <li>• Water (Prevention and control of Pollution) Act, 1974</li> <li>• Air (Prevention and Control of Pollution) Act, 1981</li> <li>• Wildlife (Protection) Act, 1972</li> <li>• Forest (Conservation) Act, 1980:</li> <li>• National Green Tribunal (NGT) Act, 2010</li> </ul> <p>Institutional Framework:</p> <ul style="list-style-type: none"> <li>• Ministry of Environment, Forest and Climate Change, Government of India</li> <li>• Central Pollution Control Board</li> <li>• State Pollution Control Board</li> </ul> <p>1.5 Role of Judiciary in Environment protection: Public Interest Litigation &amp; Judicial Activism</p> <p>1.6 Introduction to International initiatives for Environmental Protection</p>	12
II	E-Waste	<p>2.1 Meaning, Categories of E-Wastes</p> <p>2.2 Effects on environment</p> <p>2.3 Need for E-Waste Management</p>	8

		<p>2.4 E-Waste Disposal Methods in India</p> <p>2.5 Issues &amp; Challenges in E-Waste Management</p> <p>2.6 Opportunities in E-Waste Management in India</p> <p>2.7 Indian Framework related to E-Waste Management</p> <ul style="list-style-type: none"> <li>• E-Waste Management Rules,2022 with latest amendment in 2024 <ul style="list-style-type: none"> <li>○ Extended Producer Responsibility</li> <li>○ Responsibilities of Companies Under E-Waste Rules</li> <li>○ Role of Bulk Consumers</li> <li>○ Penalties for Non-Compliance</li> </ul> </li> <li>• Hazardous and Other Wastes (Management and Transboundary Movement) Rules, 2016</li> <li>• National Action Plan for Chemical and Waste Management</li> </ul> <p>2.8. Case study</p>	
<b>III</b>	AI & Data Centers: Environmental Impact	<p>3.1. Climate Cost of AI:</p> <ul style="list-style-type: none"> <li>• Carbon Footprint of AI: Energy consumption in training AI modules</li> <li>• Data centers</li> <li>• E-Waste &amp; AI Hardware <ul style="list-style-type: none"> <li>• Cost of Chips &amp; Servers</li> <li>• Short Lifecycle of Hardware</li> </ul> </li> <li>• AI Applications: <ul style="list-style-type: none"> <li>• AI driven algorithms in Cryptocurrency mining</li> <li>• AI for Consumerism</li> <li>• Inefficient algorithms</li> <li>• Greenwashing AI</li> </ul> </li> </ul> <p>3.1 Data centers: Meaning &amp; Functions</p> <p>3.2 Impact of data centers on Environment</p> <p>3.3 Environmental hazards of underwater data centers on Marine Ecosystem</p> <p>3.4 Mitigation strategies</p> <p>3.5 Green Data Centers</p>	5
<b>IV</b>	Environmental Compliance Requirements for Corporates in India	<p>4.1 Environmental clearances &amp; regulatory approvals</p> <p>4.2 CSR obligations under The Companies Act,2013</p> <p>4.3 ESG: Meaning, Parameters, Importance of ESG Reporting</p> <p>4.4 SEBI's BRSR (Business Responsibility &amp; Sustainability Reporting)</p> <p>4.5 Environmental Impact Assessment (EIA)</p> <p>4.6 Relevant Case Studies</p>	5
Total no. of lectures			30

### Suggested Readings:

Sr. No	Title of Book	Author/s	Publication
1	Environmental law and policy in India	Tripathi	Himalaya Publishing House
	Environmental law and policy in India	Garba C.P	Academic Press
2	Sustainable Economic Development &	Raj Kumar Sen	Atlatic Publishers &

	Environment	Kartik C.Roy	Distributors Pvt Ltd
3	Sustainability Management	Deb Prasanna Choudhary	Zorba Books
4	Sustainable Development & Environment	Snigdha Tripathi	Ankit Publication
5	Concepts & Approaches for Sustainability Management	Khai Ern Lee	Springer International Publishing
6	Introduction to Sustainable Development	Martin J.Ossewaarde	SAGE Publications Pvt Ltd First Edition
7	Theory & Practice With Case Studies , Sustainability ,Ethics	Dr.Mark Anthony Camilleri	Springer International Publishing
8	Resource Management, Sustainable Development and Governance	Baleshwar Thakur Rajiv Thakur Srikumar Chattopadhyay	Springer International Publishing

Course Code: 26BD2-K115	Course: Physical Education & Sports		Marks: 50 Credits :2
<p><b>Course Objectives:</b></p> <ol style="list-style-type: none"> <li>1. To develop an understanding of physical fitness, its principles, and the importance of maintaining a personal fitness program.</li> <li>2. To educate students on the scientific basis of exercise, warm-up, cool-down, and its effects on the body.</li> <li>3. To emphasize the importance of diet and nutrition in maintaining a healthy lifestyle and enhancing physical performance.</li> <li>4. To introduce students to modern trends in sports and physical education, along with career opportunities in the field.</li> <li>5. To encourage students to incorporate an active lifestyle through physical fitness and time management.</li> <li>6. To provide hands-on experience in fitness and sports activities for overall well-being.</li> </ol>			
<p><b>Course Outcome:</b></p> <p>After completing the course, the student shall be able to:</p> <p><b>CO1:</b> Recognize the significance of physical fitness and apply key fitness principles to improve overall health and well-being.</p> <p><b>CO2:</b> Understand the role of exercise in maintaining health, perform proper warm-up and cool-down techniques, and analyze the effects of exercise on body systems.</p> <p><b>CO3:</b> Identify essential nutrients, create a balanced diet plan, and understand the relationship between diet, behavior, and overall health.</p> <p><b>CO4:</b> Gain awareness of advancements in sports, explore career options in physical education, and understand government initiatives like Khelo India and Fit India programs.</p> <p><b>CO5:</b> Develop habits for an active lifestyle, utilize free time for physical activities, and understand the importance of personal effort in fitness.</p> <p><b>CO6:</b> Actively participate in fitness and sports activities, improving physical endurance, flexibility, and overall fitness.</p>			
Unit	Unit Title	Contents	No. of Lectures
I	Physical Fitness	<ol style="list-style-type: none"> <li>1. The Importance of Physical Fitness</li> <li>2. Personal Fitness Program <ul style="list-style-type: none"> <li>• Daily Activities</li> <li>• Diet</li> <li>• The Habit of Exercise</li> <li>• Exercise Session</li> </ul> </li> <li>3. Principles of Fitness</li> <li>4. Progressive Overload</li> <li>5. Variety</li> <li>6. Rest and Recovery</li> <li>7. Reversibility Consistency</li> </ol>	3
II	Exercise Scientific Approach	<ol style="list-style-type: none"> <li>1. Exercise</li> <li>2. Importance of Warm Up</li> <li>3. Cooling Down</li> <li>4. Importance of Regular Exercises</li> <li>8. Effect of Exercise and Training on Various Body Systems</li> </ol>	3
III	Diet	<ol style="list-style-type: none"> <li>1. Need of Diet and Nutrition</li> <li>2. Classification of Nutrients</li> <li>3. Balanced Diet</li> </ol>	3

		4. Water Balance in the Body 5. Better Health through Diet 9. Diet and Behavior	
IV	Changing Trends and Careers in Physical Education	1. Concept, Aims & Objectives of Physical Education 2. Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements 3. Career options in Physical Education 4. Khelo-India Program and Fit – India Program	3
V	Active Lifestyle	1. Know yourself 2. Increase Physical Fitness 3. Make good use of your free time 4. Active during Weekly holidays 5. Know the Value of Efforts	3
VI	Participation in Fitness and Sports Activity	Every student should participate in Fitness & Sports Activity ( 30 Hours)	30

Sr.	Title of the Book	Author/s	Publication
1.	Foundation of Physical Education, Exercise Science and Sports.	Bucher, C. A., & Wuest, D. A.	Tata McGraw Hill Education Private Limited
2.	Textbook of Applied Measurement Evaluation & Sports Selection.	Kansal, D. K.	Sports & Spiritual Science
3.	Advanced Fitness Assessment and exercise prescription	Hayward, V	Human Kinetics,
4.	Physical Activity and Health Guidelines	Rahl, R. V	Human Kinetics.
5.	Essentials of Physical Education	Ajmar Singh	Kalyani Publication.
6.	Health, Exercise and Fitness	Muller, J.	Sports Publication.
7.	Methods in Physical Education	Kamlesh, M.	Friends Publications