

**MAULANA ABUL KALAM AZAD UNIVERSITY OF TECHNOLOGY, WB**  
**Syllabus of BBA in Sports Management**  
**(Effective for 2020-2021 Admission Session)**  
**Choice Based Credit System**  
**140 Credit (3-Year UG) MAKAUT Framework**  
**w.e.f 2020-21**

**3<sup>rd</sup> Semester**

Subject Type	Course Name	Credit Points	Credit Distribution			Mode of Delivery			Proposed Moocs
			Theory	Practical	Tutorial	Offline#	Online	Blended	
CC5	Humanising Sports	6	5	0	1	✓			As per MAKAUT Notification
<b>BSM 301</b>									
CC 6	Financial Management & Accounting	6	5	0	1	✓			
<b>BSM 302</b>									
CC7	Basics of Sports Medicine & Nutrition	6	5	0	1	✓			
<b>BSM 303</b>									
GE 3	Students will have to select from the GE Basket	6						✓	
SEC 1	Basics of Assessment in Psychology	2	0	2	0	✓			
<b>BSM 354</b>									
Semester Credits		<b>26</b>							

**# Only in case offline classes are not possible due to reasons like COVID Pandemic the classes will be in synchronous online mode**

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**BSM 301 - Humansing Sports**

Credits: 5L+1T

**Course Objectives:** This course is designed to make the students familiarise with concept of psychology applied in sports performance. To integrate personal relevance of the selected theories, techniques, and skills tone's own sport experiences. To develop an understanding of how psychological factors influence performance in sport and physical activity settings. To develop the ability to think critically about issues in sport and physical activity.

**Course Outcomes (CO):**

Sl. No.	Course Outcomes	Mapped Module
1	Able to understand the significance of sports psychology in managing sports persons for better performance.	M1, M2
2	Relate to with the psychological and motivational factors involved with sports performance.	M1, M2
3	Apply of psychological theory and methods to the study of behaviour resulting from or directly related to involvement in sport and physical activity	M3, M4, M5, M6
4	Build a solid foundation of knowledge regarding psychological theories and research in sports setting.	M5,M6

Module Number	Total Hours	%age of questions	Blooms Level	Remarks (If any)
M1	11	20	2	NA
M 2	10	15	1, 2	NA
M 3	10	15	2,3	NA
M 4	10	20	3	NA
M5	09	20	2,3	NA
M6	10	10	2,3	NA
	<b>60</b>	<b>100</b>		
<b>Tutorial</b>	<b>16</b>			
<b>Total</b>	<b>76</b>			

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**Course Contents**

1. Introduction – Definition, Scope and Concept of Sports Psychology. History of sport psychology. Sports Psychologist, Role of Sports Psychologist. Sports Psychology issues. Approaches to psychology – Individual differences, Social psychology, Cognitive psychology, Physiological psychology, Developmental psychology.
2. Personality; its definition and types – Trait and Types (Sheldon and Jung Classification) and Big Five Theory. Personality: Concept and Definitions. Personality Types. Trait Theory. Sheldon Personality Type - (a) Endomorph, (b) Mesomorph and (c) Ectomorph. Jung's Classification of Personality Types. Characteristics of Introverts & Extroverts. Big Five Theory of Personality – Openness to Experience, EXTRAVERSION, CONSCIENTIOUSNESS, AGREABLENESS, NEUROTICISM.
3. Motivation, Defining Motivation. Strategies to enhance motivation. Intrinsic Motivation, types of intrinsic motivation – Stimulation. Knowledge and Accomplishment. Extrinsic Motivation, types of extrinsic motivation – External regulation, Introjected regulation, Identified regulation, Integrated regulation and Amotivation. Difference between Intrinsic and Extrinsic Motivation.
4. LEARNING - Definition, Theories on Learning- Classical and Operant conditioning. Learning Through Classical Conditioning. Learning Through Operant Conditioning. Learning Through Observation. Key Difference in Learning Theories -Classical Conditioning, Operant Conditioning and Social Learning.
5. CONFIDENCE – Defining Confidence and Role of Sports Manager in Developing Confidence among Sports Personalities. How is confidence measured in athletes What do athletes need to be confident about Influence of self-confidence on athletes' performance How does confidence influence athletes' performance What are important sources of confidence for athletes Confidence in coaches
6. Meaning, Concept and Types of Aggressions in Sports. Hostile Aggression, instrumental Aggression. Sanctioned and unsanctioned aggression. The link between aggression and performance. Theories of aggression - Instinct theories, Social learning theory, The frustration–aggression. Individual differences in sporting aggression. Situational factors affecting aggression. The reduction of aggression.

**Suggested Readings**

1. Britton Brewer - Sport Psychology (Olympic Handbook of Sports Medicine)-Wiley-Blackwell (2009)
2. David Lavalley, John Kremer, Aidan P. Moran and Mark Williams – Sport Psychology Contemporary Themes (2004)
3. Matt Jarvis - Sport Psychology (2006)
4. Bandura, (1973). Aggression A Social Learning Analysis. Englewood Cliffs NJ Prentice-Hall.
5. Baron, R. A. (1994). Perspectives in social psychology. Plenum Press.
6. Baron, R. A., & Byrne, D. R. (2000). Social Psychology. Pearson.
7. Baron. R.A “Psychology” Pearson Education South Asia, New Delhi, 2008.
8. Sivarajan. K “Psychological Foundations of Education” Calicut University, Kerala, India, 2006.

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**BSM 302- Financial Management & Accounting**

Credits 5L+1T

**Course Objective:** The objective of the course is to enable students to acquire sound Knowledge of concepts, methods and techniques of management accounting and to make the students develop competence with their usage in managerial decision-making and control.

**Course Outcomes (CO):**

Sl. No.	Course Outcomes	Mapped Module
1	Define the abilities of learners to develop the concept of management accounting and its significance in the business.	M1
2	Identify the abilities of learners to analyse the financial statements.	M2
3	Enable the learners to understand, develop and apply the techniques of management accounting in the financial decision making in the business corporates.	M1, M3
4	Develop the competence of the students with their usage in managerial decision - making and control.	M4

Module Number	Total Hours	%age of questions	Blooms Level	Remarks (If any)
M1	15	25	1	NA
M 2	15	25	2	NA
M 3	15	25	1,2	NA
M 4	15	25	3	NA
	<b>60</b>	<b>100</b>		
<b>Tutorial</b>	<b>16</b>			
<b>Total</b>	<b>76</b>			

**Course Contents**

<p>Module I            Introduction-Branches-Objectives of Accounting-Importance of Accounting-Users of accounting information- Basic Terminology in Accounting-Systems of accounting            Accounting concepts and conventions- Accounting Equation-Types of accounts- Rules for debit and credit            Journal-Journalisation-Subdivision of Journal-Ledger            posting-Cash Book</p>
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Module II Trial balance-concept of errors- types of errors Final accounts with adjustments Financial management-definition-objectives-functions-scope-concept of time value of money-long term and short term sources of finance
Module III Cost of capital-definition-cost of debt-cost of preference share-cost of equity-cost of retained earnings-WACC Capital budgeting-definition-objectives-importance-application-techniques-payback period-ARR-NPV-IRR-PI Working capital management definition-components-determinants-estimation-types of working capital
MODULE IV Cost concept-classification of cost-elements of cost-cost sheet Budgets and budgetary control-definition-types of budgets-preparation of flexible budget-cash budget Marginal costing and break even analysis

**Suggested Readings**

1. Gupta, RL and Radhaswamy, M : Financial Accounting ; Sultan Chand and Sons
2. Ashoke Banerjee: Financial Accounting,Excel Books
3. Maheshwari:Introduction to Accounting,Vikas Publishing
4. Monga JR, Ahuja Girish and Sehgal Ashok : Financial Accounting; Mayur Paper Back
5. Shukla, MC, Grewal TS, and Gupta, SC : Advanced Accounts; S. Chand & Co
6. Compendium of Statement and Standards of Institute of Chartered Accountants of India.  
Accounting : The
7. Agarwala, AN, Agarwala KN: Higher Sciences of Accountancy : Kitab Mahal
8. Anthony, RN and Reece, JS : Accounting Principles; Richard Inwin Inc
9. Ramchandran & Kakani : Financial Accounting for Managers; Tata mcgraw-Hill

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**BSM 303- Basics of Sports Medicine & Nutrition**

Credits- 5L+1T

**Course Objectives:** This course is designed to make the students understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury. To make students understand the in foundations of kinesiology. To understand need and scope of sports medicine. To understand aims and objectives of sports medicine. To make them aware about the fundamental movement of human body. To understand Micro and Macronutrients and their primary functions and to Gain basic knowledge of the different nutrients and their role in maintaining health of the community. Students will be able to point out diet for various competitions and nutrient supplements for performance

**Course Outcomes (CO):**

Sl. No.	Course Outcomes	Mapped Module
1	Define the concept of sports medicine. Role of coaches and sports physician in sports medicine.	M1
2	Classify the various movements and muscles of the body. Know effectiveness of human movement using mechanical principles.	M1
3	Understand the primary responsibilities in preventing sports injuries and providing initial care for injured athletes.	M2
4	Identify and appropriately treat common sports injuries and conditions from onset through rehabilitation.	M3
5	Analyse the purpose of therapeutic modalities. Different types of modalities, and how they are used. Several safety considerations involved with the use of therapeutic modalities.	M4
6	Categorize the role of nutrients and caloric requirements. Sketch the basic classification, functions and utilization of nutrients. Evaluate the factors affects weight management and solutions for obesity.	M5
7	Interpret gain knowledge about the nutrition, components of nutrition and their impact on health. Design caloric requirements for various sports and age groups.	M5

Module Number	Total Hours	%age of questions	Blooms Level	Remarks (If any)
M1	12	20	1,2	NA
M 2	12	20	2	NA
M 3	12	20	3	NA
M 4	12	20	4	NA
M 5	12	20	4, 5	NA
	<b>60</b>	<b>100</b>		
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**Course Contents**

UNIT - I 1. INTRODUCTION 1.1 Concept of Sports Medicine. 1.2 Aim and Objective of Sports Medicine. 1.3 Need and Scope of Sports Medicine. 1.4 Role of Sports Physician, Physical Educator / Sports Coaches in Sports Medicine.
UNIT - II 2. BASIC KINESIOLOGY 2.1 Meaning and definition of Kinesiology. 2.2 Importance of Kinesiology for Games and Sports. 2.3 Joints and their Movements.
UNIT - III 3. SPORTS INJURIES 3.1 Introduction. 3.2 Types of Sports Injuries. 3.3 Reasons of Sports Injuries. 3.4 Prevention and Management of Sports Injuries
UNIT - IV 4. THERAPEUTIC MODALITIES 4.1 Brief description of Therapeutic Modalities. 4.2 Role of Ice in treatment of Sports Injuries. 4.3 Clinical application of Heat Modalities. 4.4 Brief concept of Short Wave Diathermy (SWD), Whirlpool Bath, Transcutaneous, Electrical Nerve Stimulation (TENS), Interferential Stimulation
UNIT - V 5. Balanced Diet and Nutrition: Macro and Micro Nutrients 5.1 Importance of Vitamins and Minerals in Sports 5.2 Importance of Water 5.3 Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance and Food Myths

**Suggested Readings**

1. Perritano J.V. - The truth about physical fitness and Nutrition-Facts on File (2010)
2. Bean, A. (1999). Food for Fitness. London: A & C Block.
3. Plimmar, R. (2006). Food, Health and Vitamins. New Delhi: Sports Publication.
4. Srivastava, V. (2009). Nutrition and Diet for Sportsmen. New Delhi: Bhagwati Publishers.
5. Jim Clover - Sports Medicine Essentials\_ Core Concepts in Athletic Training & Fitness Instruction, 2nd Edition-Delmar Cengage Learning (2007)
6. Robert C France - Introduction to Sports Medicine and Athletic Training (2nd Ed) (2010)

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**BBS 354- Basics of Assessment in Psychology**

**Credits- 2P**

**Course Objective:** The course is designed to provide a working knowledge on basic assessment tools of intelligence and personality that will help them develop a better understanding of themselves and their strengths and weaknesses. The learner will be able to remember, understand and apply the taught concepts and methods in future work endeavors related to job analysis, personnel selection, career counseling and personality development.

**Course Outcome:**

Sl	Course Outcome (CO)	Mapped Module
CO1	Be able to understand and remember the basic concepts related to assessment in Psychology including its types, methods, purpose, tools, application	M1
CO2	Be able to remember & understand the basic concept of intelligence & it's testing. Learn how to administer, score and interpret a standardized IQ test.	M1,M2
CO3	Be able to remember & understand the basic concept of personality & it's testing. Learn how to administer, score and interpret a standardized personality test.	M2,M3

**Syllabus with mapped module:**

Module Number	Headline	Total Hours	%age of Questions	Blooms Level	Remarks (if any)
Module 1	Introduction to Assessment in Psychology- types, methods, purpose, tools, application	4	20	1, 2, 3	N.A.
Module 2	Introduction to intelligence & intelligence testing followed by administration, scoring & interpretation of Standard Progressive Matrices by Ravens/Cattell's Culture Fair Test	12	40	1, 2, 3	N.A.
Module 3	Introduction to personality & personality testing followed by administration, scoring & interpretation of Eysenck Personality Questionnaire (EPQ)	12	40	1, 2, 3	N.A.
		<b>28</b>	<b>100</b>		



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**Syllabus**

Module 1: Introduction to Assessment in Psychology- types (Intelligence, personality, interest, creativity, psychopathology: anxiety, depression, suicidal intention, anger, etc), methods (questionnaire, verbal test, batteries, performance batteries, expressive techniques), purpose (clinical and non-clinical), tools (paper pencil, ink blots, picture cards), application (clinical and non-clinical). *(Total hours- 4)*

Practicum: Module 2: Understanding of intelligence & intelligence testing followed by administration, scoring & interpretation of Standard Progressive Matrices by JC Raven/Cattell's Culture Fair Test. *(Total hours- 12)*

Practicum: Module 3: Understanding of personality & personality testing followed by administration, scoring & interpretation of Eysenck Personality Questionnaire (EPQ) *(Total hours- 12)*

**Reference**

- Singh, A. K. (1986). *Tests, measurements and research methods in behavioural sciences*. Tata McGraw-Hill.
- Mangal, S. K. (2007). *Essentials of educational psychology*. PHI Learning Pvt. Ltd.