

Maulana Abul Kalam Azad University of Technology, WB
(Formerly known as West Bengal University of Technology)
Syllabus of BBA(Sports Management)
Effective from academic session 2023-24

Semester VII
Detailed
Syllabus

SEMESTER – VII (Honours)							
SL. No.	Category	Course Code	Course Title	L	T	P	Credit
1	DSC-15	BSMC701	Anatomy, Physiology and Exercise Physiology	3	0	2	5
		BSMC791	Anatomy, Physiology and Exercise Physiology Lab				
2	DSC-16	BSMC702	Psychology and Sociology in Physical Education	3	0	2	5
		BSMC792	Psychology and Sociology in Physical Education Lab				
3	DSC-17	BSMC703	Sports Event Management	3	1	0	4
4	MINOR-10		Any one from Minor Basket (Computer)	3	1	0	4
5	MINOR-11		Any one from Minor Basket (Computer)	3	1	0	4

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Course: Anatomy, Physiology, and Exercise Physiology Anatomy, Physiology, and Exercise Physiology Lab	
Course Code: BSMC701+ BSMC791	Semester: VII
Maximum Marks: 100+100	
Teaching Scheme	Examination Scheme
Theory: 3	End semester Exam: 70
Tutorial:	Attendance: 5
Practical: 2	Continuous Assessment: 25
Credit: 5	Practical/Seasonal internal continuous evaluation: 40
	Practical/Seasonal external examination: 60

S1. No.	Course Objective
1	To introduce students to the fundamental structure and function of the human body.
2	To help students understand how different physiological systems respond and adapt to physical activity.
3	To relate anatomical and physiological knowledge to sports performance, injury prevention, and training techniques.
4	To apply exercise physiology principles for designing training and recovery plans in sports settings.
5	To introduce students to the fundamental structure and function of the human body.

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	Course Outcomes	Mapped module/Unit
CO 1	Identify and describe the structure and function of major body systems.	U1
CO 2	Explain how the human body responds to acute and chronic exercise.	U2
CO 3	Understand the physiological principles behind physical training and performance enhancement.	U3
CO 4	Apply anatomical and physiological knowledge to sports-related contexts, such as injury prevention and performance optimization.	U4
CO 5	Correlate theory with sports practice for evidence-based decision-making in athlete management.	U5

Learning Outcome/Skills:

Upon completing this course, learners will acquire a foundational understanding of human anatomy and physiology with direct relevance to sports and physical activity. They will be able to identify key anatomical structures such as bones, joints, and muscles, and explain their functions in movement and athletic performance, including mechanisms like muscle contraction and movement patterns in sports. Learners will gain insight into major body systems—including cardiovascular, respiratory, digestive, nervous, and endocrine—and their responses to physical exercise. They will understand energy systems, principles of training, and the physiological effects of acute and chronic exercise. The course also develops knowledge of neuromuscular coordination, hormonal regulation during activity, and the role of stress and fatigue in sports performance. Additionally, students will learn practical strategies for injury prevention, recovery techniques, and the importance of physiotherapy, nutrition, hydration, and rest, along with the use of exercise physiology in monitoring and talent identification in athletes.

Unit	Total Hours	% of Questions	Bloom's Taxonomy	Remarks, if any
THEORY				
U1	10	20	1,2	NA
U2	10	20	1,2	NA
U3	05	15	1,2,3	NA
U4	10	25	1,2,3	NA
U5	10	20	1,2,3	NA
	45	100%		

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Course Code:	BSMC701	
Course:	Anatomy, Physiology, and Exercise Physiology	Credits: 3.0
Contents		
Chapter	Name of the Topic	Hours
Unit-I	Introduction to Human Anatomy <ul style="list-style-type: none"> • Introduction to anatomy: terminology and planes of the body • Skeletal system: major bones, joints, and movement mechanics • Muscular system: types of muscles, major muscle groups and their actions • Muscle contraction (Sliding Filament Theory) • Relevance to injury, flexibility, and strength training • Functional anatomy in sports (e.g., movement in running, throwing) 	10
Unit-II	Human Physiology and Body Systems <ul style="list-style-type: none"> • Overview of cell structure and function • Cardiovascular system: heart, blood flow, oxygen transport, blood pressure, cardiac output, stroke volume • Respiratory system: lung function, mechanics of breathing, oxygen debt • Digestive and endocrine systems (brief overview) 	10
Unit-III	Nervous and Endocrine Systems in Sports <ul style="list-style-type: none"> • Central and peripheral nervous systems • Reflexes and motor control • Hormonal regulation during exercise (e.g., adrenaline, cortisol, insulin) • Neuromuscular coordination and fatigue • Stress and arousal management in sports performance 	5
Unit-IV	Fundamentals of Exercise Physiology <ul style="list-style-type: none"> • Energy systems (ATP-PC, Glycolytic, Oxidative/ aerobic system) • Acute vs. chronic effects of exercise • Training principles: overload, specificity, reversibility • Thermoregulation and fatigue • Practical applications in sports training and athlete monitoring 	10
Unit-V	Injury Prevention & Recovery <ul style="list-style-type: none"> • Common sports injuries and physiological causes • Warm-up and cool-down routines • Role of physiotherapy and rehabilitation • Nutrition, hydration, and sleep in exercise recovery • Role of exercise physiology testing in talent identification 	10
	Total:	45

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List of Books

Sl. No.	Title of the Book	Name of Author
1	"Principles of Anatomy and Physiology"	Gerard J. Tortora & Bryan H. Derrickson
2	"Exercise Physiology: Theory and Application to Fitness and Performance"	Scott K. Powers & Edward T. Howley
3	"Physiology of Sport and Exercise"	W. Larry Kenney, Jack H. Wilmore, & David L. Costill
4	"Skeletal Muscle Structure, Function, and Plasticity"	Richard L. Lieber
5	"Anatomy and Physiology"	Dr. A.K. Jain, Publisher: Avichal Publishing Company
6	"Sports Physiology"	Dr. M. L. Kamlesh, Publisher: Friends Publications, India

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Course Code: BSMC791	Course: Anatomy, Physiology, and Exercise Physiology Lab
Credit: 2 Hours: 60	List of practical
1	Introduction and Basic Anatomical Observation <ul style="list-style-type: none"> • Use of anatomical charts and models • Identifying bones and joints • Muscle group identification exercises • Body composition analysis (BMI, skinfold)
2	Cardiovascular and Respiratory Function Tests <ul style="list-style-type: none"> • Measurement of resting and post-exercise heart rate • Blood pressure monitoring • Spirometry and lung function testing • Pulse oximetry
3	Exercise Testing and VO₂ Estimation <ul style="list-style-type: none"> • Step test and Cooper test for aerobic fitness • Submaximal VO₂ estimation • Recovery heart rate measurement • Anaerobic capacity estimation (e.g., Wingate-like protocols)
4	Energy System and Muscle Function Assessment <ul style="list-style-type: none"> • Jump test, sprint tests • Strength and endurance testing (push-up, sit-up, wall sit) • Muscle fatigue and EMG (if facility available)
5	Physiological Monitoring and Lab Report Writing <ul style="list-style-type: none"> • Using heart rate monitors, pedometers • Maintaining exercise logs • Lab report formatting and result discussion

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Course: Psychology and Sociology in Physical Education Psychology and Sociology in Physical Education Lab	
Course code: BSMC702+ BSMC792	Semester: VII
Maximum Marks: 100+100	
Teaching Scheme	Examination Scheme
Theory: 3	End semester Exam: 70
Tutorial:	Attendance: 5
Practical: 2	Continuous Assessment: 25
Credit: 5	Practical/Seasonal internal continuous evaluation: 40
	Practical/Seasonal external examination: 60

Sl. No.	Course Objective	
1	Understand psychological principles that influence physical activity, sport performance, and behaviour.	
2	Analyse the social and cultural factors affecting participation in physical education and sports.	
3	Apply motivational and behavioural strategies to enhance performance and engagement.	
4	Evaluate the impact of group dynamics, leadership, and societal norms on athletes and teams.	
5	Promote inclusivity, mental well-being, and ethical practices in physical education environments.	
	Course Outcomes	Mapped module/Unit
CO 1	Explain key psychological concepts and their application in sport and exercise settings.	U1
CO 2	Identify and interpret the influence of social and cultural factors on individual and group participation in physical education and sports.	U2
CO 3	Demonstrate the use of motivational theories and behaviour change techniques to improve athlete engagement and performance.	U3
CO 4	Analyse team dynamics, leadership roles, and the effect of social norms on group behaviour and performance in sports contexts.	U4

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CO 5	Design inclusive, ethical, and psychologically supportive environments that foster mental well-being and fair participation in physical activity programs.	U5
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Learning Outcome/Skills:

Upon completing this course, learners will develop a strong understanding of sports psychology and its impact on athletic performance and well-being. They will explore key psychological concepts such as motivation, confidence, focus, goal setting, and techniques to manage performance anxiety and arousal. Students will gain insights into personality traits, emotional intelligence, aggression, and behavior modification strategies in sports contexts. The course also emphasizes group dynamics, team cohesion, leadership styles, and effective communication within sports teams. Learners will understand the sociological dimensions of physical education, including socialization, gender equity, cultural identity, and the role of media and commercialization in sports. Additionally, the course covers the psychological and social aspects of athlete health, emphasizing mental well-being, ethics, sportsmanship, peer influence, and anti-doping awareness, while highlighting the role of physical education in building character and promoting lifelong values.

Unit	Total Hours	% of Questions	Bloom's Taxonomy	Remarks, if any
THEORY				
U1	10	20	1,2	NA
U2	10	20	1,2	NA
U3	05	15	1,2,3	NA
U4	10	25	1,2,3	NA
U5	10	20	1,2,3	NA
	45	100%		

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Course Code:	BSMC702	
Course:	Psychology and Sociology in Physical Education	Credits: 3.0
Contents		
Chapter	Name of the Topic	Hours
Unit-I	Introduction to Sports Psychology <ul style="list-style-type: none"> • Definition, scope, and importance of sports psychology • Mental preparation and psychological readiness • Motivation in sports: intrinsic vs. extrinsic • Confidence, focus, and goal setting • Performance anxiety and arousal control 	10
Unit-II	Personality, Emotion, and Behaviour in Sports <ul style="list-style-type: none"> • Personality theories and athlete profiling • Emotional intelligence in sports • Aggression and its management • Burnout and coping mechanisms • Behaviour modification techniques 	10
Unit-III	Group Dynamics and Leadership in Sports <ul style="list-style-type: none"> • Team roles, structure, and stages of group development • Cohesion and its impact on performance • Leadership in sports: styles and effectiveness • Conflict resolution in teams • Communication skills and motivation in group settings 	5
Unit-IV	Sociology of Physical Education and Sport <ul style="list-style-type: none"> • Meaning and scope of sports sociology • Socialization through physical education and sports • Gender equity and inclusion in sports • Sports and nationalism, identity, and culture • Media influence and commercialization of sports 	10
Unit-V	Psychological & Social Aspects of Health, Wellbeing, and Ethics <ul style="list-style-type: none"> • Mental health and well-being in athletes • Sportsmanship, values, and ethics in sports • Social support systems and peer influence • Role of physical education in shaping character • Substance abuse and anti-doping awareness 	10
	Total:	45

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List of Books

Sl. No.	Title of the Book	Name of Author
1	"Sports Psychology"	Dr. M.L. Kamlesh Publisher: Friends Publications, India
2	"Sociology of Sports: An Indian Perspective"	Dr. Jayasudha Gopal Publisher: Khel Sahitya Kendra
3	"Foundations of Sport and Exercise Psychology"	Robert S. Weinberg & Daniel Gould Publisher: Human Kinetics
4	"Sociology of Sport and Physical Activity"	Katherine M. Jamieson & Maureen M. Smith Publisher: Human Kinetics
5	"Psychology in Physical Education and Sport"	John M. Silva & Robert S. Weinberg Publisher: Burgess Publishing

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Course Code: BSMC792 Hours: 60	Course: Psychology and Sociology in Physical Education Lab
Credit: 2	List of practical
1	Introduction to Sports Psychology <ul style="list-style-type: none"> • Self-assessment of motivation levels in sports • Case analysis: Psychological preparation of elite athletes
2	Personality, Emotion, and Behaviour in Sports <ul style="list-style-type: none"> • Personality inventory: Sports-related trait assessment • Role-play: Managing anger or anxiety during performance
3	Group Dynamics and Leadership in Sports <ul style="list-style-type: none"> • Team-building exercises • Analyse leadership style of a famous coach/athlete
4	Sociology of Physical Education and Sport <ul style="list-style-type: none"> • Group debate: Impact of social media on athletes' performance • Short research presentation on gender equity in Indian sports
5	Psychological & Social Aspects of Health, Wellbeing, and Ethics <ul style="list-style-type: none"> • Design a wellness plan for a student-athlete • Analyse real-life ethical dilemmas in sports

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Course: Sports Event Management	
Course Code: BSMC703	Semester: VII
Maximum Marks: 100	
Teaching Scheme	Examination Scheme
Theory: 3	End semester Exam: 70
Tutorial: 1	Attendance: 5
Practical: 0	Continuous Assessment: 25
Credit: 4	Practical/Seasonal internal continuous evaluation: 0
	Practical/Seasonal external examination: 0

Sl. No.	Course Objective	
1	Understand the scope, significance, and structure of sports event management.	
2	Apply planning, budgeting, and operational strategies in organizing sports events.	
3	Demonstrate the ability to manage logistics, safety, risk, and crowd control effectively.	
4	Analyse the role of sponsorship, media, and marketing in promoting sports events.	
5	Evaluate post-event success and develop reports for performance improvement.	
	Course Outcomes	Mapped module/Unit
CO 1	Develop a comprehensive sports event plan with operational and marketing components.	U1
CO 2	Coordinate various stakeholders and manage human and physical resources efficiently.	U2
CO 3	Design sponsorship and promotional strategies for sports events.	U3
CO 4	Apply risk management and legal compliance frameworks during event operations.	U4

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CO 5	Evaluate event effectiveness through performance metrics, financial audits, and feedback systems.	U5
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Learning Outcome/Skills:

This course explores the principles, processes, and practices involved in planning, organizing, executing, and evaluating sports events at various levels—local, national, and international. Students will learn the fundamentals of event operations, logistics, sponsorship, marketing, legal aspects, and post-event evaluation. Through case studies and practical exercises, learners will develop the managerial, organizational, and strategic skills necessary to successfully conduct sports events and enhance audience engagement.

Unit	Total Hours	% of Questions	Bloom's Taxonomy	Remarks, if any
THEORY				
U1	10	10	1,2	NA
U2	10	20	1,2	NA
U3	12	20	1,2,3	NA
U4	14	30	1,2,3	NA
U5	12	20	1,2,3	NA
	60	100%		

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Course Code:	BSMC703	
Course:	Sports Event Management	Credits: 4.0
Contents		
Chapter	Name of the Topic	Hours
Unit-I	Introduction to Sports Event Management <ul style="list-style-type: none"> • Concept, Nature, and Scope of Sports Events • Types and Classification of Sports Events (Mega, Major, Minor, Local, and Recreational) • Evolution of Sports Event Management • Key Stakeholders in Sports Events (Athletes, Sponsors, Media, Government, Audience) • Event Management Cycle: Pre-Event, During Event, and Post-Event • Essential Skills and Competencies of a Sports Event Manager 	10
Unit-II	Planning and Designing Sports Events <ul style="list-style-type: none"> • Event Conceptualization and Feasibility Study • Setting Goals, Objectives, and Success Indicators • Venue Selection and Scheduling • Budgeting and Financial Planning • Event Logistics and Operations Planning • Preparing Detailed Event Proposals and Checklists 	10
Unit-III	Event Marketing, Sponsorship, and Media Management <ul style="list-style-type: none"> • Principles of Sports Event Marketing • Sponsorship Acquisition and Retention Strategies • Brand Activation and Partnerships • Role of Media and Public Relations in Sports Events • Digital and Social Media Strategies for Event Promotion • Ticketing, Merchandising, and Fan Engagement 	12
Unit-IV	Risk Management, Legal, and Ethical Aspects <ul style="list-style-type: none"> • Risk Identification, Analysis, and Mitigation in Sports Events • Safety and Security Management (Crowd Control, Emergency Planning) • Legal Aspects: Contracts, Insurance, and Licensing • Ethical Considerations: Fair Play, Equality, and Inclusivity • Crisis Communication and Contingency Planning 	14
Unit-V	Event Execution, Evaluation, and Legacy <ul style="list-style-type: none"> • On-Ground Operations Management • Volunteer and Staff Coordination • Monitoring, Feedback, and Event Evaluation Techniques • Post-Event Reporting and Financial Reconciliation • Legacy Planning: Social, Economic, and Environmental Impact • Trends and Innovations in Sports Event Management 	12
	Total:	60

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List of Books

Sl. No.	Title of the Book	Name of Author
1	Special Events: The Roots and Wings of Celebration	Goldblatt, J. J. Publisher: Wiley.
2	Successful Event Management: A Practical Handbook.	Shone, A., & Parry, B. Publisher: Cengage Learning.
3	Strategic Sports Event Management: An International Approach.	Masterman, G. Publisher: Routledge.
4	Events Management.	Bowdin, G. A. J., Allen, J., O'Toole, W., Harris, R., & McDonnell, I. Publisher: Routledge.
5	The Business of Sport Management.	Beech, J., & Chadwick, S. Publisher: Pearson Education.

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Semester VII
Detailed
Syllabus

SEMESTER – VII (Honours with research)							
SL. No.	Category	Course Code	Course Title	L	T	P	Credit
1	DSC-15	BSMC701	Anatomy, Physiology and Exercise Physiology	3	0	2	5
		BSMC791	Anatomy, Physiology and Exercise Physiology Lab				
2	DSC-16	BSMC702	Psychology and Sociology in Physical Education	3	0	2	5
		BSMC792	Psychology and Sociology in Physical Education Lab				
3	DSC-17	BSMCR703	Research Methodology	3	1	0	4
4	MINOR-10		Any one from Minor Basket (Computer)	3	1	0	4
5	MINOR-11		Any one from Minor Basket (Computer)	3	1	0	4

Course: Anatomy, Physiology, and Exercise Physiology
Anatomy, Physiology, and Exercise Physiology Lab

Course Code:
BSMC701+ BSMC791

Semester: VII

Maximum Marks: 100+100

Teaching Scheme

Examination Scheme

Theory: 3

End semester Exam: 70

Tutorial:

Attendance: 5

Practical: 2

Continuous Assessment: 25

Credit: 5

Practical/Seasonal internal continuous evaluation: 40

Practical/Seasonal external examination: 60

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S1. No.	Course Objective
1	To introduce students to the fundamental structure and function of the human body.
2	To help students understand how different physiological systems respond and adapt to physical activity.
3	To relate anatomical and physiological knowledge to sports performance, injury prevention, and training techniques.
4	To apply exercise physiology principles for designing training and recovery plans in sports settings.
5	To introduce students to the fundamental structure and function of the human body.

	Course Outcomes	Mapped module/Unit
CO 1	Identify and describe the structure and function of major body systems.	U1
CO 2	Explain how the human body responds to acute and chronic exercise.	U2
CO 3	Understand the physiological principles behind physical training and performance enhancement.	U3
CO 4	Apply anatomical and physiological knowledge to sports-related contexts, such as injury prevention and performance optimization.	U4
CO 5	Correlate theory with sports practice for evidence-based decision-making in athlete management.	U5

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Learning Outcome/Skills:

Upon completing this course, learners will acquire a foundational understanding of human anatomy and physiology with direct relevance to sports and physical activity. They will be able to identify key anatomical structures such as bones, joints, and muscles, and explain their functions in movement and athletic performance, including mechanisms like muscle contraction and movement patterns in sports. Learners will gain insight into major body systems—including cardiovascular, respiratory, digestive, nervous, and endocrine—and their responses to physical exercise. They will understand energy systems, principles of training, and the physiological effects of acute and chronic exercise. The course also develops knowledge of neuromuscular coordination, hormonal regulation during activity, and the role of stress and fatigue in sports performance. Additionally, students will learn practical strategies for injury prevention, recovery techniques, and the importance of physiotherapy, nutrition, hydration, and rest, along with the use of exercise physiology in monitoring and talent identification in athletes.

Unit	Total Hours	% of Questions	Bloom's Taxonomy	Remarks, if any
THEORY				
U1	10	20	1,2	NA
U2	10	20	1,2	NA
U3	05	15	1,2,3	NA
U4	10	25	1,2,3	NA
U5	10	20	1,2,3	NA
	45	100%		

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Course Code:	BSMC701	
Course:	Anatomy, Physiology, and Exercise Physiology	Credits: 3.0
Contents		
Chapter	Name of the Topic	Hours
Unit-I	Introduction to Human Anatomy <ul style="list-style-type: none"> • Introduction to anatomy: terminology and planes of the body • Skeletal system: major bones, joints, and movement mechanics • Muscular system: types of muscles, major muscle groups and their actions • Muscle contraction (Sliding Filament Theory) • Relevance to injury, flexibility, and strength training • Functional anatomy in sports (e.g., movement in running, throwing) 	10
Unit-II	Human Physiology and Body Systems <ul style="list-style-type: none"> • Overview of cell structure and function • Cardiovascular system: heart, blood flow, oxygen transport, blood pressure, cardiac output, stroke volume • Respiratory system: lung function, mechanics of breathing, oxygen debt • Digestive and endocrine systems (brief overview) 	10
Unit-III	Nervous and Endocrine Systems in Sports <ul style="list-style-type: none"> • Central and peripheral nervous systems • Reflexes and motor control • Hormonal regulation during exercise (e.g., adrenaline, cortisol, insulin) • Neuromuscular coordination and fatigue • Stress and arousal management in sports performance 	5
Unit-IV	Fundamentals of Exercise Physiology <ul style="list-style-type: none"> • Energy systems (ATP-PC, Glycolytic, Oxidative/ aerobic system) • Acute vs. chronic effects of exercise • Training principles: overload, specificity, reversibility • Thermoregulation and fatigue • Practical applications in sports training and athlete monitoring 	10
Unit-V	Injury Prevention & Recovery <ul style="list-style-type: none"> • Common sports injuries and physiological causes • Warm-up and cool-down routines • Role of physiotherapy and rehabilitation • Nutrition, hydration, and sleep in exercise recovery • Role of exercise physiology testing in talent identification 	10
Total:		45

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List of Books

Sl. No.	Title of the Book	Name of Author
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2	"Exercise Physiology: Theory and Application to Fitness and Performance"	Scott K. Powers & Edward T. Howley
3	"Physiology of Sport and Exercise"	W. Larry Kenney, Jack H. Wilmore, & David L. Costill
4	"Skeletal Muscle Structure, Function, and Plasticity"	Richard L. Lieber
5	"Anatomy and Physiology"	Dr. A.K. Jain, Publisher: Avichal Publishing Company
6	"Sports Physiology"	Dr. M. L. Kamlesh, Publisher: Friends Publications, India

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Course Code: BSMC791	Course: Anatomy, Physiology, and Exercise Physiology Lab
Credit: 2 Hours: 60	List of practical
1	Introduction and Basic Anatomical Observation <ul style="list-style-type: none"> • Use of anatomical charts and models • Identifying bones and joints • Muscle group identification exercises • Body composition analysis (BMI, skinfold)
2	Cardiovascular and Respiratory Function Tests <ul style="list-style-type: none"> • Measurement of resting and post-exercise heart rate • Blood pressure monitoring • Spirometry and lung function testing • Pulse oximetry
3	Exercise Testing and VO₂ Estimation <ul style="list-style-type: none"> • Step test and Cooper test for aerobic fitness • Submaximal VO₂ estimation • Recovery heart rate measurement • Anaerobic capacity estimation (e.g., Wingate-like protocols)
4	Energy System and Muscle Function Assessment <ul style="list-style-type: none"> • Jump test, sprint tests • Strength and endurance testing (push-up, sit-up, wall sit) • Muscle fatigue and EMG (if facility available)
5	Physiological Monitoring and Lab Report Writing <ul style="list-style-type: none"> • Using heart rate monitors, pedometers • Maintaining exercise logs • Lab report formatting and result discussion

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Course: Psychology and Sociology in Physical Education Psychology and Sociology in Physical Education Lab	
Course code: BSMC702+ BSMC792	Semester: VII
Maximum Marks: 100+100	
Teaching Scheme	Examination Scheme
Theory: 3	End semester Exam: 70
Tutorial:	Attendance: 5
Practical: 2	Continuous Assessment: 25
Credit: 5	Practical/Seasonal internal continuous evaluation: 40
	Practical/Seasonal external examination: 60

Sl. No.	Course Objective	
1	Understand psychological principles that influence physical activity, sport performance, and behaviour.	
2	Analyse the social and cultural factors affecting participation in physical education and sports.	
3	Apply motivational and behavioural strategies to enhance performance and engagement.	
4	Evaluate the impact of group dynamics, leadership, and societal norms on athletes and teams.	
5	Promote inclusivity, mental well-being, and ethical practices in physical education environments.	
	Course Outcomes	Mapped module/Unit
CO 1	Explain key psychological concepts and their application in sport and exercise settings.	U1
CO 2	Identify and interpret the influence of social and cultural factors on individual and group participation in physical education and sports.	U2
CO 3	Demonstrate the use of motivational theories and behaviour change techniques to improve athlete engagement and performance.	U3
CO 4	Analyse team dynamics, leadership roles, and the effect of social norms on group behaviour and performance in sports contexts.	U4

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CO 5	Design inclusive, ethical, and psychologically supportive environments that foster mental well-being and fair participation in physical activity programs.	U5
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Learning Outcome/Skills:

Upon completing this course, learners will develop a strong understanding of sports psychology and its impact on athletic performance and well-being. They will explore key psychological concepts such as motivation, confidence, focus, goal setting, and techniques to manage performance anxiety and arousal. Students will gain insights into personality traits, emotional intelligence, aggression, and behavior modification strategies in sports contexts. The course also emphasizes group dynamics, team cohesion, leadership styles, and effective communication within sports teams. Learners will understand the sociological dimensions of physical education, including socialization, gender equity, cultural identity, and the role of media and commercialization in sports. Additionally, the course covers the psychological and social aspects of athlete health, emphasizing mental well-being, ethics, sportsmanship, peer influence, and anti-doping awareness, while highlighting the role of physical education in building character and promoting lifelong values.

Unit	Total Hours	% of Questions	Bloom's Taxonomy	Remarks, if any
THEORY				
U1	10	20	1,2	NA
U2	10	20	1,2	NA
U3	05	15	1,2,3	NA
U4	10	25	1,2,3	NA
U5	10	20	1,2,3	NA
	45	100%		

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Course Code:	BSMC702	
Course:	Psychology and Sociology in Physical Education	Credits: 3.0
Contents		
Chapter	Name of the Topic	Hours
Unit-I	Introduction to Sports Psychology <ul style="list-style-type: none"> • Definition, scope, and importance of sports psychology • Mental preparation and psychological readiness • Motivation in sports: intrinsic vs. extrinsic • Confidence, focus, and goal setting • Performance anxiety and arousal control 	10
Unit-II	Personality, Emotion, and Behaviour in Sports <ul style="list-style-type: none"> • Personality theories and athlete profiling • Emotional intelligence in sports • Aggression and its management • Burnout and coping mechanisms • Behaviour modification techniques 	10
Unit-III	Group Dynamics and Leadership in Sports <ul style="list-style-type: none"> • Team roles, structure, and stages of group development • Cohesion and its impact on performance • Leadership in sports: styles and effectiveness • Conflict resolution in teams • Communication skills and motivation in group settings 	5
Unit-IV	Sociology of Physical Education and Sport <ul style="list-style-type: none"> • Meaning and scope of sports sociology • Socialization through physical education and sports • Gender equity and inclusion in sports • Sports and nationalism, identity, and culture • Media influence and commercialization of sports 	10
Unit-V	Psychological & Social Aspects of Health, Wellbeing, and Ethics <ul style="list-style-type: none"> • Mental health and well-being in athletes • Sportsmanship, values, and ethics in sports • Social support systems and peer influence • Role of physical education in shaping character • Substance abuse and anti-doping awareness 	10
	Total:	45

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List of Books

Sl. No.	Title of the Book	Name of Author
1	"Sports Psychology"	Dr. M.L. Kamlesh Publisher: Friends Publications, India
2	"Sociology of Sports: An Indian Perspective"	Dr. Jayasudha Gopal Publisher: Khel Sahitya Kendra
3	"Foundations of Sport and Exercise Psychology"	Robert S. Weinberg & Daniel Gould Publisher: Human Kinetics
4	"Sociology of Sport and Physical Activity"	Katherine M. Jamieson & Maureen M. Smith Publisher: Human Kinetics
5	"Psychology in Physical Education and Sport"	John M. Silva & Robert S. Weinberg Publisher: Burgess Publishing

Course Code: BSMC792 Hours: 60	Course: Psychology and Sociology in Physical Education Lab
Credit: 2	List of practical
1	Introduction to Sports Psychology <ul style="list-style-type: none"> Self-assessment of motivation levels in sports Case analysis: Psychological preparation of elite athletes
2	Personality, Emotion, and Behaviour in Sports <ul style="list-style-type: none"> Personality inventory: Sports-related trait assessment Role-play: Managing anger or anxiety during performance
3	Group Dynamics and Leadership in Sports <ul style="list-style-type: none"> Team-building exercises Analyse leadership style of a famous coach/athlete
4	Sociology of Physical Education and Sport <ul style="list-style-type: none"> Group debate: Impact of social media on athletes' performance Short research presentation on gender equity in Indian sports
5	Psychological & Social Aspects of Health, Wellbeing, and Ethics <ul style="list-style-type: none"> Design a wellness plan for a student-athlete Analyse real-life ethical dilemmas in sports

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Course: Research Methodology	
Course Code: BSMCR703	Semester: VII
Maximum Marks: 100	
Teaching Scheme	Examination Scheme
Theory: 3	End semester Exam: 70
Tutorial: 1	Attendance: 5
Practical: 0	Continuous Assessment: 25
Credit: 4	Practical/Seasonal internal continuous evaluation: 0
	Practical/Seasonal external examination: 0

Sl. No.	Course Objective	
1	Understand the fundamental principles of research and its significance in tourism management.	
2	Learn various research designs, methodologies, and data collection techniques.	
3	Develop skills in analysing and interpreting research data.	
4	Apply research tools for solving real-world problems in tourism organizations.	
5	Prepare and present research findings in an academic and professional manner.	
	Course Outcomes	Mapped module/Unit
CO 1	Explain the core principles and purpose of research in the context of tourism management.	U1
CO 2	Identify and differentiate among various research designs, methods, and data collection tools used in tourism research.	U2
CO 3	Demonstrate the ability to analyse, interpret, and draw insights from quantitative and qualitative tourism data.	U3
CO 4	Apply appropriate research methodologies to address operational or strategic challenges in tourism organizations.	U4

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CO 5	Compile, structure, and present research findings in a professional report or presentation format adhering to academic standards.	U5
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Learning Outcome/Skills:

Upon completing this course, learners will gain foundational knowledge and practical skills in conducting research within the field of sports management. They will understand the importance and scope of research, differentiate between qualitative and quantitative methods, and learn how to formulate research problems, questions, and hypotheses. Learners will become familiar with various research designs, sampling techniques, and data collection methods such as surveys, interviews, and observations. Through hands-on activities, they will develop skills in data analysis using tools like Excel and SPSS, and learn to interpret and present data effectively. The course will also cover literature review writing, proper citation styles, and the structure of a research report. Additionally, students will explore the real-world application of research in areas like sports marketing, sponsorship, and policy evaluation, and examine emerging trends such as AI, big data, and analytics in sports decision-making.

Unit	Total Hours	% of Questions	Bloom's Taxonomy	Remarks, if any
THEORY				
U1	10	10	1,2	NA
U2	10	20	1,2	NA
U3	12	20	1,2,3	NA
U4	14	30	1,2,3	NA
U5	12	20	1,2,3	NA
	60	100%		

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Course Code:	BSMC703	
Course:	Research Methodology	Credits: 4.0
Contents		
Chapter	Name of the Topic	Hours
Unit-I	Introduction to Research in Sports Management <ul style="list-style-type: none"> Definition and importance of research in sports management Overview of research methodologies and their application Types of research: qualitative vs. quantitative, applied vs. fundamental research in sports Identifying research topics and formulating research questions Ethical considerations in research 	10
Unit-II	Research Design and Data Collection Methods <ul style="list-style-type: none"> Research problem formulation and hypothesis development Research designs: exploratory, descriptive, experimental Sampling techniques: probability and non-probability sampling Data collection methods: surveys, interviews, observations, case studies Activities: <ul style="list-style-type: none"> Create a research problem statement related to sports management Draft a sample questionnaire for fan engagement research 	10
Unit-III	Data Analysis and Interpretation <ul style="list-style-type: none"> Data processing: coding, tabulation, and cleaning Descriptive and inferential statistics Tools for data analysis: Excel, SPSS, Google Sheets Interpretation and graphical representation of data Activities: <ul style="list-style-type: none"> Conduct a small survey and analyse data using basic statistics Practical session: Using Excel/SPSS for data analysis 	12
Unit-IV	Writing a Research Report & Literature Review <ul style="list-style-type: none"> Structure of a research report Citation styles: APA, MLA, Harvard Writing an effective literature review Common mistakes in research writing Activities: <ul style="list-style-type: none"> Write a literature review on a selected sports topic Peer review session: Evaluating research reports 	14
Unit-V	Application of Research in Sports Management <ul style="list-style-type: none"> Role of research in marketing, sponsorship, and event management Impact assessment of sports policies Case studies of research-based decision-making in sports Future trends: AI, big data, and sports analytics Activities: <ul style="list-style-type: none"> Case study analysis: Research-driven sports marketing strategies 	12

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	<ul style="list-style-type: none"> Group presentation: Proposing a research project for a sports team 	
	Total:	60

List of Books

Sl. No.	Title of the Book	Name of Author
1	Research Methodology: Methods and Techniques	C.R. Kothari & Gaurav Garg Publisher: New Age International Publishers
2	Business Research Methods	Donald R. Cooper & Pamela S. Schindler Publisher: McGraw Hill
3	Methodology of Research in Physical Education and Sports	Prof. S.K. Roy
4	Research Methods in Physical Activity	Jerry R. Thomas, Jack K. Nelson & Stephen J. Silverman Publisher: Human Kinetics
5	Research Methodology in Social Sciences	P. Saravanavel Publisher: Kitab Mahal