

Skill Enhancement Course (SEC) basket from Maha-DnyanDeep Platform

Following courses are suggested by BOS,

Physical Education and Recreation (Faculty ID) for B.P.E & S. Students

1. 6 A Personal Finance & Investment Planning 5 SEC
2. 30 C Excel Essentials 4 SEC
3. 39 C Cyber Hygiene & Digital Safety 4 SEC
4. 40 C Cyber security Awareness 5 SEC
5. 45 C Mobile & Cloud Application Basics 5 SEC
6. 119 H Human Resource Management Basics 5 SEC
7. 137 I Leadership and Management in Politics 5 SEC
8. 166 I TV Anchor-ship 5 SEC
9. 162 I AI and Literary Analysis 5 SEC
10. 156 I Creative Writing Workshop 5 SEC
11. 174 I Health and Wellness Coaching 5 SEC
12. 176 I Digital Mental Health Interventions 5 SEC
13. 228 I Sociology of Health and Medicine 5 SEC
14. 236 J Data Interpretation & Analytical Skills 5 SEC
15. 104 G Leadership Skills 5 SEC
16. 105 G Conflict Resolution 5 SEC

Or,

SEC Basket from University (Student can choose from below courses)

Course Code	Course	Credit offered	Teaching Hours	Full Marks
822268	SEC: Remedial Massage Therapy (P)	2	60	50

Objective	The main objective of the course are: 1. To develop basic knowledge and practical skills in remedial massage techniques. 2. To understand the application of massage for relaxation, recovery, and rehabilitation in sports and physical activity. 3. To enable students to perform massage techniques safely and effectively for different body parts. 4. To develop competency in applying massage principles for injury prevention and muscle recovery.
Course Outcome	After successfully completing the course, students will be able to: 1. Demonstrate fundamental remedial massage techniques and procedures.

	2. Apply massage techniques for relaxation, recovery, and management of muscular discomfort. 3. Identify appropriate massage methods for different body regions and sports situations. 4. Conduct remedial massage sessions while following safety, hygiene, and professional practices.	
Unit	Content	Hours
Unit-I	Introduction to Remedial Massage • Preparation of massage area and equipment • Hygiene and safety procedures • Basic body positioning and draping techniques	14
Unit-II	Fundamental Massage Techniques • Effleurage (stroking) • Petrissage (kneading) • Friction • Tapotement (percussion)	16
Unit-III	Regional Massage Applications • Massage for upper limb • Massage for lower limb • Massage for back and shoulder region	14
Unit-IV	Sports Massage Practice • Pre-event massage • Post-event massage • Recovery and relaxation massage • Practical demonstration and teaching of massage techniques	16

Practical Assessment: Demonstration, record book, and viva voce.

SEC

Course Code	Course	Credit offered	Teaching Hours	Full Marks
822269	SEC: Prescription of Exercise Therapy (P)	2	60	50

Objective	The main objective of the course are: 1. To develop knowledge and practical skills in prescribing therapeutic exercises for health, fitness, and rehabilitation. 2. To understand the principles of exercise selection, progression, and monitoring for different populations. 3. To enable students to design and implement exercise programs based on individual needs and physical conditions. 4. To develop competency in assessing and evaluating the outcomes of exercise therapy interventions.
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Course Outcome	After successfully completing the course, students will be able to: 1. Assess basic physical fitness and functional abilities for exercise prescription. 2. Design and demonstrate therapeutic exercise programs for various fitness and rehabilitation needs. 3. Apply principles of exercise progression, monitoring, and safety during exercise therapy sessions. 4. Evaluate the effectiveness of exercise programs and modify them according to individual requirements.	
Unit	Content	Hours
Unit-I	Introduction to Remedial Massage • Basic fitness assessment • Measurement of heart rate and blood pressure • Determination of exercise intensity	14
Unit-II	Fundamental Massage Techniques • Range of motion exercises • Stretching exercises • Strengthening exercises	16
Unit-III	Regional Massage Applications • Exercise prescription for flexibility • Exercise prescription for strength and endurance • Preparation of individualized exercise plans	14
Unit-IV	Sports Massage Practice • Corrective exercises for posture • Exercise therapy for common musculoskeletal conditions • Monitoring and evaluation of exercise programs	16

Practical Assessment: Practical demonstration, record book, case study, and viva voce.