

Physical Education  
U.G

OK

## **SYLLABUS FOR B.A. PHYSICAL EDUCATION**

**(As Per National Education Policy-2020 &  
Amended N.E.P. 2024)**

**From the session 2024-25 & onwards  
(For Major as well as Minor Also)**



**Maa Shakumbhari University, Saharanpur**

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## OBJECTIVES

Physical Education is a very wide subject in which biological, psychological, physical, health and functional aspects of sports and body are studied. It is noteworthy that it is such a subject with the help of which human body both internally and externally can be kept healthy. Students will definitely be able to discharge duties towards themselves and society through this subject. Under this subject, the students can demonstrate excellently their skills and perfection particularly in sports ability, management, leadership, health plan, event management, sports budgeting, physiology, teaching methods, sports psychology and research along with getting information regarding to the importance of Physical Education for DIVYANG.



Department of Higher Education U.P. Government, Lucknow

National Education Policy at National level 2020 & amended  
N.E.P. 2024.

Common Minimum Syllabus for all U.P. State Universities

SEMESTER-WISE TITLES OF THE PAPERS IN PHYSICAL EDUCATION with some Amendments

Year	Sem	Paper No.	PAPER Code Major	Paper Title	Theory/ Practical	Credits
1	I	1	0150201	(Th) ELEMENTS OF PHYSICAL EDUCATION	THEORY	4
1	I	2	0150280	(PR) FITNESS AND YOGA	PRACTICAL	2
1	II	1	0250201	(Th) SPORTS ORGANISATION AND MANAGEMENT	THEORY	4
1	II	2	0250280	(PR) SPORTS EVENT AND TRACK & FIELD	PRACTICAL	2
2	III	1	0350201	(Th) ANATOMY & EXERCISE PHYSIOLOGY	THEORY	4
2	III	2	0350280	(PR) HEALTH AND PHYSIOLOGY	PRACTICAL	2
2	IV	1	0450201	(Th) SPORTS PSYCHOLOGY AND RECREATIONAL ACTIVITIES	THEORY	4
2	IV	2	0450280	(PR) SPORTS PSYCHOLOGY	PRACTICAL	2
2	IV	3	0450265	(PR) RESEARCH PROJECT	PROJECT	3
3	V	1	0550201	(Th) ATHLETIC INJURIES AND PHYSIOTHERAPY	THEORY	4
3	V	2	0550202	(Th) KINESIOLOGY AND BIOMECHANICS IN SPORTS	THEORY	4
3	V	3	0550280	(PR) PHYSIOTHERAPY & SPORTS	PRACTICAL	2
3	VI	1	0650201	(Th) RESEARCH METHODS	THEORY	4
3	VI	2	0650202	(Th) PHYSICAL EDUCATION FOR DIVYANG	THEORY	4
3	VI	3	0650280	(PR) RESEARCH AND SPORTS	PRACTICAL	2

**SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER I/ PAPER I**

Program/Class: Certificate	Year: First	Semester: First
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code:-	Course Title: Elements of Physical Education	
Course Outcomes: The physical education is very wide concept and this subject teaches about introduction and Sociological concept of Physical Education and this also teaches about historical development of physical education in India and other countries. It introduces a general concept of good health and wellness. This program will also help a student to promote healthy way of living and they will also be able to make fitness and health plan.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	Ancient Wisdom in Physical Education, Sports and yoga: Introduction: Physical Education • Meaning, definition and importance of physical education. • Scope, aim and objective of Physical education. • Importance of Physical education in Modern era. • Relationship of physical education with general education Yoga • Patanjli yoga sutra.	07
II	Sociological Foundation: • Meaning, Definition and importance of sports Sociology • Culture and sports • Socialization and sports • Gender and Sports.	07
III	History: • History and development of Physical education in India: pre and post independence. • Eminent person of Sports – Major Dhayan Chand, K.D. Jadhav, Abhinav Bindra, Karnam Malleshwari, Sushil Kumar, Bijendra Singh, Rajyavardhan Singh Rathore, Yogeshwar Datt, Vijay Kumar, Gagan Narang, Marry Korn, Saina Nehwal, P. V. Sindhu, Anuj Kumar, Alka Tomar & Sanjeev Kumar. National awards of India – Arjun Award, Major Dhyanchand Award, Dronacharya Award, Maulana Abul Kalam Azad Trophy, Sports schemes of India	06
IV	Olympic Games , Asian Games and Commonwealth Games: • Olympics Movement: Ancient Olympic, Modern Olympic, Revival, Aims, Objectives, Spirit, Torch Relay, Flag, Motto, Opening and Closing Ceremonies. • Asian Games.	08

	<ul style="list-style-type: none"> <li>Commonwealth Games.</li> </ul>	
V	<b>Health Education:</b> <ul style="list-style-type: none"> <li>Meaning, Definition and Dimensions of Health.</li> <li>Meaning, Definition objectives, Principals and importance of Health Education.</li> <li>Role of Different Agencies in Promoting Health (WHO, UNICEF).</li> <li>Meaning of Nutrients, Nutrition, and Balance Diet</li> <li>Health and drugs</li> <li>Positive Health</li> </ul>	08
VI	<b>Wellness and Life Style</b> <ul style="list-style-type: none"> <li>Importance of wellness and life style.</li> <li>Role of Physical Activity Maintaining Healthy Life Style.</li> <li>Stress Management.</li> <li>Obesity and Weight Management.</li> </ul>	08
VII	<b>Fitness :</b> <ul style="list-style-type: none"> <li>Meaning, Definition and types of fitness</li> <li>Component of physical fitness</li> <li>Factor affecting physical fitness</li> <li>Development and maintenances of fitness</li> </ul>	08
VIII	<b>Posture:</b> <ul style="list-style-type: none"> <li>Meaning, Definition of Posture.</li> <li>Importance of Good Posture.</li> <li>Causes of Bad Posture.</li> <li>Postural Deformities – Kyphosis, Lordosis, Scoliosis, Round Shoulder, Knock Knee, Bow Leg, Flat foot, Claw Foot (causes and remedial exercise).</li> <li>Fundamental Movements of Body Parts</li> <li>Anatomical standing position.</li> </ul>	08

**Suggested readings:**

- Barrow Harold M., "Man and movements principles of Physical Education", 1978.
- Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.
- Dynamics of fitness. Madison: W.C.B. Brown.
- General methods of training. by - Hardayal Singh
- Giam, C.K &The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book. McGlynn, G., (1993)
- Kamlesh M.L., "Physical Education, Facts and foundations", Faridabad P.B. Publications.
- Krishana Murthy V. and Paramesara Ram, N. "Educational Dimensions of Physical. Education", 2nd Revised edition, Print India, New Delhi 1990.
- Singh, S.N. (2019). Sharirik Siksha Ke Sidhant Evam Aadhar, Khel Sahitya Kendra, Daryaganj, New Delhi
- Methodology of training. by – Harre
- Ravanes R.S., "Foundation of Physical Education", Houghton Millin Co. Boston USA (1978)
- Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut
- Science of sports training. by - Hardayal Singh
- Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.
- Track & Field. by – Gerhardt schmolinsky, Leipzig college of physical culture (DHFK)

This course can be opted as an elective by the students of following subjects: • **Open for all**



<b>Continuous Evaluation Methods: (CIE)</b> <b>INTERNAL ASSESMENT (25 Marks)</b> Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>

**SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER I/ PAPER II**

Program/Class: Certificate	Year: First	Semester: First
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code:-	Course Title: FITNESS & YOGA	
Course Outcomes: Yogas very helpful in prevention of many diseases and students will learn about it. This subject deals with basic knowledge about and Aerobics and Gymnasium classes which will help students to excel in the fitness industry.		
Credits: 02		Elective
Max. Marks : 25 + 75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	<ul style="list-style-type: none"><li>• Learn and demonstrate the techniques of warm-up, general exercise and cooling down</li><li>• Lean and demonstrate physical fitness through aerobic, circuit training and calisthenics.</li><li>• Diet chart &amp; measurement of BMI</li></ul>	15
II	PART – B	
	<p>INTRODUCTION OF YOGA:</p> <ul style="list-style-type: none"><li>• Historical aspect of yoga.</li><li>• Definition, types, scopes &amp; importance of yoga.</li><li>• Yoga relation with mental health and value education.</li><li>• Yoga relation with Physical Education and sports.</li></ul> <p>ASANAS:</p> <ul style="list-style-type: none"><li>• Definition of Asana, differences between asana and physical exercise.</li><li>• Suraya-Namaskar, 02 Standing Asanas, 02 – Sleeping (Supine Position) Asanas, 02 – Sitting Asanas</li></ul> <p>PRANAYAMA:</p>	15



	<ul style="list-style-type: none"> <li>• Difference and classification of pranayama.</li> <li>• Difference between pranayama and deep breathing.</li> <li>• Anulom, Vieam.</li> </ul>	
<b>Suggested Readings:</b> <ul style="list-style-type: none"> <li>• ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.</li> <li>• Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)</li> <li>• Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.</li> <li>• Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.</li> <li>• Pandey, K.G. (2011). Sharirik Siksha Evam Khel , Shri Gyan Sagar Publication, Meerut</li> </ul>		
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>		
<b>Continuous Evaluation Methods (CIE)</b> <b>INTERNAL ASSESMENT (25 Marks)</b> Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. <b>PRACTICAL ASSESSMENT (75 Marks)</b> Practical – 50 VIVA – 15 Record book charts etc – 10		
Course prerequisites: <b>There is no any prerequisites only students physical and medically fit.</b>		
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>		

**SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER II/ PAPER I**

Program/Class: Certificate	Year: First	Semester: Second
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code:-	Course Title: Sports organization and Management	
Course Outcomes: This course is designed to give real time exposure to students in the area of organizing an event/ sports. The students will also learn about store management, purchasing and budget making.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES

I	<b>Introduction:</b> <ul style="list-style-type: none"> <li>• Meaning, concept and definition of sports management.</li> <li>• Nature and scope of sports management.</li> <li>• Aims and objectives of sports management.</li> <li>• Principles of sports management.</li> </ul>	07
II	<b>Event Management</b> <ul style="list-style-type: none"> <li>• Meaning and concept of event management</li> <li>• Planning and management of sports event.</li> <li>• Role of sports event manager.</li> <li>• Steps in event management:</li> <li>• Planning,</li> <li>• Executing</li> <li>• Evaluating</li> </ul>	08
III	<b>Budget</b> <ul style="list-style-type: none"> <li>• Meaning, Definition, Preparation, Principals of making Sports Budget.</li> <li>• Basics of Sports Event Accounting.</li> </ul>	07
IV	<ul style="list-style-type: none"> <li>• Format of Budget Preparation.</li> <li>• Preparing the Departmental Financial Plan and estimate.</li> <li>• Expenditure management.</li> </ul>	08
V	<b>Organization</b> <ul style="list-style-type: none"> <li>• Meaning and definition of Organization.</li> <li>• Need and importance of Organization.</li> <li>• Principles of Organization.</li> <li>• Structure and functions of S.A.I., University Sports Council and A.I.U.</li> </ul>	07
VI	<b>Supervision</b> <ul style="list-style-type: none"> <li>• Meaning and Definition</li> <li>• Principals of Supervision</li> <li>• Techniques of supervision in sports management.</li> <li>• Methods of supervision.</li> <li>• Role of a coach/manager.</li> </ul>	07
VII	<b>Facilities Equipment</b> <ul style="list-style-type: none"> <li>• Procedure to purchase sports goods and equipment.</li> <li>• Procedure of Stock entry &amp; Write Off.</li> <li>• Storing and distribution.</li> <li>• List of Consumable and Non- Consumable sports goods and equipment.</li> <li>• Care and maintenance of Equipment.</li> </ul>	08
VIII	<b>Job Opportunities</b> <ul style="list-style-type: none"> <li>• Physical Educational professional, career avenues and professional preparation.</li> <li>• Clients and Sponsorship with respect to Players/ Teams</li> </ul>	08
<b>Suggested Readings:</b> <ul style="list-style-type: none"> <li>• Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport,"</li> <li>• MC Grow Hill publication, Now York (US) 2002</li> <li>• Hert, Renis(1961) New Patterns of Management, McGraw Hill.</li> <li>• Horine, Larry," Administration of Physical Education and Sport programs. WM-C Brown Publishers</li> </ul>		



Dubuque (US) 1991 • Kotler, P and G Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo. Parkhouse, Bonnie L., "The management of Sports – if foundation and application," Mosby publication, St. Louis (US), 1991 • Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut • Sandhu, K. Sports Dynamics: Psychology, Sociology and Management. • Sivia, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. Deen Dayal Upadhyaya marg, 2005), • Marketing: An Introduction, New York: Prentice Hall • This course can be opted as an elective by the students of following subjects: <b>Open for all</b>
<b>Suggested Continuous Evaluation Methods:</b> <b>INTERNAL ASSESMENT (25 Marks)</b> Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>

#### SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER II/ PAPER II

Program/Class: <b>Certificate</b>	Year: <b>First</b>	Semester: <b>Second</b>
<b>SUBJECT : PHYSICAL EDUCATION - PRACTICAL</b>		
Course Code:-	<b>Course Title: Sports Event and Track &amp; Field</b>	
Credits: <b>02</b>	Elective	
Max. Marks : <b>25 + 75</b>	Min. Passing Marks: <b>10 + 25</b>	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
<b>UNIT</b>	<b>TOPICS</b>	<b>NO. OF HOURS</b>
	<b>PART – A</b>	
	<ul style="list-style-type: none"><li>• To make a plan for organizing an event.</li><li>• To organize an Interclass Competition (Intramurals) of any games with in the wall.</li><li>• To prepare a budget plane for interclass competition as Intramural</li><li>• Make a Sample Time Table for college.</li><li>• Prepare the list of Consumable and Non- Consumable items.</li><li>• Prepare a Biodata/ Vita/ curriculum vitae.</li></ul>	<b>15</b>
	<b>PART – B</b>	
	<b>Track &amp; Field :</b> <ul style="list-style-type: none"><li>• Measurements.</li><li>• Marking.</li></ul>	<b>15</b>

	<ul style="list-style-type: none"> <li>• Rules.</li> <li>• Officials.</li> <li>• Regulatory Governing Bodies.</li> <li>• Championship/ Meet - National and International.</li> <li>• World and National Records.</li> </ul>	
<b>Suggested Readings:</b> <ul style="list-style-type: none"> <li>• Parkhouse, Bonnie L., "The management of Sports – if foundation and application," Mosby publication, St. Louis (US), 1991</li> <li>• Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," MC Grow Hill Ppublication, Now York (US) 2002</li> <li>• Horine, Larry," Administration of Physical Education and Sport programs. WM-C Brown Publishers • Dubuque (US) 1991</li> <li>• Kotler,P and G Allen, L.A. (1988) Management &amp; Organization. Kogakusha Co. Tokyo.</li> <li>• Hert, Renis(1961) New Patterns of Management, McGraw Hill,.</li> <li>• Sandhu, K. Sports Dynamics: Psychology, Sociology and Management.</li> <li>• Singh, S. N. (2019). Khelo Ke Niyam, Khel Sahitya Kendra, Daryaganj, New Delhi</li> <li>• Sivia, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. Deen Dayal Upadhyaya</li> <li>• Marg. (2005), Marketing: An Introduction, New York: Prentice Hall.</li> </ul>		
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>		
<b>Suggested Continuous Evaluation Methods:</b> <b>INTERNAL ASSESMENT (25 Marks)</b> Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. <b>PRACTICAL ASSESSMENT (75 Marks)</b> Practical – 50 VIVA – 15 Record book charts etc – 10		
Course prerequisites: <b>There is no any prerequisites only students physical and medically fit.</b>		
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>		

#### SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER III/ PAPER I

Program/Class: <b>Certificate</b>	Year: <b>Second</b>	Semester: <b>Third</b>
<b>SUBJECT : PHYSICAL EDUCATION - THEORY</b>		
Course Code:-	Course Title: <b>Anatomy and Exercise Physiology</b>	
Course Outcomes Course outcomes: students can be able to understand human structure and function as well as effects of exercise on various human body systems.		
Credits : <b>04</b>		Elective

Max. Marks : 25+75		Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	<b>INTRODUCTION :</b> <ul style="list-style-type: none"> <li>• Meaning Definition and Importance of Anatomy and Physiology in the field of Physical Education &amp; Sports</li> <li>• Brief introduction of Cell, Tissue, Organ and system</li> </ul>	06
II	<b>TISSUE</b> <ul style="list-style-type: none"> <li>• Types of Tissue</li> <li>• Connective &amp; Epithelial Tissue</li> </ul>	07
III	<b>SKELETAL SYSTEM:</b> <ul style="list-style-type: none"> <li>• Structural and functional classification of bones.</li> <li>• Types of joints</li> <li>• Importance of Skeletal System in Phy. Edu.&amp; Sports</li> </ul>	08
IV	<b>MUSCULAR SYSTEM:</b> <ul style="list-style-type: none"> <li>• Types of Muscle</li> <li>• Structural and functional classification of Muscles.</li> <li>• Effects of Exercise on Muscular System</li> </ul>	08
V	<b>CIRCULATORY SYSTEM:</b> <ul style="list-style-type: none"> <li>• Structure and function of human heart</li> <li>• Circulation of blood</li> <li>• Effects of exercise on circulatory system</li> </ul>	08
VI	<b>RESPIRATORY SYSTEM :</b> <ul style="list-style-type: none"> <li>• Structure and function of respiratory system</li> <li>• Effects of exercise on respiratory system</li> <li>• The effects of altitude on the respiratory system.</li> </ul>	08
VII	<b>DIGESTIVE SYSTEM:</b> <ul style="list-style-type: none"> <li>• Structure and function of organs in digestive system</li> <li>• Importance of Digestive system.</li> <li>• Mechanism of Digestive System.</li> </ul>	08
VIII	<b>GENERAL PHYSIOLOGICAL CONCEPTS :</b> <ul style="list-style-type: none"> <li>• Vital Capacity-VC</li> <li>• Second Wind</li> <li>• Oxygen Debt</li> <li>• Fatigue</li> <li>• Types of Fatigue</li> <li>• Blood Pressure</li> </ul>	07
<b>Suggested Readings:</b> <ul style="list-style-type: none"> <li>• ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.</li> <li>• Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)</li> <li>• Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.</li> <li>• Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.</li> </ul>		

- Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health & Wellness Club, New York, U.S.A.
- Jain, J. (2004) Khel Dawaon Ka (New Delhi : Delhi University Press).
- Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA.
- Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).
- Koley, Shyamal (2007), Exercise Physiology — A Basic Approach (New Delhi: Friends Publications).
- Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
- Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India.
- Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi.
- Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
- Singh, S. N. (2019). Sharir Rachna Evam Vyayam Kriya Vigyan, Khel Sahitya Kendra, Daryaganj, New Delhi
- Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons.
- William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin.
- Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill

This course can be opted as an elective by the students of following subjects: **Open for all**

**Continuous Evaluation Methods (CIE)**

**INTERNAL ASSESMENT (25 Marks)**

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

Course Prerequisites: **There is no an prerequisites but students are to be physical & medically Fit.**

**Suggested equivalent online courses:**

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon open University.

**SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER III/ PAPER II**

Program/Class: <b>Certificate</b>		Year: <b>Second</b>	Semester: <b>Third</b>
<b>SUBJECT : PHYSICAL EDUCATION - PRACTICAL</b>			
Course Code:-		Course Title: <b>Health and Physiology</b>	
Credits: <b>02</b>		Elective	
Max. Marks : <b>25 + 75</b>		Min. Passing Marks: <b>10 + 25</b>	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
<b>UNIT</b>	<b>TOPICS</b>		<b>NO. OF HOURS</b>
	<b>PART - A</b>		
<b>I</b>	<ul style="list-style-type: none"><li>• Draw and label any two-body system.</li><li>• Prepare an Model of any one System.</li><li>• Measuring height, weight, waist circumference and hip circumference, calculation of waist-Hip ratio.</li><li>• Learn to Measure Blood Pressure by Sphygmomanometer.</li></ul>		<b>15</b>

PART - B		
II	<p>Chose any one individual sports as per given Annexure-A with following activity:</p> <ul style="list-style-type: none"> <li>– History and development of selected game/sports</li> <li>– Lay out and measurement of selected game/sports</li> <li>– Rules and regulation of selected games/sports</li> <li>– Specific exercise for selected game/sports</li> <li>– Techniques and skills of selected game/sports</li> </ul>	15
<p><b>Suggested Readings:</b></p> <ul style="list-style-type: none"> <li>• ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.</li> <li>• Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)</li> <li>• Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.</li> <li>• Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.</li> <li>• Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health &amp; Wellness Club, New York, U.S.A.</li> <li>• Jain, J. (2004) Khel Dawaon Ka (New Delhi : Delhi University Press). New York, USA.</li> <li>• Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill</li> <li>• Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).</li> <li>• Koley, Shyamal (2007), Exercise Physiology — A Basic Approach (New Delhi: Friends Publications).</li> <li>• Jain AK (2002). Anatomy &amp; Physiology for Nurses. Arya Publishers, Delhi.</li> <li>• Moried EN (2007). Essential of Human Anatomy &amp; Physiology. Ed. 8th Dorling Kindersley, India.</li> <li>• Prives M and Others (2004). Human Anatomy Vol. I &amp; II Paragon, Delhi.</li> <li>• Seeley &amp; Others (2008). Anatomy &amp; Physiology. McGraw Hill, Boston.</li> <li>• Singh, S. N. (2019). Sharir Rachna Evam Vyayam Kriya Vigyan, Khel Sahitya Kendra, Daryaganj, New Delhi</li> <li>• Tortora (2003). Principles of Anatomy &amp; Physiology, New York: John Willy &amp; Sons.</li> <li>• William CS (2000). Essentials of Human Anatomy &amp; Physiology, Benjamin.</li> <li>• Wilson and Waugh (1996). Anatomy &amp; Physiology in Health &amp; Illness. Churchill</li> <li>• Livingstone</li> </ul> <p>This course can be opted as an elective by the students of following subjects: <b>Open for all</b></p> <p><b>Continuous Evaluation Methods (CIE)</b>  <b>INTERNAL ASSESSMENT (25 Marks)</b>          Written Test – 10 marks          Assignment/ Research Based Project - 10 marks          Attendance – 5 marks          Research Orientation of the student.  <b>PRACTICAL ASSESSMENT (75 Marks)</b>          Practical – 50          VIVA – 15          Record book charts etc - 10</p> <p>Course prerequisites: <b>There is no any prerequisites only students physical and medically fit.</b></p> <p><b>Suggested equivalent online courses:</b></p> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and</li> </ul>		



Abroad.
• Rajarshi Tandon open University.

**SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER IV/ PAPER I**

Program/Class: <b>Certificate</b>		Year: <b>Second</b>	Semester: <b>Fourth</b>
<b>SUBJECT : PHYSICAL EDUCATION - THEORY</b>			
Course Cod:-		Course Title: <b>Sports Psychology and Recreational Activities</b>	
<b>Course Outcomes:</b> students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.			
Credits : <b>04</b>		Max. Marks : <b>25+75</b>	Min. Passing Marks : <b>10 + 25</b>
<b>Total No. of Lectures-Practical (in hours per week):L-T-P: 4-0-0</b>			
<b>UNIT</b>	<b>TOPIC</b>		<b>NO. OF LECTURES</b>
<b>I</b>	<b>INTRODUCTION:</b> <ul style="list-style-type: none"><li>• Meaning, Importance and scope of sports psychology</li><li>• General characteristics of various stages of growth and development.</li><li>• Psycho-sociological aspects of human behavior in relation to physical education.</li></ul>		<b>06</b>
<b>II</b>	<b>PERSONALITY:</b> <ul style="list-style-type: none"><li>• Meaning and definition of personality, characteristics of personality.</li><li>• Dimensions of personality, personality and sports performance</li></ul>		<b>08</b>
<b>III</b>	<b>LEARNING:</b> <ul style="list-style-type: none"><li>• Nature of learning, theories of learning.</li><li>• Law of learning, plateau in learning, transfer of learning</li></ul>		<b>08</b>
<b>IV</b>	<b>MOTIVATION :</b> <ul style="list-style-type: none"><li>• Nature of motivation, factors influencing motivation.</li><li>• Motivational techniques and its impact on sports performance.</li></ul>		<b>08</b>
<b>V</b>	<b>PLAY:</b> <ul style="list-style-type: none"><li>• Meaning of Play</li><li>• Definition of play</li><li>• Various Theories of play</li></ul>		<b>08</b>
<b>VI</b>	<b>RECREATION :</b> <ul style="list-style-type: none"><li>• Meaning and importance of recreation in physical education</li><li>• Principles of recreation in physical education</li><li>• Areas, classification and ways of recreation.</li><li>• Use of leisure time activities and their educational values.</li></ul>		<b>08</b>
<b>VII</b>	<b>TRADITIONAL GAMES OF INDIA:</b> <ul style="list-style-type: none"><li>• Meaning.</li><li>• Types of Traditional Games-</li><li>• Gilli- Danda, Kanche, Stapu, Gutte, Posampa, Pitthoo, Vish Amrit</li></ul>		<b>07</b>

	<ul style="list-style-type: none"> <li>• Importance/ Benefits of Traditional Games.</li> <li>• How to Design Traditional Games.</li> <li>• Development of Personalities by the help of Traditional Games.of</li> </ul>	
VIII	<b>INTRAMURALS:</b> <ul style="list-style-type: none"> <li>• Meaning.</li> <li>• Importance.</li> <li>• Conducting Intramural Competitions.</li> </ul>	07

**Suggested Readings:**

- Alliance, A. (1999). Physical Best Activity Guide, New Delhi,
- Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA.
- Dheer, S. and Radhika. (1991). Organisation and Administration of Physical Edu., ND: Friends Pub.
- Frost, R.B. and Others. (1992). Administration of Physical Education and Athletics, Delhi: UniversalBook.
- Gangwar, B.R. (1999). Organisation Admn. & Methods of Physical education, Jalandhar: A.P. Pub.
- Gangwar, B.R. (1999). Sharirik Shiksha Ka Prabandh Prashashan Avam Vidhiya,
- Jalandhar: A.P. Pub.
- Gupta R. Kumar P. & Sharma D.P. (1999). Lesson Plan in Physical Education & Sports. R.D.P. Publication. New Delhi.
- Gupta R. Kumar P. & Sharma. D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. Sahyog
- Prakashan. New Delhi.
- Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.
- Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut
- Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi.
- Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends Publication. Delhi.
- Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi.
- Shaw D & Kaushik S (2001). Lesson Planning- Teaching Methods and Classman in Physical Education. K.S.K. Delhi.

This course can be opted as an elective by the students of following subjects: Open for all

**Continuous Evaluation Methods (CIE)**

**INTERNAL ASSESMENT (25 Marks)**

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

Course prerequisites: **There is no any prerequisites only student physical and medically fit.**

**Suggested equivalent online courses:**

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in
- India and Abroad.
- Rajarshi Tandon open University.

**SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER IV/ PAPER II**

Program/Class: Certificate	Year: Second	Semester: Fourth
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code:-	Course Title: Recreational Games & their Psychological Benefits	
Credits: 02	Elective	
Max. Marks : 25 + 75	Min. Passing Marks: 10 + 25	
Total No. of Lectures – Tutorials – Practicals (in hour per week) L-T-P :0-0-2		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	<ul style="list-style-type: none"> <li>• Make a Model/ Chart of any one Traditional games</li> <li>• Organize a recreational activity at college level and write a report on it.</li> <li>• Design a Traditional/ Recreational games with new ideas.</li> </ul>	15
	PART – B	
II	Chose any one Team Games as per given Annexure- A with following activity: <ul style="list-style-type: none"> <li>• History and development of selected game/sports</li> <li>• Lay out and measurement of selected game/sports</li> <li>• Rules and regulation of selected games/sports</li> <li>• Specific exercise for selected game/sports</li> <li>• Techniques and skills of selected game/sports</li> </ul>	15
<b>Suggested Readings:</b> 1. Anand OP(2001) Yog Dwara Kaya kalp, Sewasth Sahitya prakashan, Kanpur 2. Martin, GL(2003) Sports Psychology-Practical Guidelines from Behaviour Analysis. Sports Press, Winnipeg, Canada		
<b>This course can be opted as an elective by the students of following subjects: Open for all</b>		
<b>Continuous Evaluation Methods (CIE)</b> <b>INTERNAL ASSESMENT (25 Marks)</b> Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
<b>PRACTICAL ASSESSMENT (75 Marks)</b> Practical – 50 VIVA – 15 Record book charts etc – 10		
<b>Course prerequisites: There is no any prerequisites only students physical and medically fit.</b>		
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>		

**SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER V/ PAPER I**

Program/Class: <b>Certificate</b>	Year: <b>Third</b>	Semester: <b>Fifth</b>
<b>SUBJECT : PHYSICAL EDUCATION - THEORY</b>		
Course Code:-	Course Title: <b>Athletic Injuries and Physiotherapy</b>	
Course Outcomes: Students can be able to understand Athletic Injuries and Athletic Care and Rehabilitation.		
Credits : <b>04</b>	Max. Marks : <b>25+75</b>	Min. Passing Marks : <b>10 + 25</b>
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
<b>UNIT</b>	<b>TOPICS</b>	<b>NO. OF LECTURES</b>
<b>I</b>	<b>Athletic Injuries and Athletic Care.</b> <ul style="list-style-type: none"><li>• Concept and Significance.</li><li>• Factors causing Injuries.</li><li>• General Principles of Prevention of Injuries.</li></ul>	<b>06</b>
<b>II</b>	<b>Rehabilitation -</b> <ul style="list-style-type: none"><li>• PRICER- Prevention, Rest, Ice, Compression, Elevation, Rehabilitation</li><li>• DRABC- Danger, Response, Airways, Breathing, Circulation.</li><li>• First aid – meaning, definition.</li><li>• Importance of First aid.</li><li>• Back Pain &amp; Neck Pain and their Rehabilitation.</li></ul>	<b>08</b>
<b>III</b>	<b>Common Sports Injuries I :</b> <b>SOFT TISSUE INJURIES:</b> Sprain, Strain, Contusion, Abrasion , Blister, Concussion, Abrasion, Laceration, Hematoma <ul style="list-style-type: none"><li>• First Aid of Soft Tissue Injuries</li><li>• Bandages for Soft Tissue Injuries</li><li>• Taping and Supports</li></ul>	<b>08</b>
<b>IV</b>	<b>Common Sports Injuries II:</b> <b>BONE &amp; JOINT INJURIES:</b> <ul style="list-style-type: none"><li>• Fracture</li><li>• Dislocation</li><li>• First Aid of Bone &amp; Joint Injuries</li><li>• Bandages for Bone &amp; Joint Injuries</li><li>• Taping and Supports</li></ul>	<b>08</b>
<b>V</b>	<b>Physiotherapy-</b> <ul style="list-style-type: none"><li>• Definition</li><li>• Guiding principles of physiotherapy.</li><li>• Importance of physiotherapy</li></ul> <b>. Massage-</b>	<b>08</b>





	<ul style="list-style-type: none"> <li>• Meaning</li> <li>• Types and Importance.</li> </ul>	
VI	<b>Hydrotherapy-</b> <ul style="list-style-type: none"> <li>• Meaning and Importance.</li> <li>• Different methods of giving Hydrotherapy</li> </ul>	08
VII	<b>Treatment modalities-</b> <ul style="list-style-type: none"> <li>• Introduction an understanding of treatment modalities through Electrotherapy, Infrared rays, Ultraviolet rays, short wave diathermy, ultra sound.</li> </ul>	07
VIII	<b>Therapeutic Exercise-</b> <ul style="list-style-type: none"> <li>• Meaning, Definition.</li> <li>• Importance.</li> <li>• Muscle Strengthening through Active and Passive Exercise.</li> <li>• Therapeutic value with Yoga asanas for rehabilitation and strengthening of the muscles.</li> </ul>	07

**Suggested Readings:**

- ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago, USA.
- Beotra, Alka (2001-02) Drug Education Handbook on Drug Abuse in Sports, Applied Nutrition Sciences, Mumbai.
- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.
- Fahey, T.D., M.P. Insel and W.T. Rath (2006), Fit & Well: Core Concepts and Labs in Physical Fitness, mcgraw Hill, New York.
- Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
- Hoeger, W K and S.A. Hoeger (2004). Principles and Labs for Fitness and Wellness, Thomson Wadsworth, California, USA.
- Jain, J. (2004) Khel Dawaon Ka (New Delhi: Delhi University Press).
- Singh, S.N. (2019). Khel Chikitsa Shastra Evam Yoga, Khel Sahitya Kendra, Daryaganj, New Delhi
- Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, (2008), Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi.
- Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers).
- Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA.
- Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).

This course can be opted as an elective by the students of following subjects: **Open for all**

**Continuous Evaluation Methods (CIE)**

**INTERNAL ASSESMENT (25 Marks)**

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

Course prerequisites: **There is no any prerequisites only student physical and medically fit.**

**Suggested equivalent online courses:**

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and



Abroad.

- Rajarshi Tandon open University.

**SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER V/ PAPER II**

Program/Class: <b>Certificate</b>	Year: <b>Third</b>	Semester: <b>Fifth</b>
<b>SUBJECT : PHYSICAL EDUCATION - THEORY</b>		
Course Code:-	Course Title: <b>Kinesiology and Biomechanics in Sports</b>	
Course Outcomes: students can be able to understand various aspects of Kinesiology and Biomechanics in Sports and able to apply in sports activities.		
Credits :04		Elective
Max. Marks : 25+75		Min. Passing Marks : 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
<b>UNIT</b>	<b>TOPIC</b>	<b>NO. OF LECTURES</b>
<b>I</b>	<b>INTRODUCTION:</b> <ul style="list-style-type: none"><li>• Meaning, Definitions, Aims, Objective.</li><li>• Importance of Kinesiology for games and sports.</li></ul>	<b>06</b>
<b>II</b>	<ul style="list-style-type: none"><li>• Kinesiological Fundamental Movements.</li><li>• Center of Gravity.</li><li>• Line of Gravity.</li></ul>	<b>08</b>
<b>III</b>	<ul style="list-style-type: none"><li>• Planes and Axes</li><li>• Types of muscles contraction.</li></ul>	<b>08</b>
<b>IV</b>	<b>Location &amp; Action of Muscles at Various Joints: -</b> i) Upper extremity – Shoulder Joint , Elbow Joint iii) Lower extremity – Hip joint, Knee Joint	<b>08</b>
<b>V</b>	<b>BIOMECHANICAL CONCEPT:</b> <b>INTRODUCTION:</b> <b>Friction:</b> <ul style="list-style-type: none"><li>• Meaning, Definitions and Types.</li><li>• Newton's Law of Motion</li><li>• Motions, Types of Motion &amp; Inertia</li></ul>	<b>08</b>
<b>VI</b>	<b>FORCE AND LEVERS:</b> <b>FORCE:</b> <ul style="list-style-type: none"><li>• Meaning</li><li>• Definitions</li><li>• Types</li><li>• Application to sports activities.</li></ul> <b>LEVERS:</b> <ul style="list-style-type: none"><li>• Meaning</li><li>• Definition</li><li>• Uses of them in the Human body.</li></ul>	<b>08</b>
<b>VII</b>	<b>KINENIAMTICS:</b>	<b>07</b>

	<ul style="list-style-type: none"> <li>• Meaning of Kinematics.</li> <li>• Types- Linear and Angular</li> <li>• Speed, Velocity, Acceleration, Distance, Displacement.</li> </ul>	
VIII	<b>KINETICS:</b> <ul style="list-style-type: none"> <li>• Meaning of Kinetics</li> <li>• Types- Linear and Angular.</li> <li>• Mass, Weight, Force, Momentum and Pressure.</li> </ul>	07
<b>Suggested Readings:</b> <ul style="list-style-type: none"> <li>• Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA.</li> <li>• Blazevich, A. (2007). Sports Biomechanics. A &amp; C Black Publishers, USA.</li> <li>• Breer &amp; Zarnicks (1979). Efficiency of human movement. WIB Sounders Co. USA.</li> <li>• Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA.</li> <li>• Hay (1993). The biomechanics of sports techniques. Prentice Hall Inc. New Jersey.</li> <li>• McGinnis, P. (2004). Biomechanics of Sports &amp; Exercise. Human Kinetics, USA.</li> <li>• Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut</li> <li>• Oatis, C.A. (2008). Kinesiology. 2nd Ed. Lippincott, Williams &amp; Wilkins, USA.</li> </ul>		
<b>This course can be opted as an elective by the students of following subjects: Open for all</b>		
<b>Continuous Evaluation Methods (CIE)</b> <b>INTERNAL ASSESMENT (25 Marks)</b> Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
<b>Course prerequisites: There is not any prerequisites only students physical and medically fit..</b>		
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>		

**SYLLABUS FOR B. A. PHYSICAL EDUCATION/ SEMESTER V/ PAPER III**

Program/Class: Certificate	Year: Third	Semester: Fifth
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code:-	Course Title: Physiotherapy and sports	
Credits: 02	Elective	
Max. Marks : 25 + 75	Min. Passing Marks: 10 + 25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		



UNIT	TOPICS	NO. OF HOURS
	<b>PART - A</b>	
<b>I</b>	<ul style="list-style-type: none"> <li>Practice for Bandaging.</li> <li>Practice for massage techniques.</li> <li>Demonstration of Therapeutic Exercise.</li> <li>A visit to Physiotherapy lab.</li> <li>Write a Brief Report on the visit of the lab.</li> </ul>	<b>15</b>
	<b>PART - B</b>	
<b>II</b>	<p>Chose any one Individual Games as per given Annexure-A with following activity:</p> <ul style="list-style-type: none"> <li>History and development of selected game/sports</li> <li>Lay out and measurement of selected game/sports</li> <li>Rules and regulation of selected games/sports</li> <li>Specific exercise for selected game/sports Techniques and skills of selected game/sports</li> </ul>	<b>15</b>
<b>Suggested Readings:</b> <ul style="list-style-type: none"> <li>ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.</li> <li>Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago, USA.</li> <li>Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.</li> <li>Fahey, T.D., M.P. Insel and W.T. Rath (2006), Fit &amp; Well: Core Concepts and Labs in Physical Fitness, Mgraw Hill, New York.</li> <li>Koley, Shymalai(2007) Exercise Physiology – A basic Approach, friends publication New Delhi</li> <li>Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers).</li> <li>Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA.</li> <li>Singh, S. N. (2019). Khel Chikitsa Shastra Evam Yoga, Khel Sahitya Kendra, Daryaganj, New Delhi</li> <li>Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).</li> </ul>		
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>		
<b>Continuous Evaluation Methods (CIE)</b> <b>INTERNAL ASSESSMENT (25 Marks)</b> Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. <b>PRACTICAL ASSESSMENT (75 Marks)</b> Practical – 50 VIVA – 15 Record book charts etc - 10		
Course prerequisites: <b>There is no any prerequisites only student physical and medically fit.</b>		
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"> <li>IGNOU</li> <li>Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>Rajarshi Tandon open University.</li> </ul>		

**B. A. Physical Education/ Semester V/Research Project/ Paper IV**

Program/Class: Degree	Year: Third	Semester: Fifth
SUBJECT : PHYSICAL EDUCATION – PROJECT		
Course Code: -	Course Title: Research Project	
Course Outcomes: <ul style="list-style-type: none"><li>• Learn to Prepare Questionnaire.</li><li>• Learn to write research report.</li></ul>		
Credits: 03	Compulsory	
Max marks: 25+75	Min Passing Marks: 10+25	
Unit	Topic	No. of Lectures
I	<ul style="list-style-type: none"><li>• Chose a topic from your theory syllabus and Prepare a Questionnaire with 20 Questions for your collage students.</li><li>• Chose any one sports/ games for your syllabus and conduct an interview for your collage students</li><li>• Student has to learn to prepare research report.</li></ul>	45
Suggested readings: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>		
This course can be opted as an elective by the students of following subjects: only for physical education students		
Suggested Continuous Evaluation Methods: <ul style="list-style-type: none"><li>• Seminar/Assignment/ report.</li><li>• Test</li><li>• Research orientation of the student.</li><li>• Quiz</li><li>• Attendance</li></ul>		

**SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER VI / PAPER I**

Program/Class: <b>Certificate</b>	Year: <b>Third</b>	Semester: <b>Sixth</b>
<b>SUBJECT : Physical Education - Theory</b>		
Course Code: <b>E020601T</b>	Course Title: <b>Research Methods</b>	
Course Outcomes: Students can be able to understand Research methods in Sports and Physical Education.		
Credits: <b>04</b>	Elective	
Max. Marks : <b>25 + 75</b>	Min. Passing Marks: <b>10 + 25</b>	
Total No. of Lectures – Tutorials _ Practical (in hours per week): <b>L-T-P: 4-0-0</b>		
<b>UNIT</b>	<b>TOPICS</b>	<b>NO. OF HOURS</b>
<b>I</b>	<b>INTRODUCTION:</b> <ul style="list-style-type: none"><li>• Definition, Meaning of Research.</li><li>• Need and Importance of Research in Physical Education</li></ul>	<b>06</b>



	and sports. • Scope of Research in Physical Education and sports.	
II	<b>Type of research</b> <ul style="list-style-type: none"> <li>• Basic Research</li> <li>• Applied Research</li> <li>• Action Research</li> </ul>	08
III	<b>Research Problem:</b> <ul style="list-style-type: none"> <li>• Meaning of the term</li> <li>• Formation of Research problem</li> <li>• Limitation and D Limitation</li> <li>• Location and Criteria of Selection of Problem.</li> </ul>	08
IV	<b>Hypothesis:</b> <ul style="list-style-type: none"> <li>• Meaning of research Hypothesis.</li> <li>• Meaning of Null Hypothesis.</li> </ul>	08
V	<b>Survey of Related Literature:</b> <ul style="list-style-type: none"> <li>• Literature sources.</li> <li>• Library Reading.</li> <li>• Need for Surveying related literature.</li> </ul>	08
VI	<b>Survey Studies:</b> <ul style="list-style-type: none"> <li>• Meaning of Survey</li> <li>• Scope of survey in Research.</li> </ul>	08
VII	<b>Questionnaire and Interview:</b> <ul style="list-style-type: none"> <li>• Meaning of Questionnaire and Interview.</li> <li>• Construction and development of Questions.</li> <li>• Procedure of conducting Interview.</li> </ul>	07
VIII	<b>Research Report:</b> <ul style="list-style-type: none"> <li>• Meaning of Research Report.</li> <li>• Qualities of a good research report.</li> <li>• How to write Research Report</li> </ul>	07

**Suggested Readings:**

- Author's guide: Research Methods applied to Health Physical and Recreation, Washington, D.C. 1991.
- Best John & Kahni, J.V. 1992). Research in Education, New Delhi. Prentice Hall of India (Pvt.) Ltd.
- Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall.
- Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc.
- Garrett, H.E. (1981). Statistics in psychology and education. New York: Vakils Feffer and Simon Ltd.
- Koul, L. (2002). Methodology of Educational Research, Vikas Publishing House, New Delhi.
- Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). Introduction to research: A guide for the health science professional. Landon: J.B. Lippincott Company.
- Thomas, J.R., & Nelson J.K. (2005). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
- Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.



<ul style="list-style-type: none"> <li>Verma, J. P. (2000). A textbook on sports statistics. Gwalior: Venus Publication</li> </ul>
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>
<b>Continuous Evaluation Methods (CIE)</b> <b>INTERNAL ASSESMENT (25 Marks)</b> Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.
Course prerequisites: <b>There is not any prerequisites only student physical and medically fit.</b>
Suggested equivalent online courses: <ul style="list-style-type: none"> <li>IGNOU</li> <li>Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and</li> <li>Abroad.</li> <li>Rajarshi Tandon open University.</li> </ul>

**SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER VI/ PAPER II**

Program/Class: <b>Certificate</b>	Year: <b>Third</b>	Semester: <b>Sixth</b>
<b>SUBJECT : Physical Education -Paper 2</b>		
Course Code:-	Course Title: <b>Physical education for DIVYANG</b>	
Course Outcomes: This subject will help the students to understand the needs of the disabled (DIVYANG) people and make them ready to tackle any situation which comes in front of them while dealing disabled people. This subject can also teach Inclusion in sports for adapted people.		
Credits : <b>04</b>		Elective
Max. Marks : <b>25+75</b>		Min. Passing Marks : <b>10 + 25</b>
Total No. of Lectures-Tutorials-Practical (in hours per week):L-T-P: 4-0-2		
<b>UNIT</b>	<b>TOPIC</b>	<b>NO. OF LECTURES</b>
<b>I</b>	<b>INTRODUCTION:</b> <ul style="list-style-type: none"><li>• Meaning and Definition.</li><li>• Aims and Objective.</li><li>• Need and Importance of Physical Education.</li><li>• Adapted Physical Education</li></ul>	<b>06</b>
<b>II</b>	<b>Physical Disabilities:</b> <ul style="list-style-type: none"><li>• Causes of Mental Retardation</li><li>• Functional Limitations.</li></ul>	<b>08</b>
<b>III</b>	<b>Mental Retardation:</b> <ul style="list-style-type: none"><li>• Causes.</li><li>• Characteristics.</li><li>• Functional Limitations.</li></ul>	<b>08</b>
<b>IV</b>	<b>Outdoor Activities:</b> <ul style="list-style-type: none"><li>• Outdoor program for the disabled.</li><li>• Rhythmic and Dance Activities.</li></ul>	<b>08</b>

V	<ul style="list-style-type: none"> <li>Aquatic Activity Program for disables.</li> </ul>	08
VI	<b>Rehabilitation:</b> <ul style="list-style-type: none"> <li>Functional and Occupational rehabilitation of Divyang Students</li> <li>Psychological Rehabilitation of Divyang Students</li> </ul>	08
VII	<b>Programs:</b> <ul style="list-style-type: none"> <li>Personality Development Program for DIVYANG.</li> <li>Social Welfare Program for Disabled</li> </ul>	07
VIII	<b>Inclusion in sports for Adapted People:</b> <ul style="list-style-type: none"> <li>Recreational sports/ games for Divyang Students</li> <li>Competitive sports/ games for Divyang Students</li> </ul>	07
<ul style="list-style-type: none"> <li><b>Suggested Readings:</b></li> <li>C, Blauwet, (2007). Promoting the Health and Human Rights of Individuals with a Disability through the Paralympic Movement. (ICSSPE,) at 21. (Blauwet- Promoting the Health).</li> <li>Barton, L. (1993) „Disability, empowerment and physical education“, in J. Evans (ed.), Equality, Education and Physical Education. London: The Falmer Press.</li> <li>Guttmann, L. (1976) Textbook of Sport for the Disabled. Oxford: HM &amp; M Publishers.</li> <li>K, DePauw &amp; S. Gavron, (2005). Disability and Sport. (2nd Ed) Illinois: Human Kinetics.</li> <li>R, Metts. (2000). Disability Issues, Trends and Recommendations for the World Bank (Washington D.C.:World Bank,).</li> <li>Sport England (2000) Young People with a Disability and Sport. London: Sport England.</li> </ul>		
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>		
<b>Suggested Continuous Evaluation Methods:</b> <b>INTERNAL ASSESMENT (25 Marks)</b> Written Test – 10 marks Assignment - 10 marks Attendance – 5 marks		
Course prerequisites: <b>There is no any prerequisites only students physical and medically fit</b>		
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"> <li>IGNOU</li> <li>Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>Rajarshi Tandon open University.</li> </ul>		

#### SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER VI/ PAPER III

Program/Class: Certificate	Year: Third	Semester: Sixth
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code:-	Course Title: Research and Sports	
Course Outcomes: Students can be able to understand Research methods in Sports and Physical Education.		
Credits : 04		Elective
Max. Marks : 25+75		Min. Passing Marks : 10 + 25

Total No. of Lectures-Tutorials-Practical (in hours per week):L-T-P: 0-0-2		
UNIT	TOPIC	NO. OF LECTURES
I	PART - A	15
	<b>Paralympic Committee of India (PCI)</b> <ul style="list-style-type: none"> <li>History</li> <li>Aims and Objective.</li> <li>Learn about any one Para-sports – Cycling, Badminton, Athletics, Sitting Volleyball</li> <li>Para-competition.</li> </ul>	
II	PART - B	15
	<b>Learning the advanced skill of selected team games:</b> <ul style="list-style-type: none"> <li>History and development of selected game/sports</li> <li>Lay out and measurement of selected game/sports</li> <li>Rules and regulation of selected games/sports</li> <li>Specific exercise for selected game/sports</li> <li>Techniques and skills of selected game/sports</li> </ul>	
<b>Suggested Readings:</b> <ul style="list-style-type: none"> <li>ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.</li> <li>Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)</li> <li>Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.</li> <li>Flyod, P.A., S.E. Mimms and C.</li> <li>Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.</li> </ul>		
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>		
<b>Suggested Continuous Evaluation Methods:</b> <b>INTERNAL ASSESMENT (25 Marks)</b> Written Test – 10 marks Assignment - 10 marks Attendance – 5 marks <b>PRACTICAL ASSESSMENT (75 Marks)</b> Practical – 50 VIVA – 15 Record book charts etc - 10		
Course prerequisites: <b>There is no any prerequisites only student physical and medically fit.</b>		
<b>Suggested equivalent online courses:</b>		
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"> <li>IGNOU</li> <li>Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in</li> <li>India and Abroad.</li> <li>Rajarshi Tandon open University.</li> </ul>		

SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER IV/RESEARCH REPORT/ PAPER IV

Program/Class: Degree	Year: Third	Semester: Sixth
SUBJECT : Physical Education- Project		
Course Code:-	Course Title: Research Project	
Course outcomes: It will help the learner to understand the basic problems of school going students related to sports and Physical Education and finding their solution with the help of analyzed data.		
Credits: 03	Compulsory	
Max. Marks : 25 + 75	Min. Passing Marks: 10+25	
UNIT	TOPICS	NO. OF HOURS
I	<ul style="list-style-type: none"><li>To conduct a survey or interview of primary or secondary government school students for the interest towards physical education and sports programs.</li><li>Analyze the data and submit a detailed report and a presentation.</li><li>The student will work in groups in completing the project but will write the final paper individually</li></ul>	45
Suggested Readings:		
Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>		
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>		
Suggested Continuous Evaluation Methods:		
<ul style="list-style-type: none"><li>Making a video of survey or interview and present it.(20 marks)</li><li>Attendance (5marks)</li></ul>		
Course prerequisites: There is no any prerequisites only student physical and medically fit.		