SYLLABUS FOR B.A. PHYSICAL EDUCATION

W.e.f. session 2025-26

B. A./HONOURS/HONOURS WITH RESEARCH

"FYUP"

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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.

FIRST YEAR - CERTIFICATE

SECOND YEAR - DIPLOMA

THIRD YEAR - DEGREE

FOURTH YEAR – HONOURS/HONOURS WITH RESEARCH

Department of Higher Education U.P. Government, Lucknow

National Education Policy at National level 2020
Common Minimum Syllabus for all U.P. State Universities

"FYUP"

SEMESTER-WISE TITLES OF THE PAPERS IN PHYSICAL EDUCATION

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) SPOTS ORGNISATION 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) ATHELETIC INJURIES AND PHYSIOTHERPY	THEORY	4
3	V	2	0550202	(Th)KINESIOLOGY AND BIOMECHANICS IN SPORTS	THEORY	4
3	V	3	0550280	(PR) PHYSIOTHERPY & SPORTS	PRACTICAL	2
3	VI	1	0650201	(Th) REASEARCH METHODS	THEORY	4
3	VI	2	0650202	(Th) PHYSICAL EDUCATION FOR DIVYANG	THEORY	4
3	VI	3	0650280	(PR) REASEARCH AND SPORTS	PRACTICAL	2
4	VII	1	C	Yogic Science	THEORY	4
4	VII	2	C	Scientific Principles of Sports Training	THEORY	4
4	VII	3	C	Physiology Of Exercise	THEORY	4
4	VII	4	E	Elective Course: (Opt any one) 1. Sports Sociology 2. ICT in Physical Education 3. Adventure and Indigenous Sports	THEORY	4

4	VII	5		**PRACTICAL** 1. **Track and Field** (sprints, middle and long distance races) / **Gymnastics/ Swimming** (chose any one as per the feasibility and availability of the resources) 2. **Team sport:** kabaddi, kho-kho, volleyball, basketball, handball, cricket, football, hockey. (opt any one)	PRACTICAL	4
4	VII	6		**PROJECT:** Project on Selection of a research problem and writing 50 references relating to chosen problem. **OR** Book Review(Review of any three books by leading authors in Physical Education		6
4	VIII	1	C	Research Process and computer application in Physical Education	THEORY	4
4	VIII	2	C	Sports management	THEORY	4
4	VIII	3	C	History and Principles of Physical Education	THEORY	4
4	VIII	4	E	**Elective Course: (Opt any one)** 1. Journalism And Mass Media In Physical Education 2. Athletic Care and Rehabilitation 3. Sports Nutrition	THEORY	4
4	VIII	5		**PRACTICAL:** 1. Track and Field (High, Long, Triple Jump and Pole vault)) / **Gymnastics/ Swimming** (chose any one as per the feasibility and availability of the resources) 1. Individual Sport: Badminton, Table Tennis, Judo & Yoga. (opt any one)	PRACTICAL	4
4	VIII	6		**PROJECT:** Field based project on techniques of collection and presentation of data **OR** Statistical approach and computer application in the study and analysis of data		6

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=100	Min. Passing Marks : -- + 25=33
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 Kom, 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

	• Commonwealth Games.	
V	**Health Education:** • Meaning, Definition and Dimensions of Health. • Meaning, Definition objectives, Principals and importance of Health Education. • Role of Different Agencies in Promoting Health (WHO, UNICEF). • Meaning of Nutrients, Nutrition, and Balance Diet • Health and drugs • Positive Health	08
VI	**Wellness and Life Style** • Importance of wellness and life style. • Role of Physical Activity Maintaining Healthy Life Style. • Stress Management. • Obesity and Weight Management.	08
VII	**Fitness :** • Meaning, Definition and types of fitness • Component of physical fitness • Factor affecting physical fitness • Development and maintenances of fitness	08
VIII	**Posture:** • Meaning, Definition of Posture. • Importance of Good Posture. • Causes of Bad Posture. • Postural Deformities – Kyphosis, Lordosis, Scoliosis, Round Shoulder, Knock Knee, Bow Leg, Flat foot, Claw Foot (causes and remedial exercise). • Fundamental Movements of Body Parts • Anatomical standing position.	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)

Continuous Evaluation Methods: (CIE) **INTERNAL ASSESMENT (25 Marks)** Written Test – 15 marks Assignment, Attendance , etc. – 10 marks Research Orientation of the student.
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 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 : 100	**Min. Passing Marks: 35**	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		

UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	• Learn and demonstrate the techniques of warm-up, general exercise and cooling down • Lean and demonstrate physical fitness through aerobic, circuit training and calisthenics. • Diet chart & measurement of BMI	15
II	**PART – B**	
	INTRODUCTION OF YOGA: • Historical aspect of yoga. • Definition, types, scopes & importance of yoga. • Yoga relation with mental health and value education. • Yoga relation with Physical Education and sports. **ASANAS:** • Definition of Asana, differences between asana and physical exercise. • Suraya-Namaskar, 02 Standing Asanas, 02 – Sleeping (Supine Position) Asanas, 02 – Sitting Asanas **PRANAYAMA:**	15

	• Difference and classification of pranayama. • Difference between pranayama and deep breathing. • Anulom, Vieam.	

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
- Donatelle, R.J. and Ketcham P. (2007); Access to Health, Benjamin Cummings, Boston, USA.
- Flyod, P.A.,S.E. Mimms andC.Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
- Pandey, K.G. (2011). Sharirik Siksha Evam Khel , Shri Gyan Sagar Publication, Meerut

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

Course prerequisites: **There is no any prerequisites only students 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 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=100	Min. Passing Marks : -- + 25=33
Total No. of Lectures-Practical (in hours per week): 4-0-0		

UNIT	TOPIC	NO. OF LECTURES
I	**Introduction:** • Meaning, concept and definition of sports management. • Nature and scope of sports management. • Aims and objectives of sports management. • Principles of sports management.	07

II	**Event Management** • Meaning and concept of event management • Planning and management of sports event. • Role of sports event manager. • Steps in event management: • Planning, • Executing • Evaluating	08
III	**Budget** • Meaning, Definition, Preparation, Principals of making Sports Budget. • Basics of Sports Event Accounting.	07
IV	• Format of Budget Preparation. • Preparing the Departmental Financial Plan and estimate. • Expenditure management.	08
V	**Organization** • Meaning and definition of Organization. • Need and importance of Organization. • Principles of Organization. • Structure and functions of S.A.I., University Sports Council and A.I.U.	07
VI	**Supervision** • Meaning and Definition • Principals of Supervision • Techniques of supervision in sports management. • Methods of supervision. • Role of a coach/manager.	07
VII	**Facilities Equipment** • Procedure to purchase sports goods and equipment. • Procedure of Stock entry & Write Off. • Storing and distribution. • List of Consumable and Non- Consumable sports goods and equipment. • Care and maintenance of Equipment.	08
VIII	**Job Opportunities** • Physical Educational professional, career avenues and professional preparation. • Clients and Sponsorship with respect to Players/ Teams	08

Suggested Readings:

- Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport,"
- MC Grow Hill publication, Now York (US) 2002
- Hert, Renis(1961) New Patterns of Management, McGraw Hill,.
- Horine, Larry," Administration of Physical Education and Sport programs. WM-C Brown Publishers

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: **Open for all**

Suggested Continuous Evaluation

INTERNAL ASSESMENT (25 Marks)

Written Test – 15 marks

Assignment, Attendance , etc. – 10 marks

Research Orientation of the student.

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 II/ PAPER II

Program/Class: **Certificate**	Year: **First**	Semester: **Second**
SUBJECT : **PHYSICAL EDUCATION - PRACTICAL**		
Course Code:-	**Course Title: Sports Event and Track & Field**	
Credits: **02**	Elective	
Max. Marks : 100	Min. Passing Marks: **35**	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		

UNIT	TOPICS	NO. OF HOURS
	PART – A	
	• To make a plan for organizing an event. • To organize an Interclass Competition (Intramurals) of any games with in the wall. • To prepare a budget plane for interclass competition as Intramural • Make a Sample Time Table for college. • Prepare the list of Consumable and Non- Consumable items. • Prepare a Biodata/ Vita/ curriculum vitae.	15
	PART – B	
	Track & Field : • Measurements. • Marking.	15

	• Rules. • Officials. • Regulatory Governing Bodies. • Championship/ Meet - National and International. • World and National Records.	

Suggested Readings:

• Parkhouse, Bonnie L., "The management of Sports – if foundation and application," Mosby publication, St. Louis (US), 1991
• Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," MC Grow Hill Ppublication, Now York (US) 2002
• Horine, Larry," Administration of Physical Education and Sport programs. WM-C Brown Publishers • Dubuque (US) 1991
• Kotler,P and G Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo.
• Hert, Renis(1961) New Patterns of Management, McGraw Hill,.
• Sandhu, K. Sports Dynamics: Psychology, Sociology and Management.
• Singh, S. N. (2019). Khelo Ke Niyam, Khel Sahitya Kendra, Daryaganj, New Delhi
• 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: **Open for all**

Course prerequisites: **There is no any prerequisites only students 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 III/ PAPER I

Program/Class: **Diploma**	Year: **Second**	Semester: **Third**
SUBJECT : **PHYSICAL EDUCATION - THEORY**		
Course Code:-	Course Title: **Anatomy and Exercise Physiology**	
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 : **04**		
Max. Marks : 25+75=100		Elective
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		Min. Passing Marks : -- + 25=33

UNIT	TOPICS	NO. OF LECTURES
I	**INTRODUCTION :** • Meaning Definition and Importance of Anatomy and Physiology in the field of Physical Education & Sports • Brief introduction of Cell, Tissue, Organ and system	06

II	**TISSUE** • Types of Tissue • Connective & Epithelial Tissue	07
III	**SKELETAL SYSTEM:** • Structural and functional classification of bones. • Types of joints • Importance of Skeletal System in Phy. Edu.& Sports	08
IV	**MUSCULAR SYSTEM:** • Types of Muscle • Structural and functional classification of Muscles. • Effects of Exercise on Muscular System	08
V	**CIRCULATORY SYSTEM:** • Structure and function of human heart • Circulation of blood • Effects of exercise on circulatory system	08
VI	**RESPIRATORY SYSTEM :** • Structure and function of respiratory system • Effects of exercise on respiratory system • The effects of altitude on the respiratory system.	08
VII	**DIGESTIVE SYSTEM:** • Structure and function of organs in digestive system • Importance of Digestive system. • Mechanism of Digestive System.	08
VIII	**GENERAL PHYSIOLOGICAL CONCEPTS :** • Vital Capacity-VC • Second Wind • Oxygen Debt • Fatigue • Types of Fatigue • Blood Pressure	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

• Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.

• Flyod, P.A.,S.E. Mimms andC.Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson,Wadsworth, Belmont, California, USA.

• 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 – 15 marks
Assignment, Attendance , etc. – 10 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: Diploma	Year: **Second**	Semester: **Third**
SUBJECT : **PHYSICAL EDUCATION - PRACTICAL**		
Course Code:-	Course Title: **Health and Physiology**	
Credits: **02**	Elective	
Max. Marks : 100	Min. Passing Marks: 35	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		

UNIT	TOPICS	NO. OF HOURS
	PART - A	
I	• Draw and label any two-body system. • Prepare an Model of any one System. • Measuring height, weight, waist circumference and hip circumference, calculation of waist-Hip ratio. • Learn to Measure Blood Pressure by Sphygmomanometer.	15

II	**PART - B** Chose any one individual sports as per given Annexure-A with following activity: – History and development of selected game/sports – Lay out and measurement of selected game/sports – Rules and regulation of selected games/sports – Specific exercise for selected game/sports – Techniques and skills of selected game/sports	15

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
- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.
- Flyod, P.A.,S.E. Mimms andC.Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
- 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). New York, USA.
- Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill
- 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 & IIParagon, 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
- Livingstone

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

Course prerequisites: **There is no any prerequisites only students 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.

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

Program/Class: Diploma	Year: Second	Semester: Third
SUBJECT : PHYSICAL EDUCATION – PROJECT		
Course Code: -	Course Title: Research Projeect	
Course Outcomes: • Learn to Prepare Questionnaire. • Learn to write research report.		
Credits: 03	Compulsory	
Max marks: 100	Min Passing Marks: 35	

Unit	Topic	No. of Lectures
I	• Chose a topic from your theory syllabus and Prepare a Questionnaire with 20 Questions for your collage students. • Chose any one sports/ games for your syllabus and conduct an interview for your collage students • Student has to learn to prepare research report.	45

Suggested readings: **http://heecontent.upsdc.gov.in/Home.aspx**

This course can be opted as an elective by the students of following subjects: **only for physical education students**

Suggested Continuous Evaluation Methods:

- Seminar/Assignment/ report.
- Test
- Research orientation of the student.
- Quiz
- Attendance

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

Program/Class: Diploma	Year: Second	Semester: Fourth
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Cod:-	Course Title: Sports Psychology and Recreational Activities	
Course Outcomes: students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.		
Credits :04	Max. Marks : 25+75=100	Min. Passing Marks : -- + 25=33
Total No. of Lectures-Practical (in hours per week):L-T-P: 4-0-0		

UNIT	TOPIC	NO. OF LECTURES

I	**INTRODUCTION:** • Meaning, Importance and scope of sports psychology • General characteristics of various stages of growth and development. • Psycho-sociological aspects of human behavior in relation to physical education.	06
II	**PERSONALITY:** • Meaning and definition of personality, characteristics of personality. • Dimensions of personality, personality and sports performance	08
III	**LEARNING:** • Nature of learning, theories of learning. • Law of learning, plateau in learning, transfer of learning	08
IV	**MOTIVATION :** • Nature of motivation, factors influencing motivation. • Motivational techniques and its impact on sports performance.	08
V	**PLAY:** • Meaning of Play • Definition of play • Various Theories of play	08
VI	**RECREATION :** • Meaning and importance of recreation in physical education • Principles of recreation in physical education • Areas, classification and ways of recreation. • Use of leisure time activities and their educational values.	08
VII	**TRADITIONAL GAMES OF INDIA:** • Meaning. • Types of Traditional Games- • Gilli- Danda, Kanche, Stapu, Gutte, Posampa, Pitthoo, Vish Amrit	07
	• Importance/ Benefits of Traditional Games. • How to Design Traditional Games. • Development of Personalities by the help of Traditional Games.of	
VIII	**INTRAMURALS:** • Meaning. • Importance. • Conducting Intramural Competitions.	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 – 15 marks

Assignment, Attendance , etc. – 10 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: Diploma	Year: Second	Semester: Fourth
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code:-	Course Title: Recreational Games & their Psychological Benefits	
Credits: 02	Elective	
Max. Marks : 100	Min. Passing Marks: 35	
Total No. of Lectures – Tutorials – Practicals (in hour per week) L-T-P :0-0-2		

UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	• Make a Model/ Chart of any one Traditional games • Organize a recreational activity at college level and write a report on it. • Design a Traditional/ Recreational games with new ideas.	15
	PART – B	
II	Chose any one Team Games as per given Annexure- A with following activity: • History and development of selected game/sports • Lay out and measurement of selected game/sports • Rules and regulation of selected games/sports • Specific exercise for selected game/sports • Techniques and skills of selected game/sports	15

Suggested Readings:

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

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

Course prerequisites: **There is no any prerequisites only students 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 VI/RESEARCH REPORT/ PAPER IV

Program/Class: Diploma	Year: Second	Semester: Fourth
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 : 100	Min. Passing Marks: 35	

UNIT	TOPICS	NO. OF HOURS
I	• To conduct a survey or interview of primary or secondary government school students for the interest towards physical education and sports programs. • Analyze the data and submit a detailed report and a presentation. • The student will work in groups in completing the project but will write the final paper individually	45

Suggested Readings:
Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx

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

Suggested Continuous Evaluation Methods:
- **Making a video of survey or interview and present it.(20 marks)**
- **Attendance (5marks)**

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

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

Program/Class: Degree	Year: Third	Semester: Fifth
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code:-	Course Title: Athletic Injuries and Physiotherapy	
Course Outcomes: Students can be able to understand Athletic Injuries and Athletic Care and Rehabilitation.		
Credits : 04	Max. Marks : 25+75=100	Min. Passing Marks : -- + 25=33
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		

UNIT	TOPICS	NO. OF LECTURES
I	**Athletic Injuries and Athletic Care.** • Concept and Significance. • Factors causing Injuries. • General Principles of Prevention of Injuries.	06
II	**Rehabilitation -** • PRICER- Prevention, Rest, Ice, Compression, Elevation, Rehabilitation • DRABC- Danger, Response, Airways, Breathing, Circulation. • First aid – meaning, definition. • Importance of First aid. • Back Pain & Neck Pain and their Rehabilitation.	08
III	**Common Sports Injuries I :** **SOFT TISSUE INJURIES:** Sprain, Strain, Contusion, Abrasion , Blister, Concussion, Abrasion, Laceration, Hematoma • First Aid of Soft Tissue Injuries • Bandages for Soft Tissue Injuries • Taping and Supports	08
IV	**Common Sports Injuries II:** **BONE & JOINT INJURIES:** • Fracture • Dislocation • First Aid of Bone & Joint Injuries • Bandages for Bone & Joint Injuries • Taping and Supports	08
V	**Physiotherapy-** • Definition • Guiding principles of physiotherapy. • Importance of physiotherapy . Massage-	08

	• Meaning • Types and Importance.	
VI	**Hydrotherapy-** • Meaning and Importance. • Different methods of giving Hydrotherapy	08
VII	**Treatment modalities-** • Introduction an understanding of treatment modalities through Electrotherapy, Infrared rays, Ultraviolet rays, short wave diathermy, ultra sound.	07
VIII	**Therapeutic Exercise-** • Meaning, Definition. • Importance. • Muscle Strengthening through Active and Passive Exercise. • Therapeutic value with Yoga asanas for rehabilitation and strengthening of the muscles.	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. 12. 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 – 15 marks

Assignment, Attendance , etc. – 10 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: Degree	Year: Third	Semester: Fifth
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code:-	Course Title: Kinesiology and Biomechanics in Sports	
Course Outcomesstudents can be able to understand various aspects of Kinesiology and Biomechanics in Sports and able to apply in sports activities.		
Credits :04		
Max. Marks : 25+75=100		Elective
		Min. Passing Marks : -- + 25=33
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		

UNIT	TOPIC	NO. OF LECTURES
I	**INTRODUCTION:** • Meaning, Definitions, Aims, Objective. • Importance of Kinesiology for games and sports.	06
II	• Kinesiological Fundamental Movements. • Center of Gravity. • Line of Gravity.	08
III	• Planes and Axes • Types of muscles contraction.	08
IV	**Location & Action of Muscles at Various Joints: -** i) Upper extremity – Shoulder Joint , Elbow Joint iii) Lower extremity – Hip joint, Knee Joint	08
V	**BIOMECHANICAL CONCEPT:** **INTRODUCTION:** **Friction:** • **Meaning, Definitions and Types.** • **Newton's Law of Motion** • **Motions, Types of Motion & Inertia**	08
VI	**FORCE AND LEVERS:** **FORCE:** • Meaning • Definitions • Types • Application to sports activities. LEVERS: • Meaning • Definition • Uses of them in the Human body.	08
VII	**KINENIAMTICS:**	07

	• Meaning of Kinematics. • Types- Linear and Angular • Speed, Velocity, Acceleration, Distance, Displacement.	
VIII	**KINETICS:** • Meaning of Kinetics • Types- Linear and Angular. • Mass, Weight, Force, Momentum and Pressure.	07

Suggested Readings:

- Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA.
- Blazevich, A. (2007). Sports Biomechanics. A & C Black Publishers, USA.
- Breer & Zarnicks (1979). Efficiency of human movement. WIB Sounders Co. USA.
- Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA.
- Hay (1993). The biomechanics of sports techniques. Prentice Hall Inc. New Jersey.
- McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA.
- Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut
- Oatis, C.A. (2008). Kinesiology.2nd Ed. Lippincott, Williams & Wilkins, USA.

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 – 15 marks

Assignment, Attendance , etc. – 10 marks

Research Orientation of the student.

Course prerequisites: There is not any prerequisites only students 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 III

Program/Class: Degree	Year: Third	Semester: Fifth
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code:-	Course Title: Physiotherapy and sports	
Credits: 02	Elective	
Max. Marks : 100	Min. Passing Marks: 35	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		

UNIT	TOPICS	NO. OF HOURS
	PART - A	
I	• Practice for Bandaging. • Practice for massage techniques. • Demonstration of Therapeutic Exercise. • A visit to Physiotherapy lab. • Write a Brief Report on the visit of the lab.	15
	PART - B	
II	Chose any one Individual Games as per given Annexure-A with following activity: • History and development of selected game/sports • Lay out and measurement of selected game/sports • Rules and regulation of selected games/sports • Specific exercise for selected game/sports Techniques and skills of selected game/sports	15

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.
- 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, Mgraw Hill, New York.
- Koley, Shymlal(2007) Exercise Physiology – A basic Approch, friends publication 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.
- Singh, S. N. (2019). Khel Chikitsa Shastra Evam Yoga, Khel Sahitya Kendra, Daryaganj, New Delhi
- 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**

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 VI / PAPER I

Program/Class: Degree	Year: Third	Semester: Sixth
SUBJECT : **Physical Education - Theory**		
Course Code: **E020601T**	Course Title: **Research Methods**	
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: 4-0-0		

UNIT	TOPICS	NO. OF HOURS
I	**INTRODUCTION:** • Definition, Meaning of Research. • Need and Importance of Research in Physical Education and sports. • Scope of Research in Physical Education and sports.	06
II	**Type of research** • Basic Research • Applied Research • Action Research	08
III	**Research Problem:** • Meaning of the term • Formation of Research problem • Limitation and D Limitation • Location and Criteria of Selection of Problem.	08
IV	**Hypothesis:** • Meaning of research Hypothesis. • Meaning of Null Hypothesis.	08
V	**Survey of Related Literature:** • Literature sources. • Library Reading. • Need for Surveying related literature.	08
VI	**Survey Studies:** • Meaning of Survey • Scope of survey in Research.	08
VII	**Questionnaire and Interview:** • Meaning of Questionnaire and Interview. • Construction and development of Questions. • Procedure of conducting Interview.	07
VIII	**Research Report:** • Meaning of Research Report. • Qualities of a good research report. • How to write Research Report	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.
- Verma, J. P. (2000). A textbook on sports statistics. Gwalior: Venus Publication

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 – 15 marks

Assignment, Attendance , etc. – 10 marks

Research Orientation of the student.

Course prerequisites: **There is not 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 VI/ PAPER II

Program/Class: Degree	Year: **Third**	Semester: **Sixth**
SUBJECT : **Physical Education -Paper 2**		
Course Code:-	Course Title: **Physical education for DIVYANG**	
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 : **04**		Elective
Max. Marks : 25+75=100		Min. Passing Marks : -- + 25=33
Total No. of Lectures-Tutorials-Practical (in hours per week):L-T-P: 4-0-2		

UNIT	TOPIC	NO. OF LECTURES

I	**INTRODUCTION:** • Meaning and Definition. • Aims and Objective. • Need and Importance of Physical Education. • Adapted Physical Education	06
II	**Physical Disabilities:** • Causes of Mental Retardation • Functional Limitations.	08
III	**Mental Retardation:** • Causes. • Characteristics. • Functional Limitations.	08
IV	**Outdoor Activities:** • Outdoor program for the disabled. • Rhythmic and Dance Activities.	08
V	• Aquatic Activity Program for disables.	08
VI	**Rehabilitation:** • Functional and Occupational rehabilitation of Divyang Students • Psychological Rehabilitation of Divyang Students	08
VII	**Programs:** • Personality Development Program for DIVYANG. • Social Welfare Program for Disabled	07
VIII	**Inclusion in sports for Adapted People:** • Recreational sports/ games for Divyang Students • Competitive sports/ games for Divyang Students	07

- **Suggested Readings:**
- 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).
- Barton, L. (1993) „Disability, empowerment and physical education", in J. Evans (ed.), Equality, Education and Physical Education. London: The Falmer Press.
- Guttmann, L. (1976) Textbook of Sport for the Disabled. Oxford: HM & M Publishers.
- K, DePauw & S. Gavron, (2005). Disability and Sport. (2n.d Ed) Illinois: Human Kinetics.
- R, Metts. (2000). Disability Issues, Trends and Recommendations for the World Bank (Washington D.C.:World Bank,).
- Sport England (2000) Young People with a Disability and Sport. London: Sport England.

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

Suggested Continuous Evaluation Methods:INTERNAL ASSESMENT (25 Marks)

Written Test – 15 marks

Assignment, Attendance , etc. – 10 marks

Course prerequisites: **There is no any prerequisites only students 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 VI/ PAPER III

Program/Class: Degree	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		
Max. Marks : 100		Elective
		Min. Passing Marks : 35
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
	Paralympic Committee of India (PCI) • History • Aims and Objective. • Learn about any one Para-sports – Cycling, Badminton, Athletics, Sitting Volleyball • Para-competition.	
II	**PART - B**	15
	Learning the advanced skill of selected team games: • History and development of selected game/sports • Lay out and measurement of selected game/sports • Rules and regulation of selected games/sports • Specific exercise for selected game/sports • Techniques and skills of selected game/sports	

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
- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. Flyod, P.A.,S.E. Mimms andC.
- Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson,Wadsworth, Belmont, California, USA.

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

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

Suggested equivalent online courses:

Suggested equivalent online courses:

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

SEMESTER – VII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION, CORE PAPER : 01

Program/ Class: Bachelor With Research/Honours	Year: -04	Semester:- VII
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code :	Course Title : Yogic Sciences	

Course Outcomes : This course would help students to practice Yoga as way of life and understand it as our cultural heritage. After the completion of the course student would be fully acquainted with the layout for Yogic events. She would be able to demonstrate and develop the skills to teach rules, regulations, various asanas, pranayama techniques, general and specific training for competitive Yoga. This course has tremendous opportunities for vocational pursuits.

Credits : 4	Max. Marks : 25+75=100	Min. Passing Marks: 10+ 25

Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0

UNIT	TOPIC	NO. OF LECTURES
I	**INTRODUCTION TO YOGA :** Meaning, Definition, Scope and importance of Yoga Streams of Yoga: Hatha Yoga, Raja Yoga, Karma Yoga, Bhakti Yoga and Gnana Yoga. Limbs of Yoga (Astanga Yoga): Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi. Historical development of yoga from ancient to modern times. Essentials of Yoga Practices; Age, Diet, Time, Bathing , Clothes, Place, Awareness, Sequence, Emptying bowels, Stainless Condition, Breathing and Relaxation. Indications and Contraindications of Yoga Practice.	10
II	**ASANAS AND PRANAYAMA:** Loosing exercise: techniques and benefits. Asanas: Types-techniques and Benefits, Surya Namaskar; Methods and benefits. Pranayama: Methods and benefits. Nadis: Meaning, Methods and benefits, Chakras: major chakras – Benefits of clearing and balancing chakras.	10
III	**KRIYAS, BANDHAS, MUDRAS AND MEDITATION:** Shatkriyas- Meaning Techniques and benefits of Neti-Dhati-kapalpathi –TratakaNauli- Basti. Bandhas: Meaning Techniques and Benefits of Jalendra Bandha, jihvaBandha, uddiyana Bandhas, Mula Bandha Mudras: - Meaning Techniques and Benefits of Hasta Mudra,	10

	Asamyuktahastam, Samyuktahastam, ManaMudra, KayaMudra, BandaMudra, AdharaMudra. Meditation: Meaning Techniques and benefits Meditation-passive and active, saguna Meditation. Nirguna Meditation.	
IV	**YOGA AND SPORTS:** Yoga Supplemental Exercise-yoga Compensation Exercise- Yoga Regeneration Exercise, Power yoga. Role of yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression Concentration, Self Actualization. Effect of yoga on physiological system: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory system	10
V	**GREAT THINKERS AND PHILOSOPHIES OF INDIAN YOGA CULTURE:** Maharshi Patanjali, Charwak, Budha, Mahavir, Swami Vivekanand, Panchikaran Prakriya, Panch kosh theory, Nandha bhakti, Kundalani and Astha sidhi. VariousYogic therapies and modern concept of yoga,	10
VI	**WELLNESS AND NUTRITION:** Yogic therapies and modern concept of yoga, Psychology of mantras , meaning and importance of prayer, Deep breathing, Yogic diet, prevention and cure of injuries and various diseases through yoga, psycho- Physical and spiritual effectiveness, Massage and yogic nindra,	10

REFERENCES :

1. The Yoga Sutras of Patanjali *by Sri Swami Satchidananda Publisher : Integral Yoga Publications; Reprint edition (September 14, 2012), Language : English Paperback : 272 pages, ISBN-10 : 1938477073, ISBN-13 : 978-1938477072*
2. *Alter, Joseph ,"Yoga in Modern India : the body between science and philosophy". Princeton University Press. ISBN 978-0-691-11874-1.,2004*
3. *Behanan, Kovoor T.[1937]. Yoga: Its Scientific Basis. Dover. ISBN 978-0-486-41792-9. originally titled Yoga: A Scientific Evaluation.2002*
4. *Broad, William,"The Science of Yoga: The Risks and the Rewards". Simon & Schuster. ISBN 978-1-4516-4142-4.2012*
5. *Coulter, H. David," Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners". Motilal Banarsidass. ISBN 978-81-208-1965-8.2007*

6. *Goldberg, Elliott,"The Path of Modern Yoga : the history of an embodied spiritual practice. Inner Traditions". ISBN 978-1-62055-567-5.2016*
7. *Kaminoff, Leslie; Matthews, Amy ,"Yoga Anatomy (2nd ed.)". The Breath Trust. ISBN 978-1-4504-0024-4.2012*
8. *Long, Ray; Macivor, Chris,"Scientific Keys: The Key Muscles of Yoga "Volume 1. Bandha Yoga. ISBN 978-1-60743-238-8.2009*
9. *Paul, N. C.". Treatise on Yoga Philosophy". E. J. Lazarus and Co., Medical Hall Press.1882*
10. *Powers, Sarah," Insight Yoga". Shambhala. ISBN 978-1-59030-598-0. OCLC 216937520.2008*
11. *Shearer, Alistair ,"Story of Yoga : from Ancient India to the Modern West". C. Hurst. ISBN 978-1-78738-192-6. OCLC 1089012347.2020*
12. *Singleton, Mark," Yoga Body : the origins of modern posture practice". Oxford University Press. ISBN 978-0-19-539534-1.2010*
13. *Swanson, Ann,"Science of Yoga : understand the anatomy and physiology to perfect your practice". DK Publishing. ISBN 978-1-4654-7935-8.2019*

Suggestive digital platforms web links:

. https://www.yogajournal.com/teach/online-platforms-and-video-advice-for-yoga-teachers/
https://dst.gov.in/mobile-app-celebrating-yoga-connect-people-through-yoga-scientific-healthy-living-launched-today
https://www.capgemini.com/2020/01/digital-platforms-in-the-life-science-and-pharmaceutical-rd-laboratory-the-decisive-competitive-advantage/

This course can be opted as an elective by the students of the following subjects:-
Any student can opt for it .

Suggested Continuous Evaluation methods (CIE):
INTERNAL ASSESMENT (25 Marks)
Written Test – 15 marks
Assignment, Attendance , etc. – 10 marks
Research Orientation of the student.

Suggested equivalent online courses :

- **Online courses by AAFT, Delhi and Raipur.**
- **Online courses by The Yoga Institute Delhi(https:/www.theyogainstitutedelhi.com)**

Further Suggestions:

SEMESTER – VII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION, CORE PAPER : 02

Program/ Class: Bachelor With Research/Honours	Year: -04	Semester:- VII
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code :	Course Title : Scientific Principles of Sports Training	

Course Outcomes : Students at the completion of this course would understand the scientific sports training process , develop attitudes & skill in developing champion athletes. They would be able to learn to utilize various training methods for the development of bio-motor abilities and understand the importance of periodization, planning, competition and talent identification. Students will be better prepared to be a good coach & advisor and develop an understanding of the technical and tactical training. Students would know the role of sport sciences to achieve the excellence.

Credits : 4	Max. Marks : 25+75=100	Min. Passing Marks: 10+ 25

Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0

UNIT	TOPIC	NO. OF LECTURES
I	**SPORTS TRAINING :** Definition and Importance of Sports Training .Characteristics of Sports Training .Aims of Sports Training .Principles of Sports Training .Philosophy of Coaching .Qualities of a Good Coach.	10
II	**TRAINING LOAD :** Important features of Training Load (Intensity, Density, Duration and Frequency). Principles of Training Load. Relationship between Load and Adaptation. Conditions of Adaptation. Over Load - Symptoms, Causes, and Tackling of Over Load. Factors affecting Recovery Process and Means of Faster Recovery.	10
III	**VARIOUS TRAINING METHODS :** Interval Training Method. Repetition Training Method. Continuous Training Method. Circuit Training Method. Fartlek Training Method. Weight Training Method. Resistance Training Method. Plyometric Method.	10
	BIO-MOTOR ABILITIES AND THEIR DEVELOPMENT : Strength – Types of Strength, Factors affecting Strength Performance, Means and Methods of Strength Training. Endurance – Definition and Significance of Endurance, Factors affection Endurance Performance, Forms of Endurance, Means and Methods of Endurance Training. Speed – Definition and Forms of Speed, Factors determining Speed, Means and Methods of Speed Training .	10

	Flexibility – Definition and Types of Flexibility, Factors affecting ,Flexibility, Methods used to develop Flexibility. Coordinative Abilities – Definition and Classification of Coordinative abilities, Methods used to develop Coordinative abilities.	
V	**TECHNICAL AND TACTICAL PREPARATION :** Definition of Skill, Technique and Style. Characteristics of Technique .Phases of skill Acquisition. Methods for the development of Technique. Causes and Correction of Faults. Definition of Tactics and Strategy. Basic Tactical Concepts - Offensive, Defensive high performance .Methods of Tactical Training and Control of Tactical Knowledge.	10
VI	**COMPETITION, PLANNING AND PERIODIZATION:** Planning – Need and Importance in Planning, Principles of Planning, Types of Plan (Training Conception, Macro, Micro, and Meso Training Session Plan). Periodization – Need of Periodization, Top Form and Periodization, Aims and Contents of various Periods of Periodization, Types of Periodization. Competition –Number and Frequency of Competition, Preparation of Competition. Talent Identification – Meaning and Importance of Talent Identification, Phases of Talent Identification, Guidelines of Talent Identification.	10

REFERENCES :

1. Bompa, T., & Haff, G., " Periodization". Champaign, IL: Human Kinetics. 2009
2. Bunn, J.N.."Scientific Principles of Coaching", New Jersey Engle Wood Cliffs, Prentice Hall Inc. 1998
3. Cart, E. Klafs & Daniel, D. Arnheim ,"Modern Principles of Athletic Training", St. Louis C. V. Mosphy Company. 1999
4. Daniel, D. Arnheim,"Principles of Athletic Training", St. Luis, Mosby Year Book.1991
5. Haff, G., & Triplett, N. Essentials of strength training and conditioning. Champaign, IL.: Human Kinetics.
6. Harre, Dietrich, "Principles of Sports Training". Berlin : spotuelag. 1982
7. Lee, E. Brown & Vance A. Ferrigna,"Training for Speed, Agility and Quickness". Human Kinetics, Champaign, Ilc., USA. 2005
8. Matveyew, L.P., " Fundamentals of Sports Training"(Translation from Russia). Mir. Publisers, Moscow.1991
9. Uppal, A.K.and Gautam," Principles of Sports Training". Friends Publications, Delhi. 2001
10. Wuest, D., & Fisette, J.,"Foundations of physical education, exercise science, and sport". McGraw-Hill Higher Education. 2014
11. Zatsiorsky, V., & Kraemer, W.,"Science and practice of strength training". Champaign, IL: Human Kinetics. 2006

Suggestive digital platforms web links:

- http://ncert.nic.in
- http://sssutms.co.in
- http://mmcmodinagar.ac.in

This course can be opted as an elective by the students of the following subjects:-
Bachelor of Physical Education

Suggested Continuous Evaluation methods (CIE):
INTERNAL ASSESMENT (25 Marks)
Written Test – 15 marks
Assignment, Attendance , etc. – 10 marks
Research Orientation of the student.

Suggested equivalent online courses :

- "Science of training young athletes" online course by University of Florida
- "Science of exercise" online certificate course by University of Colorado
- LNIPE, Gwalior
- One year diploma in sports coaching

SEMESTER – VII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION, CORE PAPER : 03

Program/ Class: Bachelor With Research/ Honours	Year: -04	Semester:-VII
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code :	Course Title : EXERCISE PHYSIOLOGY	

Course Outcomes : At the completion of this course students will be able to describe and apply the fundamental and advanced concepts of exercise physiology, Recognize the energy system for aerobic and anaerobic components of exercise, Detailed structure of skeletal muscle and role of muscle fiber types and significance in sports performance. They would be able to explore the environmental considerations during work/performance, Summarize the underlying physiological basis of physical fitness, physical training, health and wellness. Students would be able to understand the neural control of movement and endocrine system with respect to exercise and their regulation mechanisms and Comprehend the physiological changes and adaptations during exercise in different environmental conditions.

Credits : 4	Max. Marks : 25+75=100	Min. Passing Marks: 10+ 25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0		

UNIT	TOPIC	NO. OF LECTURES
I	**INTRODUCTION OF EXERCISE PHYSIOLOGY, AND SKELETAL MUSCLES AND EXERCISE:** Meaning and Definition of Physiology and Exercise Physiology, Need and Importance of Exercise Physiology, Gross and microscopic structure of Skeletal Muscle, Sliding Filament Theory of Muscular Contraction, Properties of Skeletal Muscle. Types of Muscle Contractions – Isotonic, Isometric, Eccentric and Isokinetic, Muscle Fiber types and their relation to Exercise Performance, .Energy for Physical Activity, Energy Systems – Immediate energy system, Short-term energy or the Lactic acid energy system, The long term Energy System – Oxidation of Carbohydrate and Fat ,Assessment of aerobic and anaerobic fitness.	10
II	**CARDIOVASCULAR AND RESPIRATORY SYSTEM REGULATION DURING EXERCISE:** Cardiovascular System Regulation during Exercise: Regulation of Heart Rate, Stroke Volume, Cardiac Output, Blood distribution and Venous Return, Cardiac Hypertrophy Measurement of Heart Rate, Blood Pressure, and Vital Capacity. Respiratory System Regulation during Exercise: Pulmonary Ventilation during Exercise, Various Lund Capacities and Exercise adjustments, Gaseous Exchange and Transport during Exercise, Recovery Oxygen and Second Wind.	10

III	**CLIMATIC CONDITIONS AND SPORTS PERFORMANCE AND ERGOGENIC AIDS :** Variation in Temperature and Humidity, Thermoregulation Mechanism, Sports Performance in Hot Climate, Cold Climate, and High Altitude, Preventive measures in different environmental stresses, Acclimatization to different environmental conditions and training adaptations, Influence of Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Certain, Human growth hormone on Sports Performance, Narcotic, Stimulants - Amphetamines, Caffeine, Ephedrine, Sympathetic Medicaments Stimulants and Sports Performance.	10
IV	**NEURAL CONTROL OF HUMAN MOVEMENT AND ENDOCRINE SYSTEM:** Motor Unit – Structure and Function, Motor Movement. Proprioceptors – Muscle Spindle, Golgi Tendon Organ and Joint Capsule, Proprioceptors and their role in the control of movements, Muscle Tone, Posture and Balance, Endocrine Glands and their Secretions, resting and exercise induced secretions, Endocrine role during exercise and adaptations to training.	10
V	**NUTRITION, BODY COMPOSITION FOR FITNESS AND PERFORMANCE:** Nutritional aspect of Fitness and Performance, Balanced Diet Water and Electrolyte Balance Athlete's Diet, Physiological basis of Diet for Sedentary, Physically Active and Sportsperson, Optimal Body Composition for Fitness and Performance, Concepts of Body Composition, Assessment of Body Composition, Body Composition for Optimal Health and Fitness, Body Composition and Sports Performance.	10
VI	**PHYSIOLOGICAL TESTS FOR ELITE ATHLETES IN LABORATORY AND FIELD:** General Assessment Procedures, Anthropometric Assessment Protocols, Measuring Flexibility for Performance and Injury Prevention, Determination of Maximal Oxygen Consumption, Blood Lactate Response to Exercise, ECG Placement and Monitor Operations, Protocols for Physiological Assessment of Players of Specific Sports. Lab and Field Environment and Subject Preparation, Equipment Checklist, Protocols, Test Administration, Data Recording Forms.	10

REFERENCES:

1. Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras:

Poompugar Pathipagam.
2. Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
3. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
4. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
5. Farrell, P., Joyner, M., &Caiozzo, V. (2012). ACSM's advanced exercise physiology. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins.
6. Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
7. Guyton, A.C. (1976). Textbook of Medical Physiology.Philadelphia: W.B. Sanders co.
8. Kenney, W., Wilmore, J., &Costill, D.(2015) Physiology of sport and exercise.
9. McArdle, W., Katch, F., &Katch, V. (2010). Exercise physiology. Baltimore, MD: Lippincott Williams & Wilkins.
10. Plowman, S., & Smith, D. (2014). Exercise physiology for health, fitness, and performance. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins Health.
11. Raven, P. (2013). Exercise Physiology. Australia: Wadsworth Cengage Learning.
12. Richard, W. Bowers.(1989). Sports Physiology. WMC: Brown Publishers.
13. SandhyaTiwari. (1999). Exercise Physiology.Sports Publishers.
14. Shaver, L. (1981).Essentials of Exercise Physiology. New Delhi: Subject Publications.
15. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
16. William, D. McAradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

Suggestive digital platforms web links:

https://biologydictionary.in
https://www.physiopedia.com
https://he.kendallhunt.com

This course can be opted as an elective by the students of the following subjects:-
Student with a bachelor degree in Physical Education

Suggested Continuous Evaluation methods (CIE):
INTERNAL ASSESMENT (25 Marks)
Written Test – 15 marks
Assignment, Attendance , etc. – 10 marks
Research Orientation of the student.

Suggested equivalent online courses :

- Mooc.list.com (online free courses)
- Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune & University of South Wales.
- Online Courses By PHYSICAL Education Foundation Of India.

SEMESTER- VII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION, ELECTIVE PAPER : 01

Program/ Class: Bachelor With Research/Honours	Year: -04	Semester:-VII
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code :	Course Title : Sports Sociology(ELECTIVE)	

Course Outcomes : At the completion of this course student would be able to understand core concept of sociology, religion, culture and sports sociology and would be able to understand their role in movement education and sporting performance. Content of this course would be enough to answer the most relevant questions like how sports work as a socializing agent and how nature of sporting events changes with ever changing social structure. Course content also focuses on the issues like commercialization of sports , research in the field of sports sociology and women participation in sports.

Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0

UNIT	TOPIC	NO. OF LECTURES
I	**INTRODUCTION TO SPORTS SOCIOLOGY:** Meaning , Definition, Importance, Historical perspective and Concept of sports sociology .Sociology of sports as a separate discipline ,Sports sociology as a science of social relationships . Socialization and Sports.	10
II	**SPORT , RELIGION AND CULTURE:** Definition and concept of religion and Culture. Similarities and differences between religion and sports as a social phenomenon. Challenges in combining sports and religion ,Sports as a religious phenomenon.	10
III	**SPORT AND RESEARCH METHODS :** Research Methods in sports sociology (field work), and survey, Check list and participant observation ,Interview - structured and non- structured ,Content analysis of historical evidence ,New trends in social research specifically in relation to qualitative and quantitative techniques at international and National Level.	10
IV	**SPORTS AND COMMERCIALIZATION-** Emergence and growth of commercial sport ,Impact of commercialization and changes in sport ,Impact of media on sports and sponsorship ,Role of media in making and breaking of images in sports , Club culture and its impact on sport development .	10

V	**SPORT AND FUTURE :** Ideological issues in sport ,Visualization of major sport forms in the future ,Changing trends and forecasts in the growth of sports , National sports policy – Challenging and constraints ,Ethics and growing ethical crises in sports. National and International integration through Sports.	10
VI	**DIFFERENT DIMENSIONS TO SPORTS SOCIOLOGY:** Sports and Women: Pre Independence, After Independence, Current Status, Social barriers, Schemes for improving the participation of women by Government. Globalization and Characteristics of global Sports. Sports and Politics, sponsorship, media and economy. Sports and violence. Social impact of International sports events.	10

REFERENCES :

1. Bhusan, V. and Sachdeva, An Introduction to Sociology, Delhi: Kitab, 2003.
2. IGNOU, The Study of Society - Understanding Sociology, Delhi - IGNOU, 2007.
3. Inkeles, A. Ed., What Is Sociology, ND : Prentice Hall, 1997.
4. Jain, Rachna, Sports Sociology, New Delhi: KSK, 2005.
5. Kanwal Jeet, S., Sport Sociology, ND : Friends Pub., 2000.
6. Mitchell, G.D. Ed., Dictionary of Sociology, U.K : Routledge, 1999.
7. Sharma, R. N, Urban Sociology, ND : Surjeet Pub., 1993.
8. Singh, Bhupinder, Sports Sociology, New Delhi : Friends, 2004.
9. Turner, B., Cambridge Dictionary of Sociology, U.K., Cambridge, U.N. Press., 2006.

Suggestive digital platforms web links:

https://en.m.wikipedia.org
https://www. Britannica.com
https://digilib.phil.muni.cz
https://notesread.com

Suggested Continuous Evaluation methods (CIE):

INTERNAL ASSESMENT (25 Marks)

Written Test – 15 marks

Assignment, Attendance , etc. – 10 marks

Research Orientation of the student.

Suggested equivalent online courses :

Online Courses at IGNOU and various national and universities abroad

SEMESTER- VII, SYLLABUS FOR B.A.IN PHYSICAL EDUCATION, ELECTIVE PAPER : 02

Program/ Class: Bachelor With Research/Honours	Year: -04	Semester:- VII
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code :	Course Title : Information And Communication Technology (ICT) In Physical Education (ELECTIVE)	

Course Outcomes : This course would help students to understand and describe the uses of various types of Communication skills, realize the importance of information and Communication Technology (ICT). He would be able to recognize and use application software used in Physical Education and sports and Create format and edit features of MS Ward, MS excel and MS Power Point. This course would be extremely helpful especially in the new era of online and virtual mode of teaching learning process.

Credits : 4	Max. Marks : 25+75=100	Min. Passing Marks: 10+ 25

Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0

UNIT	TOPIC	NO. OF LECTURES
I	**COMMUNICATION & CLASSROOM INTERACTION :** Concept, Elements, Process & Types of Communication Communication Barriers & Facilitators of communication Communicative skills of English - Listening, Speaking, Reading & Writing Concept & Importance of ICT Need of ICT in Education Scope of ICT: Teaching Learning Process, Publication Evaluation, Research and Administration Challenges in Integrating ICT in Physical Education	10
II	**FUNDAMENTALS OF COMPUTERS:** Characteristics, Types & Applications of Computers Hardware of Computer: Input, Output & Storage Devices Software of Computer: Concept & Types Computer Memory: Concept & Types Viruses & its Management Concept, Types & Functions of Computer Networks Internet and its Applications Web Browsers & Search Engines Legal & Ethical Issues	10
III	**MS OFFICE APPLICATIONS :** Power Point: Preparation of Slides with Multimedia Effects MS Publisher: Newsletter & MS Word: Main Features & its Uses in Physical Education MS Excel: Main Features & its Applications in Physical Education	10

	MS Access: Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its Uses in Physical Education MS Brochure	
IV	**ICT INTEGRATION IN TEACHING LEARNING PROCESS :** Approaches to Integrating ICT in Teaching Learning Process Project Based Learning (PBL) Co-Operative Learning Collaborative Learning ICT and Constructivism: A Pedagogical Dimension	10
V	**E-LEARNING & WEB BASED LEARNING :** E-Learning Web Based Learning Visual Classroom, Digital Library and its usage, E Books, Access of E content. (Students are required to complete this unit practically, they could be given related assignments.)	10
VI	**NEW HORIZONS TO E – LEARNING:** Development of educational E- content, various digital platforms for virtual teaching learning process, research in Physical Education and technology. (Students may be asked for creating google forms and collection of data through online medium)	10

REFERENCES :

1. B. Ram, New Age International Publication. Computer Fundamental, Third Edition-2006
2. Brain under IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition-2001
3. Douglas E. Corner, The Internet Book, Purdue University, West Lafayette in 2005
4. Heidi Steel Low price Edition, Microsoft Office Word 2003- 2004
5. ITL Education Solution Ltd. Introduction to information Technology, Research and development Wing-2006
6. Pradeep K. Sinha & Priti; Sinha, Foundations computing BPB Publications -2006.
7. Rebecca Bridges Altman Peach pit Press, Power point for window, 1999
8. Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one. Second Edition- 2006.

Suggestive digital platforms web links:

https://www.researchgate.net
https://victoriancurriculum.vcaa.vic.edu.au
https://www.slideshare.net

Suggested Continuous Evaluation methods (CIE): INTERNAL ASSESMENT (25 Marks) Written Test – 15 marks Assignment, Attendance , etc. – 10 marks Research Orientation of the student.
Suggested equivalent online courses : Online introductory courses by Cambridge Assessment International Education Courses at SWAYAM portal Courses by IGNOU -

SEMESTER- VII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION, ELECTIVE PAPER : 03

Program/ Class: Bachelor With Research/Honours	Year: -04	Semester:-VII
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code :	Course Title : Adventure and Indigenous Sports	
Course Outcomes :This course is designed to broaden the domain of Physical Education. At the end of the course student would be able to understand adventure and indigenous sports along with various aspects related to them. It would enable the student to understand the cultural aspect related to these games . This course has vast opportunities for self employment , promotion of tourism and cultural diversities.		
Credits : 4	Max. Marks : 25+75=100	Min. Passing Marks: 10+ 25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0		

UNIT	TOPIC	NO. OF LECTURES
I	**ADVENTURE SPORTS:** Meaning, definition , history and significance of adventure sports. Types : Land , Air and Water based adventure sports. Health concerns and precautions to be observed. National and International training institutes. HMI, Darjeeling, NIM, Uttarkashi, DMAS, Manali, NEF, Pune, RRCC, USA, FTA, Australia.	10
II	**WATER AND AIR BASED ADVENTURE SPORTS:** Water based adventure sports: Kite boarding, kayaking, Rafting, River Cruising, Scuba Diving, Snorkeling: Techniques and challenges Air based adventure sports : Hot Air Ballooning, Paragliding/ Hang Gliding, Parasailing : Techniques And Challenges. Guidelines for water and air based adventure sports.	10

III	**LAND BASED ADVENTURE SPORTS:** Types : Cycling And Motorcycle Tours, Camel, Horse, Jeep Safaris, Mountaineering, Bungee Jumping, Nature Walk/ Bird Watching, Rock Climbing(Artificial Wall Climbing And Abseiling), Skiing / Snowboarding, Trekking, Wildlife Safaris, Zip Wires And High Rope Courses: Techniques And Challenges . Guidelines For Land Based Adventure Sports.	10
IV	**INDIGENOUS SPORTS:** Meaning, Definition, History, Development And Significance Of Indigenous Sports. Kho-Kho, Kabaddi, Various Forms Of Martial Arts(Lathi Khela, Squay, Kalari, Silambametc.), Gatka, Mallakhamba, Insuknawr, Dhopkhel, Circle Kabaddi, Thang- Tha, Lazium: Techniques, Challenges And Guidelines. Innovative	10
	Approach In The Practice And Management Of Indigenous Games In India.	
V	**ADVENTURE AND INDIGENOUS SPORTS: NEW HORIZONS:** Risk Assessment, Emergencies And Their On Field Tackling And Safety Management, Sops And Operating Instructions In Various Adventure And Indigenous Sports. Adventure And Indigenous Sports For Sustainable Development. Gadgets, Equipment And Protective Gear Used In Adventure And Indigenous Sports. Self Employment/ Career And Tourism In These Sports.	10
VI	**DIFFERENT ASPECTS OF ADVENTURE AND INDIGENOUS SPORTS:** Indigenous And Adventure Sports And :- Culture, Psychological Implications, Leadership, Minor Indigenous Games. Various Competitive Platforms, Fitness Attributes And Training. Indigenous Games Played In India And Any Other 10 Countries.	10

REFERENCES :

1. Bey, Yana, " Adventure Sports"Penguin India, 2003
2. Sharma, Mahesh," Adventure Sports", Independently Published, 2020
3. Majumdar, Boria, " A History Of Indian Sports Through 100 Artefacts", Harper Collins Publishers, India, 2018
4. Dubey, Abhishekh," Women In Indian Sports", Available At Amazon
5. ATOAI, Indian Adventure :Tourism Guidelines, Incredible India, 2018, Version 2

Suggestive digital platforms web links:

https://www.unipune.ac.in > phy_edu
https://www. Nimindia.net
https://www. Himadven.com
https://www. shiksha.com> articles

Suggested Continuous Evaluation methods (CIE):
INTERNAL ASSESMENT (25 Marks)
Written Test – 15 marks
Assignment, Attendance , etc. – 10 marks
Research Orientation of the student.

SEMESTER- VII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION, PRACTICAL, 01

Program/ Class: Bachelor With Research/Honours	Year: -04	Semester:- VII
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code :	Course Title : TRACK AND FIELD/ SWIMMING/ GYMNASTICS	
Course Outcomes :This course would help students to gain the knowledge of the gamer/ sport. After the completion of the course student would be fully acquainted with the layout and marking of the related game/ sport and would be able to demonstrate and develop the skills to teach rules, regulations, fundamental skills strategies, general and specific training for the game/ sport.		
Credits : 02	Max. Marks : 100	Min. Passing Marks: 35
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-0-2		

UNIT	TOPIC	NO. OF LECTURES
I	**INTRODUCTION:** Historical development of the game/sport at national and international levels. National Bodies controlling game/sport and their affiliated units. International Bodies controlling game/sport and their affiliated units. Major National and International competitions in Game/Sport. Layout and marking of play filed/ground/courts and measurement of equipment used in Game/Sport.	07
II	**TECHNIQUES/SKILLS DEVELOPMENT:** Classification of techniques/skills. Technique/skill training: Preparatory, Basic, Supplementary exercises. Identification & Correction of faults. Training for mastery in technique/skill. Recreational and lead-up activities. Warm-up and cool down for game/sports.	07
III	**OFFICIATING:** Mechanics of officiating. Qualities of good official. Duties of official (pre, during and post game) Rules & their interpretations. Modern trends and latest changes in rules and apparatus/ equipment.	08
IV*	***TRACK AND FIELD:*** *Sprints, Middle Distance Races, Long Distance Races, Starts*	08
V*	**GYMNASTICS:** Floor Exercises, Rolls (Forward and Backward) , Cartwheels Headstands , Balancing Beam(Front Roll), (W) , Roman Rings(Inverted Hang Position), (M), Vaulting Table(Straddle vault), (M &W)	08

VI*	**SWIMMING:** Free Style Back Stroke	08

***Out of Unit No. IV, V and VI any one has to be opted.**

REFERENCES :

1. Singh, Gurdayal,, " Fundamentals of men,s Gymnastics" Friends Publications, New Delhi, India, 1994
2. Cavendish Marshall," Skills and Tactics of Gymnastics", Cavendish House, Hongkong , 1982
3. Govindarajulu, " Marking of Track and Field", Friends Publications, New Delhi, India, 2007
4. Guthrie, Mark,"Coaching Track and Field Successfully",Human Kinetics, Champion IL, 2006.
5. Hekmati, Deniz, :Foundations of Strength Training for Swimmers", Available at AMAZON, 2020.

Suggestive digital platforms web links:

https://www.training .gov.au > Training
https://www. About swim .com
https://www. svoem.org.
https://www. shiksha.com> articles

This course can be opted as an elective by the students of the following subjects:-

Suggested Continuous Evaluation methods (CIE):
INTERNAL ASSESSMENT (25):

INTERNAL ASSESMENT (25 Marks)
Written Test – 15 marks
Assignment, Attendance , etc. – 10 marks
Research Orientation of the student.

SEMESTER- VII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION, PRACTICAL :02

Program/ Class: Bachelor With Research/Hounours	Year: -04	Semester:- VII
SUBJECT : PHYSICAL EDUCATION – PRACTICAL(02)		
Course Code :	Course Title : Team Sport: KABADDI, KHO-KHO ,VOLLEYBALL, BASKETBALL CRICKET, FOOTBALL, HANDBALL, HOCKEY, (Any One)	
Course Outcomes : This course would help students to gain the knowledge of the game/ sport. After the completion of the course student would be fully acquainted with the layout and marking for the concerned game/ sport. She would be able to demonstrate and develop the skills to teach rules, regulations, fundamental skills strategies, general and specific training a particular game/ sport.		
Credits : 02	Max. Marks : 100	Min. Passing Marks: 35

Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-0-2

UNIT	TOPIC	NO. OF LECTURES
I	**INTRODUCTION :** Historical development of the game/sport at national and international levels. National Bodies controlling game/sport and their affiliated units. International Bodies controlling game/sport and their affiliated units. Major National and International competitions in Game/Sport. Layout and marking of play filed/ground/courts and measurement of equipments used in Game/Sport.	10
II	**TECHNIQUES/SKILLS DEVELOPMENT:** Classification of techniques/skills. Technique/skill training: Preparatory, Basic, Supplementary exercises. Identification & Correction of faults. Training for mastery in technique/skill. Recretional and lead-up activities. Warm-up and cool down for game/sports.	10
III	**OFFICIATING:** Mechanics of officiating. Qualities of good official. Duties of official (pre, during and post game) Rules and their Interpretations	10

REFERENCES :

1. Cadman, J.F., "Men's Hockey" Training Associates, London (1973)
2. Narang, P. "Play and Learn Hockey" Khel Sahitya Kendra, Delhi (2004)
3. James Dave"Volleyball for Schools" S.Chand & Company Ltd., New Delhi(1976)
4. Singh Kanwal Jeet & Sandh S. Gurbaksh "Scientific Foundations of Volleyball", G.N.D.U., Amritsar.
5. Rees, Roy "Coaching Soccer Successfully" Human Kinetics Windsor (1997)
6. Cavendish Marshall "The Sportsman's World of Soccer" Marshal Cavendish, London (1975)
7. Kanika K. "Basketball Coaching Manual" Sports Publication (2001)
8. Vaidhya, Rajesh "Skills & Tactics Basketball, (2007) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
9. Rose.H.Lee, "The Basketball Handbook." (2004) Human kinetics, USA.
10. Chaudhary, Vivek," Kabaddi By Nature" Amazon.com,ISBN: 9789382622284, 2018
11. Sharma, Sunil, Kavita," Kabaddi and Kho-Kho", Sports Education Technology, Delhi, 2019

Suggestive digital platforms web links:

http://kabaddisport.blogspot.com
https://sportsjone.com
https://nnsw.footballfives.com
https://www.breakthroughbasketball.com
https://www.rules ofsport.com

SEMESTER- VII, SYLLABUS FOR B.A.IN PHYSICAL EDUCATION, PROJECT WORK

Program/ Class: Bachelor With Research/Honours	Year: -04	Semester:- VII
SUBJECT : PHYSICAL EDUCATION		
Course Code :	Course Title : Project Work	
Course Outcomes : This course would enable the students to develop scholarly, critical and inquisitive attitude towards a problem/issue , involving a systematic approach for the selection of appropriate research problem. This course would enable the student to understand right way of writing down references and their importance. This course is designed to motivate students to read relevant literature and scope of book review in research and academic pursuits.		
Credits : 06	Max. Marks : 100	Min. Passing Marks: 35
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-04-02		

Student needs to practically probe into how to select an appropriate research problem and she would write down at least fifty references related to the chosen problem. She is required to learn the importance of citing down references and how to write references in an appropriate way.

OR

The student can opt for reviewing any three books written by leading authors in the relevant field including one Indian author.

SEMESTER- VIII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION, CORE PAPER : 01

Program/ Class: Bachelor With Research/Honours	Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code :	Course Title : Research Process and computers in Physical Education and Sports Sciences.	
Course Outcomes : This course would help students to understand the modern concept of research in physical education and sports. It aims to develop understanding about the methods and tools of research, research problem, and other components of the whole research process. Students would be able to write down an appropriate research proposal and would be acquainted with the latest trends in the field.		
Credits : 4	Max. Marks : 25+75=100	Min. Passing Marks: 10+ 25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0		
UNIT	TOPIC	NO. OF LECTURES

I	**INTRODUCTION, RESEARCH PROBLEM, REVIEW OF RELATED LITERATURE:** Meaning of Research , its characteristics, importance, types and Classification of Research. Qualities of a Researcher Research Problem: Sources of Research Problem, Identifying a research problem Criteria in selecting a research problem Stating the research problem Locating Reference Materials, Procedure of review of related literature.	10
II	**METHODS OF RESEARCH:** **Historical Research:** Sources of historical materials : Primary Data and Secondary Data Evaluation of historical material Pitfalls of historical writing. Philosophical Research. **Survey method:** Meaning and importance of survey Types of survey Interview- structured and unstructured. **Experimental Research** Meaning of Experimental Research Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design. Tools of Research – Questionnaire, Interviews, Schedules, Observation Techniques, Rating Scales, Electronic Media Experimental Validity – Threat to it and ways to reduce it	10
III	**SAMPLING AND HYPOTHESIS:** Meaning and Definition of Population and Sample. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgment Sampling, Quota Sampling. Meaning and Definition of Hypothesis. Types of Hypothesis, Formulation and design of Hypothesis	10

IV	**COMPUTER APPLICATION:** Application of computer software, concept and types of memory, concept and types of viruses and its management. Uses and application of various software in statistical computation in research studies. Computer application in the studies related to movement and sports performance. Plagiarism-Meaning and role of computer application in its detection. (Practical assignments are to be given on the relevant topics.)	10
V	**DATA ANALYSIS:** Qualitative and Quantitative analysis. Data interpretation: Analyzing, organizing and presenting data, discussion of results. Formulation of conclusions and recommendation Normal Curve. Meaning of probability- Principles of normal curve-Properties of normal curve. Divergence form normality- Skewness and Kurtosis. Graphical Representation of data: Line diagram,Bar diagram, Histogram, Frequency Polygon, Ogive Curve.	10
VI	**RESEARCH PROPOSAL AND REPORT:** Method of Writing Research proposal, Chaptarization of Thesis/Dissertation, Front Materials, Body of Thesis – Back materials, Method of writing abstract and full paper for presenting at a conference and to publish in journals, Mechanics of writing Research Report, Format of Footnote and Bibliography. Manuals, format of the research report, Main Body of the Report, References and Appendices: The Thesis or Dissertation, style writing, reference form, pagination Tables, figures, The line graph, the Bar graph or chart, The circle chart or pie or sector chart, Maps, organization charts, evaluating or research report, summary. Applied Research Model For Sports Science(ARMSS)	10

REFERENCES :

1. Best, J.W. Research in Education, Prentice Hall Inc.: Delhi-1982
2. Clarke, H. David., Research Processes in Physical Education, Recreation &Health Prentice Hall Inc. 1985.
3. Kamlesh, M.L, Methodology of Research in Physical Education and Sports, Metropolitian Publication: New Delhi, 1986.
4. Moorthy, A.M, Research Methods in Physical Education, Sports and Exercise Sciences, Friends 5. Publications: New Delhi, 2000.
5. Thomas Jerry R. and Nelson Jack K., Research Methods, Physical Activity. Human Kinetics: Champaign, 1996.
6. Weimer, Jon, Research Techniques in Human Engineering. Prentice Hall: New Jersy. 1994.
7. Rothstain A ,"Research Design and Statistics for Physical Education. Englewood Cliffs: Prentice Hall. Inc, 1985
8. Sivaramakrishnan. S, "Computer Application Physical Education",Delhi; Friends Publication, 200

Suggestive digital platforms web links:

https://www.kheljournal.com
https://www.researchgate.net

Suggested equivalent online courses :

- Mooc.list.com (online free courses)
- Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune & University of South Wales.
- Online Courses By PHYSICAL Education Foundation Of India.

SEMESTER –VIII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION, CORE PAPER 02

Program/ Class: Bachelor With Research/Honours	Year: 04	Semester: VIII
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code :	Course Title : Sports Management	
Course Outcomes: Field of sports management has emerged out as one of the promising fields which offers wide variety of job opportunities for the students. At the completion of the course students would be able to plan , organise and conduct different types of sports events, camps, adventure activities etc. .It will enable a student to learn and develop managerial and administrative qualities and she would be able to develop most appropriate kind of curriculum for the target group.		
Credits : 4	Max. Marks : 25+75=100	Min. Passing Marks: 10+ 25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0		

UNIT	TOPIC	NO. OF LECTURES
I	**Introduction to Sports Management:** Definition, Importance. Basic Principles and Procedures of Sports Management. Functions of Sports Management. Personal Management: Objectives of Personal Management Personal Policies, Role of Personal Manager in an organization. Personnel recruitment and selection, management structure for Physical Education and Sports programmes	10

II	**Programme Planning, Public Relations and Financial Management:** Programme planning, steps in programme planning, Principles of Programme Planning, Evaluation of Physical Education Planning Public Relations: Meaning, definitions, Principles, Planning and Organising public relations programme Financial Management: Need for financial management, Principles of financial management, Preparation of budget, Source of funds, Expenditure	10
III	**Class Management:** Class management: Meaning, steps in class management: Strength of Class, place and time, uniform, class formation, safety measures and discipline. Principles of Class Management. Developing effective working relationship with students. Training Students on how learning takes place in Classroom. Protecting and Leveraging time. Establishing standards of behaviour that promote student learning.	10
IV	**Organisation of Tournaments and Sports Events:** Tournament Organisation: Types of Tournaments-Knock out or Elimination League or Round Robin, Combination, Consolation, Challenge Tournaments. Intramural & Extramural Competitions: Meaning, objectives, conduct and importance of Intramural and Extramural Competitions Process of Organising Sports Events, Notifications, Invitations, Selection of Officials, Monitoring, Writing Reports, Maintaining Records.	10

V	**Facilities & Equipment Management:** Facilities and Equipment Management: Types of Facility, infrastructure-indoor, outdoor Playfield: Area, Location, Layout & Care Equipments: Need, Importance, Purchase, Care & Maintenance. Guideline for Selection of Equipment and Supply. Guideline for checking storing and issuing Sports Equipments.	10
VI	**Curriculum and Curriculum sources:** Meaning and Definition of Curriculum. Principles of Curriculum Construction: Students centred, Activity centred, Community centred, Forward looking principle. Factors that affecting curriculum: Sources of Curriculum materials - text books -Journals-Dictionaries, Encyclopedias, Magazines, Internet. Integration of Physical Education with other Sports Sciences - Curriculum research, Objectives of Curriculum research - Importance of Curriculum research. Evaluation of Curriculum, Methods of evaluation.	10

REFERENCES :

1. Aggarwal, J.C (1990). Curriculum Reform in India - World overviews, Doaba World Education Series - 3 Delhi: Doaba House, Bookseller and Publisher.
2. Arora, G.L. (1984): Reflections on Curriculum, New Delhi: NCERT.
3. Bonnie, L. (1991). The Management of Sports. St. Louis: Mosby Publishing Company, Park House.
4. Bucher A. Charles, (1993) Management of Physical Education and Sports (10th ed.,) St. Louis: Mosby Publishing Company.
5. Kamlesh M.L. (2000): Management Concepts in Physical Education and Sports, Metropolitan Book Co., Pvt. Ltd., New Delhi.
6. Roy S.S. (1995): Sports Management, Friends Publication, Dr. Mukherjee Nagar, New Delhi.
7. Singh U.K. Dewan J.M. (1997): Sports Management, Published by: S.B. Nangia for APH Publishing Corporation, Daryaganj, New Delhi.
8. Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.
9. John, E, Nixon & Ann, E, Jewett. (1964). Physical Education Curriculum, New York: The Ronald Press Company.
10. McKernan, James (2007) Curriculum and Imagination: Process. Theory, Pedagogy and Action Research, U.K. Routledge

Suggestive digital platforms web links:

https://www.nasm.edu.in
https://www.mba-esg.in
https://www.shiksha.com

Suggested Continuous Evaluation methods (CIE):

INTERNAL ASSESMENT (25 Marks)

Written Test – 15 marks

Assignment, Attendance , etc. – 10 marks

Research Orientation of the student.

Suggested equivalent online courses :

- Mooc.list.com (online free courses)
- Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune & University of South Wales.
- Courses by NASM

SEMESTER- VIII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION, CORE PAPER : 03

Program/ Class: Bachelor With Research/Honours	Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code :	Course Title : History And Principles of Physical Education	

Course Outcomes : At the completion of this course the students would be able to understand how we evolved as an academic discipline and what kind of system we had in our ancient times in India and the world as well. The student would be able to understand the very basic soul of sports and physical education and how it has always served as the most powerful medium for inculcating love and universal brotherhood among the people of the world. This will definitely help the students to realize the need of the subject in the contemporary world.

Credits : 4	Max. Marks : 25+75=100	Min. Passing Marks: 10+ 25

Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0

UNIT	TOPIC	NO. OF LECTURES
I	**HISTORICAL PERSPECTIVE:** History of physical education in ancient , medieval and modern India, (Vedic, Epic, Historical age, Nalanda periode, Rajput, Muslim and British Period), Physical education in ancient Greece, Sparta, Athens. Contribution of great Britain, Germany, japan, china, USA, Russia to modern physical education.	10
II	**HISTORICAL DEVELOPMENTS THROUGH AGES:** Yoga as our culture and heritage, Philosophy of Olympic games, ancient Olympic games, modern Olympic games, Agencies and international competitions promoting physical education and sports, Asian games, commonwealth games, S.A.F.E. games, sports federations, SAI, NSNIS, LNIPE AND Other prominent institutes for physical education.	10
III	**SOCIOLOGICAL PERSPECTIVE:** Influence of culture and tradition on participation in physical education, physical education as a socializing agency and social recognition, Sports and social change, Sports for international brotherhood and world peace. Indigenous major and minor games of India: their journey from past to present, Sociometrics, economics and politics in sports.	10
	PHILOSOPHICAL PERSPECTIVE : Idealism, pragmatism, naturalism, existentialism and physical	10

IV	education, theories of play, Sports as a cultural heritage of mankind, customs, traditions and sports, competition and co-operation.	
V	**GREAT HISTORIANS AND PHILOSOPHERS :** Socrates, Plato, Maharshi Patanjali, Friedrich Jahn, Harry Crow Buck, John Dewey, Catharine Beecher, Pierre , Baron De Coubertin, P.M. Joseph : Their teachings and contribution in enrichment of the field of Physical education.	10
VI	**PHYSICAL EDUCATION IN THE CONTEMPORARY WORLD :** Women, sports and physical education through the ages in India and worldwide, national sports policy and its amendments, recent trends in physical education, new education policy -2020 and physical education. Fitness and Wellness movements in the contemporary perspective.	10

REFERENCES :

1. Barrow, H.M.," Man and Movement- Principles of Physical Education", Henry kimpton publisher, London,1977
2. Beashel P.& aylor, J, Advance Studies in Physical Education and Sports", Thomas Nelson and Sons Ltd., U.K., 1996.
3. Bucher, C.A., " Foundation of Physical Education", 12th edition, St. Louis, C.V. Mosloy, USA, 1995
4. Uppal, A.K., " Foundation of Physical Education", Friends Publication, New Delhi, 1994
5. Kamlesh,M.L.," Physical Education- Facts and Foundations", P.B. Publication, Haryana, 1998
6. Khanna, S.D., Sarena, V.K., Lamba, T.P. & Murthej,C.," Education in Emerging Indian Society", Doaba HouseBooksellers and Publishers,1994
7. Sharma, O.P.," History of Physical Education", KSK, Delhi, 1998
8. Singh, Swatendra, " Foundation of Physical Education", Nipun Prakashan, Delhi, 2019
9. Deshpande, S.H.," Physical Education in Ancient India", Bhartiya Vidya prakashan, New delhi, 2000

Suggestive digital platforms web links:

https://www.excite.com
https://www.nku.edu
https://study.com

Suggested Continuous Evaluation methods (CIE):
INTERNAL ASSESMENT (25 Marks)
Written Test – 15 marks
Assignment, Attendance , etc. – 10 marks
Research Orientation of the student.

Suggested equivalent online courses :

- Mooc.list.com (online free courses)
- Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune & University of South Wales.
- Online Courses By PHYSICAL Education Foundation Of India.

SEMESTER- VIII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION, ELECTIVE PAPER : 01

Program/ Class: Bachelor With Research/Honours	Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code :	Course Title : Journalism and Mass Media in Physical Education	
Course Outcomes : At the completion of this course student will understand the concept of sports journalism and its importance especially in present global scenario. Student would be able to write apt articles on sports events and would be able to use different sources of mass media for promotion, propagation of the sports and physical education activities which would help in development and broadening the domain of the subject. After completing the course a student might consider it as an career potion.		
Credits : 4	Max. Marks : 25+75=100	Min. Passing Marks: 10+ 25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0		

UNIT	TOPIC	NO. OF LECTURES
I	**INTRODUCTION & ROLE OF SPORTS JOURNALISM:** Meaning and Definition and historical perspective of Sports Journalism and role of Sports Journalism in the field of Physical Education and Sports, Ethics of Journalism - Canons of journalism- Sports Ethics and Sportsmanship - Reporting Sports Events. Role and advancement in Journalism, Sports organization and Sports Journalism.	10
II	**SPORTS BULLETIN AND ETHICS OF SPORTS WRITING** Concept of Sports Bulletin: Journalism and sports education - Structure of sports bulletin - Compiling a bulletin - Types of bulletin - Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education - Sports organization and sports journalism - General news reporting and sports reporting	10
III	**MASS MEDIA AND REPORT WRITING ON SPORTS:** Mass Media in Journalism: Radio and T.V. Commentary - Running commentary on the radio - Sports expert's comments. Role of Advertisement in Journalism. Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in Newspaper. Organization of Press Meet.	10

IV	**JOURNALISM AND JOURNALISM TECHNIQUES:** Sports organization and Sports Journalism-General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Evaluation of report news, interview with elite player and coach, freelance writing in Sports.	10
V	**TRENDS AND TECHNIQUES:** Changing trends of journalism in sports. New dimensions of the sources of mass media and journalism. Responsibilities of journalist and editor(social, legal and professional). Sports Photography: Equipment- Editing- Publishing. Write ups: Feature, advance story, curtain raiser, flash back, articles, filters, editorials, boxes, anchoring, group discussions and talk shows.	10
VI	**NEW HORIZONS OF SPORTS JOURNALISM:** Sports Journalism as career option. Various courses in the field. Prominent institutes offering the courses in sports journalism. Understanding various tools used in journalism. (Practical assignments to observe the matches and prepare report and news of the same; visit to News Paper office and TV Centre to know various departments and their working. Collection of Album of newspaper cuttings of sports news).	10

REFERENCES :

1. Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi: Surjeet Publications .
2. Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
3. Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
4. Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
5. Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
6. Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication.
7. Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication
8. Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.
   Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling ,publication Pvt. Ltd.
10. Venkataiah. N (2009) Value Education,- New Delhi: APH Publishing Corporation. 43

Suggestive digital platforms web links:

academic.oup.com
http://www.ncbi.nim.nih.gov
http://www.educationjournal.org

Suggested Continuous Evaluation methods (CIE):

INTERNAL ASSESSMENT (25):

INTERNAL ASSESMENT (25 Marks)
Written Test – 15 marks
Assignment, Attendance , etc. – 10 marks
Research Orientation of the student.

Suggested equivalent online courses :

- Mooc.list.com (online free courses)
- Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune & University of South Wales.
- Online Courses By PHYSICAL Education Foundation Of India.

SEMESTER- VIII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION , ELECTIVE PAPER NO. 02

Program/ Class: Bachelor with Research/Honours	Year: -04	Semester: -VIII
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code :	Course Title : Athletic Care and Rehabilitation	
Course Outcomes : This course will enable the students to understand the concept of corrective physical education , posture, postural deformities and their management. At the completion of the course student would be able to identify importance of good posture and massage as a therapeutic technique .It will help a student to use first aid techniques in a more broader way .This course has day to day life utility and equips a student professionally.		
Credits : 4	Max. Marks : 25+75=100	Min. Passing Marks: 10+ 25
Total no. of lectures – tutorials- practical(in hours per week): L-T-P-: 4-0-0		

UNIT	TOPIC	NO. OF LECTURES
I	**CORRECTIVE PHYSICAL EDUCATION:** Definition and objectives of corrective physical Education. Posture and body mechanics, Standards of Standing Posture. Value of good-posture, Drawbacks and causes of bed posture. Posture test - Examination of the spine.	10
II	**POSTURE:** Meaning and definition of posture and its importance in the field of Physical Education. Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knee. Bow leg. Flat foot. Causes for deviations and treatment including exercises.	10
III	**REHABILITATION EXERCISES:** Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching, PNF techniques and principles.	10
IV	**MASSAGE:** Brief history of massage - Massage as an aid for relaxation-Points to be considered in giving massage-Physiological, Chemical, Psychological effects of massage-Indication / Contra indication of Massage-Classification of the manipulation used massage and their specific uses in the human body-Stroking manipulation: Effleurage-Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling-Percussion manipulation: Tapotement, Hacking, Clapping, Beating. Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.	10
V	. **SPORTS INJURIES CARE, TREATMENT AND SUPPORT:** Principles pertaining to the prevention of Sports injuries - care and	10

e

	treatment of exposed and unexposed injuries in sports - Principles of apply cold and heat, infrared rays - Ultrasonic, Therapy - Short wave diathermy therapy. Principles and techniques of Strapping and Bandages.	
VI	**FIRST AID & ATHLETIC CARE:** Aims, Contents, Dressings and Bandages, Scene Survey, Victim Assessment Sequence, Bleeding, tourniquet Application, Pressure and Ice, Shock and Recognizing it, Airway Obstruction, Heimlich's Maneuver, Nasal Bleed (Epistaxis), Heat Stroke, spinal Trauma, Transportation, Protective Equipment : Significance and Uses. Latest Techniques and Trends.	10

REFERENCES :

1. Dohenty . J . Meno . Wetb . Moder D ,Track and field , Englewood cliffs , Prentice Hal Inc., 2000
2. Lace , M.V. ,Massage and Medical Gymnastics , London : J & A Churchill Ltd., 1951.
3. Mc Ooyand Young, Tests and Measurement . New York : Appleton Century., 1954
4. Naro , C. L . , Manual of massage and movement . London : Febra and Febra Ltd., 1967
5. Rathbome , J.I. , Corrective Physical education , London : W.B . Saunders & Co.,1965
6. Stafford and Kelly , Preventive and Corrective Physical Education , New york. ,1968
7. Pandey ,P.K.,"Outlines Of Sports Medicine" J.P. Brothers, New Delhi, 1987
8. Shephard, R.J.& Astrand," Encyclopedia of sports medicine", Blackwell, Sc. Pub. , 1992
9. Chaturvedi, Sunil," Athletic care and Rehabilitation(Hindi), KSK Publishers, New Delhi, 2010

Suggestive digital platforms web links:

https://www.classcentral .com/ course/ independent- sports medicine- understanding –sports- injuries-10200
https://www. physiopedial .com

Suggested Continuous Evaluation methods (CIE):
INTERNAL ASSESSMENT (25):
INTERNAL ASSESMENT (25 Marks)
Written Test – 15 marks
Assignment, Attendance , etc. – 10 marks
Research Orientation of the student.

Suggested equivalent online courses :

- Mooc.list.com (online free courses)
- Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune & University of South Wales.

Online Courses By PHYSICAL Education Foundation Of India.

SEMESTER- VIII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION, ELECTIVE PAPER 03

Program/ Class: Bachelor With Research/Honours	Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code :	Course Title : Sports Nutrition	
Course Outcomes : Students will be enabled to understand the fundamentals of sports nutrition including concept, scope, importance, and types. It Will impart knowledge on sports specific nutrition and hydration guidelines. Students will understand the role carbohydrates, proteins and fats in sports and plan diet according to training and different phases. This is especially designed to make students understanding the role of nutrition in enhancement of sports performance.		
Credits : 4	Max. Marks : 25+75=100	Min. Passing Marks: 10+ 25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0		

UNIT	TOPIC	NO. OF LECTURES
I	**FUNDAMENTALS OF SPORTS NUTRITION:** Definition and Scope of Sports Nutrition .Diet and Performance .Importance of Sports Nutrition. Macronutrients & Micronutrients: Overview of the Types & Functions, conditions of Deficiency and Excess. Energy: Components of Energy Expenditure & Energy Requirement. Quality Issues, Contribution of Macronutrients to Total Energy Intake. Energy Imbalances. Malnutrition – Over and Under.	10
II	**CARBOHYDRATES :** Types of Carbohydrates. Glycemic Index, Glycemic Load, and Glycemic Response. Food Sources - Muscle Glycogen & Performance - Consumption of Carb (What, When & How much). Carbohydrate & Recovery. Carbohydrates in Sports: During Training, During different phases of Preparation - General preparatory phase, Specific preparatory phase, Competition phase, Transition phase , Injury and Rehabilitation phase. Pre-competition Nutrition and Post-competition Nutrition	10
III	**PROTEIN:** Biochemistry, Metabolism - Amino acids, Essential, Non-essential - Types and Quality of Protein. Protein Intake and Performance, Daily Protein Requirement. Type of Exercise and Protein Requirements in Sport, Different type of Sports and their Protein Requirement. Protein Sparing and Protein Intake (What, When and How much). Protein in Sports :	10

	During Training, During different phases of Preparation - General preparatory phase, Specific preparatory phase, Competition phase, Transition phase , Injury and Rehabilitation phase. Pre-competition Nutrition and Post-competition Nutrition.	
IV	**FAT:** Biochemistry, Metabolism, Types - Saturated and Unsaturated fats, Trans fatty acids. Essential Fats, Fat Intake (What, When and How much), Cholesterol. Fats in sports : During training, during different phases of Preparation - General preparatory phase, Specific preparatory phase, Competition phase, Transition phase , Injury and Rehabilitation phase. Energy Intake and energy expenditure . Thermogenesis , SDA of foods. Pre competition Nutrition and Post-competition Nutrition. Body fat and dietary fat , Weight loss.	10
V	**NUTRITION FOR PERFORMANCE ENHANCEMENT:** Endurance Sports - Nutrition for Ironman, Triathlon and Ultrathon. Nutrition for Intermittent Sports. Nutrition for Strength & Power Sports. Nutrition for Winter Sports. Nutrition for Weight Conscious Sports. Nutrition for Martial artists - Judo, Wrestling, Wushu, Taekwondo. Nutrition for Adventure Sports, Kayaking, Canoeing, and other Water Sports. Nutrition in Swimming.	10
VI	**SPORTS SPECIFIC NUTRITIONAL & HYDRATION GUIDELINES:** Short & Long duration events eg.: Cycling, Marathon, Triathlon, Swimming, Rowing, Sailing, etc. Dietary Guidelines for Training & Competition. Dietary Guidelines on Season and Off-season. Dehydration & Performance - Assessing Fluid Loss, Proper Pre-Hydration, Rehydration / Fluid Replacement (What, When & How much). Electrolytes - Role of Electrolytes in Muscular Contraction, Electrolyte Loss & Exercise, Maintaining / Restoring Electrolyte Balance. Sports & Energy Drinks.	10

REFERENCES :

1. Sauberlich, H. E. (1999) Laboratory tests for the Assessment of Nutritional Status, (2nd ed.)., CRC press LaboratoryManual, NIN.
2. Brouns Fred and Caustan – Cargill (2002) Essentials of Sports Nutrition – 2nd edition John Wiley and Sons, England.
3. Burke Louse and Deakin Vicky (2006) Clinical Sports Nutrition, McGraw – Hill Pvt. Ltd. Australia.
4. Wolinksy Ira (1998) Nutrition in Exercise and Sports, CRC press Boca Raton.

5. Wolinksy Ira, Drishill Judy (1997) Sports and Nutrition Vitamins and Trace elements, CRC Press BY.
6. Asker Jeukendrup, Michael Gleeson (2018) Sports Nutrition - 3rd edition Human Kinestics, Inc.
7. Nancy's Clark Sports Nutrition Guidebook by Nancy Clark, Human Kinetics.
8. Marie Spano, Laura Kruskall, D. Travis Thomas – Nutrition for Sport, Exercise and Health – Human Kinetics.
9. NSCA's Guide to Sport and Exercise Nutrition by National Strength Conditioning Association, Human Kinetics.

R. Rajlaxmi, Applied Nutrition, IBH Publications, New Delhi.

Suggestive digital platforms web links:

https://www.nutritionist-resource.org.uk
https://www.physio-pedia.com
https://www.medvarsity.com

Suggested Continuous Evaluation methods (CIE):
INTERNAL ASSESSMENT (25):

INTERNAL ASSESMENT (25 Marks)
Written Test – 15 marks
Assignment, Attendance , etc. – 10 marks
Research Orientation of the student.

Suggested equivalent online courses :

- AAFT,Delhi and Raipur (online course in Sports nutrition)
- Courses by K11 school of fitness science
- Online courses at Swayam portal

SEMESTER- VIII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION, PRACTICAL, 01

Program/ Class: Bachelor With Research/Honours	Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code-	Course Title : TRACK AND FIELD/ SWIMMING/ GYMNASTICS	
Course Outcomes :This course would help students to gain the knowledge of the gamer/ sport. After the completion of the course student would be fully acquainted with the layout and marking of the related game/ sport and would be able to demonstrate and develop the skills to teach rules, regulations, fundamental skills strategies, general and specific training for the game/ sport.		
Credits : 02	Max. Marks : 100	Min. Passing Marks: 35

Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-0-2

UNIT	TOPIC	NO. OF LECTURES
I	**Introduction** Historical development of the game/sport at national and international levels. National Bodies controlling game/sport and their affiliated units. International Bodies controlling game/sport and their affiliated units. Major National and International competitions in Game/Sport. Layout and marking of play filed/ground/courts and measurement of equipments used in Game/Sport.	07
II	**Techniques/Skills development:** Classification of techniques/skills. Technique/skill training: Preparatory, Basic, Supplementary exercises. Identification & Correction of faults. Training for mastery in technique/skill. Recreational and lead-up activities. Warm-up and cool down for game/sports.	07
III	**Officiating:** Mechanics of officiating. Qualities of good official. Duties of official (pre, during and post game) Rules & their interpretations. Modern trends and latest changes in rules and apparatus/ equipments, Score Sheets Of the events.	08
IV*	***Track and Field (Jumps)*** *High Jump, Long Jump, Tripple Jump, Pole Vault.*	08
V*	**Gymnastic** Floor Exercises, Rolls (Forward and Backward) , Cartwheels Headstands , Balancing Beam(Front Roll), (W), Roman Rings(	08

	Inverted Hang Position), (M), Vaulting Table(Straddle vault), (M & W), Parallel Bars (M), Uneven Bars (W)	
VI*	**Swimming** Free Style Back Stroke , Breast Stroke. (25 meters)	08

***Out of Unit No. IV, V and VI any one has to be opted which was opted in the previous semester.**

REFERENCES :

1. Singh, Gurdayal,, " Fundamentals of men,s Gymnastics" Friends Publications, New Delhi, India, 1994
2. Cavendish Marshall," Skills and Tactics of Gymnastics", Cavendish House, Hongkong , 1982
3. Govindarajulu, " Marking of Track and Field", Friends Publications, New Delhi, India, 2007
4. Guthrie, Mark,"Coaching Track and Field Successfully",Human Kinetics, Champion IL, 2006.
5. Hekmati, Deniz, :Foundations of Strength Training for Swimmers", Available at AMAZON, 2020.

Suggestive digital platforms web links:

https://www.training .gov.au > Training
https://www. About swim .com
https://www. svoem.org.
https://www. shiksha.com> articles

SEMESTER- VIII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION, PRACTICAL 02

Program/ Class: Bachelor With Research/Honours	Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION – PRACTICAL(02)		
Course Code :	Course Title : Individual Sport/ Game: Table Tennis	
Course Outcomes : This course would help students to gain the knowledge of the game/ sport. After the completion of the course student would be fully acquainted with the layout and marking for Table Tennis for singles and doubles events as well. She would be able to demonstrate and develop the skills to teach rules, regulations, fundamental skills strategies, general and specific training for Table Tennis.		
Credits : 02	Max. Marks : 100	Min. Passing Marks: 35
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-0-2		

UNIT	TOPIC	NO. OF LECTURES
I	**HISTORICAL DEVELOPMENT** Historical development of the concerned game in India, Asia and world level. Main tournament organized at national and international levels . Records/Statistics of the game at World, Olympics, Asia and National. Awards in the game and list of at least ten pioneer players who got these awards	07
II	**OFFICIATING** Play area dimensions and marking. Equipment Specifications. Rules of the Game and their interpretation	07
III	**TECHNIQUES (SKILL)** Classification of Skills . Sequential explanation of skills .Various faults in skills, their causes and corrections, types of exercises to develop and consolidate fundamental skills of the game .	08
IV	**TACTICS AND STRATEGY** Individual , Offensive and defensive tactics .System of Play their tactical training , Selection of team (Selection Procedure) , Analysis of Performance in competition . Latest rules ,interventions, innovations in techniques, equipment and organization.	08

REFERENCES :

1. Kumar, Sunil, "Table Tennis: Skills And Rules" KSK, Publications, Delhi , 2008.
2. Crowood Sports Guide, "Table Tennis : Skills, techniques, Tactics" Friends Publication, Delhi, Available at AMAZON.
3. Boggan, Tim, " History of U.S. Table Tennis", Vol. VII, Amazon .com,1973-1975.
4. Sagar, Arun, "Table Tennis", Friends Publication, Delhi, 2000
5. Shriram, Vishambhar," Table Tennis(Hindi Edition), Sports Publication, Delhi,2015
6. Ben," The Table Tennis Play Book", E Book, 2021

Suggestive digital platforms web links:

https://www.training .gov.au > Training
https://www. experttabletennis .com
https://www. shiksha.com> articles

SEMESTER- VIII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION, PRACTICAL 02

Program/ Class: Bachelor With Research/Honours	Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION – PRACTICAL(02)		
Course Code :	Course Title : Individual Sport/ Game: Badminton	
Course Outcomes :This course would help students to gain the knowledge of the game/ sport. After the completion of the course student would be fully acquainted with the layout and marking of the Badminton court for singles and doubles events as well. She would be able to demonstrate and develop the skills to teach rules, regulations, fundamental skills strategies, general and specific training badminton.		
Credits : 02	Max. Marks : 100	Min. Passing Marks: 35
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-0-2		

UNIT	TOPIC	NO. OF LECTURES
I	HISTORICAL DEVELOPMENT Historical development of the concerned game in India, Asia and world level. Main tournament organized at national and international levels . Records/Statistics of the game at World, Olympics, Asia and National. Awards in the game and list of at least ten pioneer players who got these awards	07

II	**OFFICIATING** Play area dimensions and marking. Equipment Specifications. Rules of the Game and their interpretation	07
III	**TECHNIQUES (SKILL)** Classification of Skills . Sequential explanation of skills .Various faults in skills, their causes and corrections, types of exercises to develop and consolidate fundamental skills of the game .	08
IV	**TACTICS AND STRATEGY** Individual , Offensive and defensive tactics .System of Play their tactical training , Selection of team (Selection Procedure) , Analysis of Performance in competition . Latest rules ,interventions, innovations in techniques, equipment and organization.	08

REFERENCES :

1. Ballou R.B. "Teaching Badminton" Surjeet Publications, Delhi (1983).
2. Brown E. "Badminton" Faber and Faber, London (1975).
3. Davidson K. and Smith L.C."Badminton" Bailey Brothers & Swinfen Ltd., Great Britain(1978) 5. Davidson K.R. and Gustavson L.R. "Winning Badminton"Ronald Press Company, N.Y. (1978)
6. Downey J. "Badminton for Schools" S. Chand & Company Ltd., Delhi (1991).
7. Horner N. "Badminton" Adam and Charles Black, London (1978).
8. Hunter P. "Better Badminton"W.Foulsham and Co. Ltd., N.Y (1965).
9. Kumar A. "Badminton" Discovery Publishing House, New Delhi (1999).

Suggestive digital platforms web links:

https://www.training .gov.au > Training
https://www. About badminton .com
https://www. shiksha.com> articles

SEMESTER- VIII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION, PRACTICAL 02

Program/ Class: Bachelor With Research/Honours	Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION – PRACTICAL(02)		
Course Code :	Course Title : Individual Sport/ Game: Judo	
Course Outcomes : This course would help students to gain the knowledge of the game/ sport. After the completion of the course student would be fully acquainted with the layout and marking for Judo event. She would be able to demonstrate and develop the skills to teach rules, regulations, fundamental skills strategies, general and specific training for Judo as a combative sport.		
Credits : 02	Max. Marks : 100	Min. Passing Marks: 35
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-0-2		

UNIT	TOPIC	NO. OF LECTURES
I	**HISTORICAL DEVELOPMENT** Historical development of the concerned game in India, Asia and world level. Main tournament organized at national and international levels . Records/Statistics of the game at World, Olympics, Asia and National. Awards in the game and list of at least ten pioneer players who got these awards	07
II	**OFFICIATING** Play area dimensions and marking. Equipment Specifications. Rules of the Game and their interpretation	07
III	**TECHNIQUES (SKILL)** Classification of Skills . Sequential explanation of skills .Various faults in skills, their causes and corrections, types of exercises to develop and consolidate fundamental skills of the game .	08
IV	**TACTICS AND STRATEGY** Individual , Offensive and defensive tactics .System of Play their tactical training , Selection of team (Selection Procedure) , Analysis of Performance in competition . Latest rules ,interventions, innovations in techniques, equipment and organization.	08

REFERENCES :

7. Katsuhiko, Kashiwazaki , "JudoTechniques" Ippon Books,ISBN- 9780951845578, 1992, Amazon .com
8. Kano, Jogoro, "Mind Over Muscles" Pristine Publishing, UK, Europe, 2006, Available at AMAZON.
9. Pedro, Jimmy, "Judo : Techniques and Tactics", Amazon .com.
10. Patricia, Harrington, " Judo Basics : Principles, Rules and rankings", Kodansha Amer Inc., 2002

Suggestive digital platforms web links:

https://www.training .gov.au > Training
https://www. judoinfo .com
https://www. shiksha.com> articles
http://www. Cambridge.org> article

SEMESTER- VIII, SYLLABUS FOR B.A. IN PHYSICAL EDUCATION, PRACTICAL 02

Program/ Class: Bachelor With Research/Honours	Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION – PRACTICAL(02)		
Course Code :	Course Title : Individual Sport/ Game: Yoga	
Course Outcomes : This course would help students to practice Yoga as way of life and understand it as our cultural heritage. After the completion of the course student would be fully acquainted with the layout for Yogic events. She would be able to demonstrate and develop the skills to teach rules, regulations, various asanas, pranayama techniques, general and specific training for competitive Yoga. This course has tremendous opportunities for vocational pursuits.		
Credits : 02	Max. Marks : 100	Min. Passing Marks: 35

Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-0-2

UNIT	TOPIC	NO. OF LECTURES
I	INTRODUCTION Historical perspective associated with the wisdom of this age old way of life propounded by our great saints. Competitive form of Yoga at national and international level. Work of Maharshi Patanjali and other eminent pioneers in the field. Equipment, officiating, rules and their interpretations. Organization of Yogic events. Latest trends and innovations in the field.	04

II	**TYPES OF YOGA AND YOGASANAS** Ashtanga, Hatha, Jnana, Mantra, Bhakti, Kundalini, Karma, Kriya, Swara and Raja Yoga. Yogasana: Atleast any 15 Yogic poses each for beginners, intermediate and advanced practitioners.	10
III	**PRANAYAMA** Types : Natural Breathing, Yogic Breathing, Deep Breathing, Fast Breathing, Viloma, Anulom Vilom, Cooling Breath (Sheetli, Sitkari, Kaki Mudra), Ujjayi, Bhramari, Bhastrika, Surya Bhadan. Mudras for Pranayama	08
IV	**SHATKARMAS, MUDRAS & BANDHAS** Bgineedu & Jyoti Tratak, Kapalbhati, Jal Neti, Danda Neti, Agnisar, danda, Vastra, VamanDhouti. Jalandhar Bandha, Moola Bandha, Uddiyan Bandha.	08

REFERENCES :

1. Iyengar, B.K.S., Light on Yoga. New Delhi: Harper Collins Publishers, 2000
2. Karbelkar N.V., Patanjal Yogasutra Bhashya (Marathi Edition) Amravati: HanumanVyayam Prasarak Mandal , 1993
3. Kenghe. C.T,. Yoga as Depth-Psychology and para-Psychology (Vol-I): HistoricalBackground, Varanasi: Bharata Manishai.1976
4. Kuvalyananada Swami & S.L. Vinekar, Yogic Therapy - Basic Principles andMethods. New Delhi: Govt. of India, Central Health Education and Bureau, 1963
5. Moorthy A.M. & Alagesan. S., Yoga Therapy. Coimbatore: Teachers PublicationHouse, 2004.
6. Swami Kuvalayanda, Asanas. Lonavala: Kaivalyadhama, 1998.
7. Swami Satyananada Sarasvati, Asana Pranayama Mudra Bandha. Munger: BiharSchool of Yoga, 1989
8. Swami Satyananda Saraswathi, Kundalini and Tantra, Bihar: Yoga PublicationsTrust, 1984
9. Swami Sivananda, The Science of Pranayama. Chennai: A Divine Life SocietyPublication, 1971
10. Thirumalai Kumar. S and Indira,Yoga in Your Life, Chennai: The ParkarPublication, 2011
11. Tiwari O.P., Asanas-Why and How. Lonavala: Kaivalyadham, 1998

Suggestive digital platforms web links:

https://www.artofliving.org>eu-en
https://www. Yogapoint .com
https://www. shiksha.com> articles

Suggested equivalent online courses :

- Online courses by AAFT, Delhi and Raipur.
- Online courses by The Yoga Institute Delhi(https:/www.theyogainstitutedelhi.com)

SEMESTER- VIII, SYLLABUS FOR B.A.IN PHYSICAL EDUCATION, PROJECT WORK

Program/ Class: Bachelor With Research/Honours	Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION		
Course Code :	Course Title : Project Work	
Course Outcomes : This course would enable the students to develop scholarly, critical and inquisitive attitude towards a problem/issue , involving a systematic approach for the selection of appropriate research problem. This course would enable the student to understand right way of writing down references and their importance. This course is designed to motivate students to read relevant literature and scope of book review in research and academic pursuits.		
Credits : 06	Max. Marks : 100	Min. Passing Marks: 35
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-04-02		

Student needs to practically conduct the activity of data collection using any of the various techniques. She is required to present the collected data in appropriate format using most apt technique of data presentation.

OR

The student can opt for making a project file on statistical approach and computer application in the process of data analysis. Student is required to carry out a practical approach.