



रुहेलखंड विश्वविद्यालय, बरेली

महात्मा ज्योतिबा फुले रोहिलखंड विश्वविद्यालय बरेली

SYLLABUS FOR B.A. PHYSICAL EDUCATION

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

Program/Class: Certificate	Year: First	Semester: First
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code: E020101T	Course Title: Elements of Physical Education	
Course Outcomes: The physical education is very wide concept and this subject teaches about introduction and Sociological concept of Physical Education and this also teaches about historical development of physical education in India and other countries. It introduces a general concept of good health and wellness. This program will also help a student to promote healthy way of living and they will also be able to make fitness and health plan.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	Ancient Wisdom in Physical Education, Sports and yoga: Introduction: Physical Education <ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• Patanjli yoga sutra.	07
II	Sociological Foundation: <ul style="list-style-type: none">• Meaning, Definition and importance of sports Sociology• Culture and sports• Socialization and sports• Gender and Sports.	07



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III	<p>History:</p> <ul style="list-style-type: none">• 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, Bijendra Singh, Rajyavardhan Singh Rathore, Yogeshwar Datt, Vijay Kumar, Gagan Narang, Marry Kom, Saina Nehwal, P. V. Sindhu,• National awards of India – Rajeev Gandhi Khel Ratan Awards, Arjun Award, Major Dhyanchand Award, Dronacharya Award, Maulana Abul Kalam Azad Trophy,• Sports schemes of India	06
IV	<p>Olympic Games , Asian Games and Commonwealth Games:</p> <ul style="list-style-type: none">• Olympics Movement: Ancient Olympic, Modern Olympic, Revival, Aims, Objectives, Spirit, Torch Relay, Flag, Motto, Opening and Closing Ceremonies.• Asian Games• Commonwealth Games.	08



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V	Health Education: <ul style="list-style-type: none"> • 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 	08
VI	Wellness and Life Style <ul style="list-style-type: none"> • Importance of wellness and life style. • Role of Physical Activity Maintaining Healthy Life Style. • Stress Management. • Obesity and Weight Management. 	08
VII	Fitness : <ul style="list-style-type: none"> • Meaning, Definition and types of fitness • Component of physical fitness • Factor affecting physical fitness • Development and maintenances of fitness 	08
VIII	Posture: <ul style="list-style-type: none"> • 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)
- 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)



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

Continuous Evaluation Methods: (CIE)



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<p>INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.</p>
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • 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: E020101P	Course Title: FITNESS & YOGA	
Course Outcomes: Yogas very helpful in prevention of many diseases and students will learn about it. This subject deals with basic knowledge about and Aerobics and Gymnasium classes which will help students to excel in the fitness industry.		
Credits: 02	Elective	
Max. Marks : 25 + 75	Min. Passing Marks: 10 + 25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	<ul style="list-style-type: none"> • 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	



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	<p>INTRODUCTION OF YOGA:</p> <ul style="list-style-type: none">● 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. <p>ASANAS:</p> <ul style="list-style-type: none">● Definition of Asana, differences between asana and physical exercise.● Suraya-Namaskar, 02 Standing Asanas, 02 – Sleeping (Supine Position) Asanas, 02 – Sitting Asanas <p>PRANAYAMA:</p> <ul style="list-style-type: none">● Difference and classification of pranayama.	<p>15</p>
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	<ul style="list-style-type: none"> • Difference between pranayama and deep breathing. • Anulom, Vieam. 	
<p>Suggested Readings:</p> <ul style="list-style-type: none"> • 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 and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA. 		
<p>This course can be opted as an elective by the students of following subjects: Open for all</p>		
<p>Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.</p> <p>PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book charts etc – 10</p>		
<p>Course prerequisites: There is no any prerequisites only students physical and medically fit.</p>		
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • 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: E020201T	Course Title: Sports organization and Management	
<p>Course Outcomes: This course is designed to give real time exposure to students in the area of organising an event/ sports. The students will also learn about store management, purchasing and</p>		



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budget making.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNI T	TOPIC	NO. OF LECTUR ES
I	Introduction: • Meaning, concept and definition of sports management.	07



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	<ul style="list-style-type: none"> • Nature and scope of sports management. • Aims and objectives of sports management. • Principles of sports management. 	
II	Event Management <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Meaning, Definition, Preparation, Principals of making Sports Budget. • Basics of Sports Event Accounting. 	07
IV	<ul style="list-style-type: none"> • Format of Budget Preparation. • Preparing the Departmental Financial Plan and estimate. • Expenditure management. 	08
V	Organization <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Meaning and Definition • Principals of Supervision • Techniques of supervision in sports management. • Methods of supervision. • Role of a coach/manager. 	07
VII	Facilities Equipment <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Physical Educational professional, career avenues and professional preparation. • Clients and Sponsorship with respect to Players/ Teams 	08



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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.



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<ul style="list-style-type: none"> • Parkhouse, Bonnie L., "The management of Sports – if foundation and application," Mosby publication, St. Louis (US), 1991 • 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
<ul style="list-style-type: none"> • This course can be opted as an elective by the students of following subjects: Open for all
<p>Suggested Continuous Evaluation Methods: INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.</p>
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • 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: E020202P	Course Title: Sports Event and Track & Field	
Credits: 02	Elective	
Max. Marks : 25 + 75	Min. Passing Marks: 10 + 25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
UNIT	TOPICS	NO. OF HOURS
	PART – A	



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	<ul style="list-style-type: none">● 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 : <ul style="list-style-type: none">● Measurements.● Marking.● Rules.● Officials.● Regulatory Governing Bodies.	15



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	<ul style="list-style-type: none"> ● Championship/ Meet - National and International. ● World and National Records. 	
<p>Suggested Readings:</p> <ul style="list-style-type: none"> ● 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. 		
<p>This course can be opted as an elective by the students of following subjects: Open for all</p>		
<p>Suggested Continuous Evaluation Methods:</p> <p>INTERNAL ASSESMENT (25 Marks)</p> <p>Written Test – 10 marks</p> <p>Assignment/ Research Based Project - 10 marks</p> <p>Attendance – 5 marks</p> <p>Research Orientation of the student.</p> <p>PRACTICAL ASSESSMENT (75 Marks)</p> <p>Practical – 50</p> <p>VIVA – 15</p> <p>Record book charts etc – 10</p>		
<p>Course prerequisites: There is no any prerequisites only students physical and medically fit.</p>		
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> ● 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: Certificate	Year: Second	Semester: Third
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code: E020301T	Course Title: Anatomy and Exercise Physiology	



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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		Elective
Max. Marks : 25+75		Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF



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		LECTUR ES
I	INTRODUCTION : <ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• Types of Tissue• Connective & Epithelial Tissue	07
III	SKELETAL SYSTEM: <ul style="list-style-type: none">• Structural and functional classification of bones.• Types of joints• Effects of Exercise on Muscular System	08
IV	MUSCULAR SYSTEM: <ul style="list-style-type: none">• Types of Muscle• Structural and functional classification of Muscles.• Types of joints• Effects of Exercise on Muscular System	08
V	CIRCULATORY SYSTEM: <ul style="list-style-type: none">• Structure and function of human heart• Circulation of blood• Effects of exercise on circulatory system	08
VI	RESPIRATORY SYSTEM : <ul style="list-style-type: none">• Structure and function of respiratory system• Effects of exercise on respiratory system• The effects of altitude on the respiratory system.	08
VII	DIGESTIVE SYSTEM: <ul style="list-style-type: none">• Structure and function of digestive system• Importance of Digestive system.• Mechanism of Digestive System.	08
VIII	GENERAL PHYSIOLOGICAL CONCEPTS : <ul style="list-style-type: none">• Vital Capacity-VC• Second Wind• Oxygen Debt• Fatigue• Types of Fatigue• Blood Pressure	07



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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 and C. 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).



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<ul style="list-style-type: none"> • 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
<p>This course can be opted as an elective by the students of following subjects: Open for all</p>
<p>Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.</p>
<p>Course Prerequisites: There is no an prerequisites but students are to be physical & medically Fit.</p>
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • 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: Certificate	Year: Second	Semester: Third
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code: E020302P	Course Title: Health and Physiology	
Credits: 02	Elective	
Max. Marks : 25 + 75	Min. Passing Marks: 10 + 25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
UNIT	TOPICS	NO. OF HOURS



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	PART - A	
I	<ul style="list-style-type: none">● 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
	PART - B	
II	Chose any one individual sports as per given Annexure-A with following activity:	15



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	<input type="checkbox"/> History and development of selected game/sports <input type="checkbox"/> Lay out and measurement of selected game/sports <input type="checkbox"/> Rules and regulation of selected games/sports <input type="checkbox"/> Specific exercise for selected game/sports <input type="checkbox"/> Techniques and skills of selected game/sports	
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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 and C. 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 & 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
- Livingstone

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

Continuous Evaluation Methods

(CIE) INTERNAL ASSESSMENT

(25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

PRACTICAL ASSESSMENT (75 Marks)

Practical – 50

VIVA – 15

Record book charts etc - 10

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



रुद्रोति बरैली
रुद्रोति बरैली

महात्मा ज्योतिबा फुले रोहिलखंड विश्वविद्यालय बरेली

SYLLABUS FOR B.A. PHYSICAL EDUCATION

Suggested equivalent online courses:

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



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

Program/Class: Certificate		Year: Second	Semester: Fourth
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code: E020401T		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	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week):L-T-P: 4-0-0			
UNI T	TOPIC		NO. OF LECTUR ES
I	INTRODUCTION: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • Meaning and definition of personality, characteristics of personality. • Dimensions of personality, personality and sports performance 		08
III	LEARNING: <ul style="list-style-type: none"> • Nature of learning, theories of learning. • Law of learning, plateau in learning, transfer of learning 		08
IV	MOTIVATION : <ul style="list-style-type: none"> • Nature of motivation, factors influencing motivation. • Motivational techniques and its impact on sports performance. 		08
V	PLAY: <ul style="list-style-type: none"> • Meaning of Play • Definition of play • Various Theories of play 		08
VI	RECREATION : <ul style="list-style-type: none"> • 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



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VII	TRADITIONAL GAMES OF INDIA: <ul style="list-style-type: none">• Meaning.• Types of Traditional Games-• Gilli- Danda, Kanche, Stapu, Gutte, Posampa, Pitthoo, Vish Amrit• Importance/ Benefits of Traditional Games.• How to Design Traditional Games.• Development of Personalities by the help of Traditional Games.of	07
VIII	INTRAMURALS:	07



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	<ul style="list-style-type: none"> • Meaning. • Importance. • Conducting Extramural Competitions. 	
<p>Suggested Readings:</p> <ul style="list-style-type: none"> • 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. • 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. 		
<p>This course can be opted as an elective by the students of following subjects: Open for all</p>		
<p>Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.</p>		
<p>Course prerequisites: There is no any prerequisites only student physical and medically fit.</p>		
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University. 		



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

Program/Class: Certificate	Year: Second	Semester: Fourth
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		



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Course Code: E020402P		Course Title: Recreational Games & their Psychological Benefits	
Credits: 02		Elective	
Max. Marks : 25 + 75		Min. Passing Marks: 10 + 25	
Total No. of Lectures – Tutorials – Practicals (in hour per week) L-T- P :0-0-2			
UNI T	TOPICS		NO. OF HOURS
	PART – A		
I	<ul style="list-style-type: none"> • 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	<p>Chose any one Team Games as per given Annexure-A with following activity:</p> <ul style="list-style-type: none"> • 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			
Continuous Evaluation Methods			
(CIE) INTERNAL ASSESMENT			
(25 Marks)			
Written Test – 10 marks			
Assignment/ Research Based Project - 10 marks			
Attendance – 5 marks			
Research Orientation of the student.			
PRACTICAL ASSESSMENT (75 Marks)			
Practical – 50			
VIVA – 15			
Record book charts etc – 10			
Course prerequisites: There is no any prerequisites only students physical and medically fit.			



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Suggested equivalent online courses:

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

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V/ PAPER I**

Program/Class: Certificate	Year: Third	Semester: Fifth
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SYLLABUS FOR B.A. PHYSICAL EDUCATION

SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code: E020501T	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	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	Athletic Injuries and Athletic Care. <ul style="list-style-type: none"> • Concept and Significance. • Factors causing Injuries. • General Principles of Prevention of Injuries. 	06
II	Common Sports Injuries : Sprain, Strain, Contusion, Abrasion , Blister, Concussion, Abrasion, Laceration, Hematoma <ul style="list-style-type: none"> • First aid – meaning, definition. • Importance of First aid. • Types of Bandages. • Taping and Supports 	08
III	Rehabilitation- <ul style="list-style-type: none"> • PRICER- Prevention, Rest, Ice, Compression, Elevation, Rehabilitation • DRABC- Danger, Response, Airways, Breathing, Circulation. Bandage- • Back Pain & Neck Pain and their Rehabilitation. 	08
IV	Rehabilitation- <ul style="list-style-type: none"> • RICE- Rest, Ice, Compression, Elevation. • DRABC- Danger, Response, Airways, Breathing, Circulation. • Bandage- • Types of Bandages. • Taping and Supports. 	08
V	Physiotherapy- <ul style="list-style-type: none"> • Definition • Guiding principles of physiotherapy. • Importance of physiotherapy. Massage- • Meaning • Types and Importance. 	08
VI	Hydrotherapy- <ul style="list-style-type: none"> • Meaning and Importance. • Different methods of giving Hydrotherapy 	08



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

VII	Treatment modalities- <ul style="list-style-type: none">• Introduction an understanding of treatment modalities through Electrotherapy, Infrared rays, Ultraviolet rays, short wave diathermy, ultra sound.	07
VIII	Therapeutic Exercise-	07



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	<ul style="list-style-type: none"> • Meaning, Definition. • Importance. • Muscle Strengthening through Active and Passive Exercise. • Therapeutic value with Yoga asanas for rehabilitation and strengthening of the muscles. 	
<p>Suggested Readings:</p> <ul style="list-style-type: none"> • ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A. • Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago, USA. • Beotra, Alka (2001-02) Drug Education Handbook on Drug Abuse in Sports, Applied Nutrition Sciences, Mumbai. • Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. • Fahey, T.D., M.P. Insel and W.T. Rath (2006), Fit & Well: Core Concepts and Labs in Physical Fitness, mcgraw Hill, New York. • Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, • Thomson, Wadsworth, Belmont, California, USA. • Hoeger, W K and S.A. Hoeger (2004). Principles and Labs for Fitness and Wellness, Thomson Wadsworth, California, USA. • Jain, J. (2004) Khel Dawaon Ka (New Delhi: Delhi University Press). • Singh, S.N. (2019). Khel Chikitsa Shastra Evam Yoga, Khel Sahitya Kendra, Daryaganj, New Delhi • Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, (2008), Fitness, Aerobics and Gym • Operations, Khel Sahitya, New Delhi. • Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers). • Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA. • Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press). 		
<p>This course can be opted as an elective by the students of following subjects: Open for all</p>		
<p>Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.</p>		
<p>Course prerequisites: There is no any prerequisites only student physical and medically fit.</p>		
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University. 		



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

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

Program/Class: Certificate	Year: Third	Semester: Fifth
SUBJECT : PHYSICAL EDUCATION - THEORY		



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

Course Code: E020502T		Course Title: Kinesiology and Biomechanics in Sports
Course Outcomes: students can be able to understand various aspects of Kinesiology and Biomechanics in Sports and able to apply in sports activities.		
Credits :04		Elective
Max. Marks : 25+75		Min. Passing Marks : 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	INTRODUCTION: <ul style="list-style-type: none"> • Meaning, Definitions, Aims, Objective. • Importance of Kinesiology for games and sports. 	06
II	<ul style="list-style-type: none"> • Kinesiological Fundamental Movements. • Center of Gravity. • Line of Gravity. 	08
III	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • Meaning, Definitions and Types. • Newton's Law of Motion 	08
VI	FORCE AND LEVERS: FORCE: <ul style="list-style-type: none"> • Meaning • Definitions • Types • Application to sports activities. LEVERS: • Meaning • Definition • Uses of them in the Human body. 	08
VII	KINENIAMTICS: <ul style="list-style-type: none"> • Meaning of Kinematics. • Types- Linear and Angular • Speed, Velocity, Acceleration, Distance, Displacement. 	07



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

VIII	KINETICS: <ul style="list-style-type: none">• Meaning of Kinetics• Types- Linear and Angular.• Mass, Weight, Force, Momentum and Pressure.	07
Suggested Readings: <ul style="list-style-type: none">• Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA.• Blazeovich, A. (2007). Sports Biomechanics. A & C Black Publishers, USA.		



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- 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.
- 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 – 10 marks
Assignment/ Research Based Project - 10 marks
Attendance – 5 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: Certificate	Year: Third	Semester: Fifth
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code: E020503P	Course Title: Physiotherapy and sports	
Credits: 02	Elective	
Max. Marks : 25 + 75	Min. Passing Marks: 10 + 25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
UNIT	TOPICS	NO. OF HOURS
	PART - A	



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I	<ul style="list-style-type: none">• 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	<p>Chose any one Individual Games as per given Annexure-A with following activity:</p> <ul style="list-style-type: none">• History and development of selected game/sports	15



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	<ul style="list-style-type: none"> • 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 	
<p>Suggested Readings:</p> <ul style="list-style-type: none"> • 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, Shymal(2007) Exercise Physiology – A basic Approach, 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). 		
<p>This course can be opted as an elective by the students of following subjects: Open for all</p>		
<p>Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book charts etc - 10</p>		
<p>Course prerequisites: There is no any prerequisites only student physical and medically fit.</p>		
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • 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: Degree	Year: Third	Semester: Fifth
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SUBJECT : PHYSICAL EDUCATION –
PROJECT

Course Code: E020504P

Course Title: Research
Project

Course Outcomes:

- Learn to Prepare Questionnaire.
- Learn to write research report.



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

Credits: 03		Compulsory	
Max marks: 25+75		Min Passing Marks: 10+25	
Unit	Topic	No. of Lectures	
I	<ul style="list-style-type: none"> 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:			
<ul style="list-style-type: none"> Seminar/Assignment/ report. Test Research orientation of the student. Quiz Attendance 			

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

Program/Class: Certificate	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: <ul style="list-style-type: none"> Definition, Meaning of Research. Need and Importance of Research in Physical Education and sports. Scope of Research in Physical Education and sports. 	06



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II	Type of research <ul style="list-style-type: none">• Basic Research• Applied Research• Action Research	08
III	Research Problem: <ul style="list-style-type: none">• Meaning of the term• Formation of Research problem• Limitation and D Limitation• Location and Criteria of Selection of Problem.	08



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IV	Hypothesis: <ul style="list-style-type: none"> • Meaning of research Hypothesis. • Meaning of Null Hypothesis. 	08
V	Survey of Related Literature: <ul style="list-style-type: none"> • Literature sources. • Library Reading. • Need for Surveying related literature. 	08
VI	Survey Studies: <ul style="list-style-type: none"> • Meaning of Survey • Scope of survey in Research. 	08
VII	Questionnaire and Interview: <ul style="list-style-type: none"> • Meaning of Questionnaire and Interview. • Construction and development of Questions. • Procedure of conducting Interview. 	07
VIII	Research Report: <ul style="list-style-type: none"> • 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 & Kahn, 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 ASSESSMENT

(25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

Research Orientation of the student.

Course prerequisites: **There is not any prerequisites only student physical and medically fit.**

Suggested equivalent online courses:

- IGNOU



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

- 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: Certificate	Year: Third	Semester: Sixth
SUBJECT : Physical Education -Paper 2		
Course Code: E020602T	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		Min. Passing Marks : 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week):L-T-P: 4-0-2		
UNIT	TOPIC	NO. OF LECTURES
I	INTRODUCTION: <ul style="list-style-type: none"> • Meaning and Definition. • Aims and Objective. • Need and Importance of Physical Education. • Adapted Physical Education 	06
II	Physical Disabilities: <ul style="list-style-type: none"> • Causes of Mental Retardation • Functional Limitations. 	08
III	Mental Retardation: <ul style="list-style-type: none"> • Causes. • Characteristics. • Functional Limitations. 	08
IV	Outdoor Activities: <ul style="list-style-type: none"> • Outdoor program for the disabled. • Rhythmic and Dance Activities. 	08
V	<ul style="list-style-type: none"> • Aquatic Activity Program for disables. 	08



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

VI	Rehabilitation: <ul style="list-style-type: none">• Functional and Occupational rehabilitation of Divyang Students• Psychological Rehabilitation of Divyang Students	08
VII	Programs: <ul style="list-style-type: none">• Personality Development Program for DIVYANG.• Social Welfare Program for Disabled	07
VIII	Inclusion in sports for Adapted People: <ul style="list-style-type: none">• Recreational sports/ games for Divyang Students• Competitive sports/ games for Divyang Students	07



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- **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 – 10
marks Assignment -
10 marks Attendance
– 5 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: Certificate	Year: Third	Semester: Sixth
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code: E020603P	Course Title: Research and Sports	
Course Outcomes: Students can be able to understand Research methods in Sports and Physical Education.		
Credits : 04		Elective
Max. Marks : 25+75		Min. Passing Marks : 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week):L-T-P: 0-0-2		
UNI T	TOPIC	NO. OF LECTUR



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

		ES
I	PART - A	15
	Paralympic Committee of India (PCI) <ul style="list-style-type: none">• History• Aims and Objective.• Learn about any one Para-sports – Cycling, Badminton, Athletics, Sitting Volleyball• Para-competition.	
II	PART - B	15



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	<p>Learning the advanced skill of selected team games:</p> <ul style="list-style-type: none"> • 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 	
<p>Suggested Readings:</p> <ul style="list-style-type: none"> • 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 and C. • Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA. 		
<p>This course can be opted as an elective by the students of following subjects: Open for all</p>		
<p>Suggested Continuous Evaluation Methods: INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment - 10 marks Attendance – 5 marks PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book charts etc - 10</p>		
<p>Course prerequisites: There is no any prerequisites only student physical and medically fit.</p>		
<p>Suggested equivalent online courses:</p>		
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • 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: Degree	Year: Third	Semester: Sixth
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SYLLABUS FOR B.A. PHYSICAL EDUCATION

SUBJECT : Physical Education- Project

Course Code: **E020604P**

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.



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Credits: 03		Compulsor y
Max. Marks : 25 + 75		Min. Passing Marks: 10+25
UNI T	TOPIC S	NO. OF HOURS
I	<ul style="list-style-type: none"> 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:		
<ul style="list-style-type: none"> 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 MNOR SUBJECTS

FIRST MINOR SUBJECT: PHYSICAL EDUCATION

SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code:	Course Title: Health : Personal & Environmental	
Credits : 04		General Elective
Max. Marks : 25+75		Min. Passing Marks : 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-TLP:4-0-0		
UNI T	TOPIC	NO. OF LECTUR ES



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

I	HEALTH & HEALTH EDUCATION <ul style="list-style-type: none">• Meaning & Definition of Health Education• Aim, objective and Principles of Health Education• Scope & Importance of Health Education• Meaning & Definition of Health• Dimensions of Health	06
II	NUTRIATION, NUTRIENTS AND DIET <ul style="list-style-type: none">• Meaning & Definition of Nutrition, Nutrients & Diet• Basic Nutrition Guidelines• Sources of Nutrients : Macro & Micro Nutrients• Adulteration & Malnutrition• Balance Diet & Preparation of Dietary Chart	07



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

III	<p>HEALTH PROBLEMS</p> <ul style="list-style-type: none"> • Obesity & their Management • Personal and Environmental Hygiene • Environmental Sanitation • Care of Skin, Eyes, Ears, Teeth & Nose • Brief Introduction to Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution 	08
IV	<p>DISEASES : COMMUNICABLE & NON COMMUNICABLE</p> <ul style="list-style-type: none"> • Meaning & Definition of Disease, Congenital Disease & Acquired Disease • Meaning & Definition of Communicable & Non Communicable Disease • Communicable Diseases (Contagious & Non Contagious) - Viral Diseases & Bacterial Diseases, • Non Communicable Diseases – Blood Pressure, Diabetes 	08
V	<p>POSTURE AND POSTURAL DEFFORMITIES</p> <ul style="list-style-type: none"> • Meaning & Definition of Posture • Causes of Bad posture • Postural Deformities & their Correctives Exercises & Yogasanas 	08
VI	<p>FIRST AID</p> <ul style="list-style-type: none"> • Meaning & Definition of First Aid • Qualities of First Aider • Dressing & Bandages for Wound, Soft Tissue Injury, Bone Injury & Joints Injury • Hand Washing & Hygiene • Dealing with an Emergency like Cardiac Arrest- Resuscitation (Basics) • Fast Evacuation Techniques • Transport Techniques 	07
VII	<p>PSYCHOLOGICAL & MENTAL HEALTH</p> <ul style="list-style-type: none"> • Meaning & Definition of Mental Health • Mental Health Problems in the India • Mental Health First Aid Action Plan • Understanding Depression and Anxiety Disorders 	08



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

VIII	ENVIRONMENTAL HEALTH <ul style="list-style-type: none">• Definition, Scope, Need and Importance of Environmental Health.• Concept of Environmental Health• Tree Plantation, Plastic Recycling & Prohibition of Plastic Bag / Cover.• Celebration World Environment Day and it's Importance	08
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Suggested Readings:		
<ul style="list-style-type: none"> • Griffith H. Winter (1986). Complete Guide to Sports Injuries, The Barkley Publishing Group, New York. • Herman Koren & Michael S. Bisesi (2018). Handbook of Environmental Health, CRC Press LLC, Broken Sound Parkway Northwest, Suite 300 Boca Raton, FL 33487 United States • Norris, C.M. (1997). Sports Injuries- Diagnosis and Management for Physiotherapists, Butterworth Heinemann, Lanacre House, Jordan Hill, Oxford OXZSDP, A division of Reed Educational and Professional publishing Ltd. New Delhi • Park, K. (2009), Preventive and Social Medicine, M/s Banarsidas Bhanot Publishers, 1167, Prem Nagar, Jabalpur • Pearce, Evelyn C. (1997). Anatomy & Physiology for Nurses, Jaypee Brothers, New Delhi • Singh, S. N. (2018). Swasth Siksha, Khel Sahitya Kendra, Daryaganj, New Delhi • Verma, K. K. (1996). Health & Physical Education, Tandon Publication, Ludhiana • Waugh, A. & Grant, A. (2014). Anatomy & Physiology in Health and Illness, Churchill Livingstone Elsevier 		
This course can be opted as an elective by the students of following subjects: Open for all		
Continuous Evaluation Methods:		
(CIE) INTERNAL ASSESMENT		
(25 Marks)		
Written Test – 10 marks		
Assignment/ Research Based Project - 10 marks		
Attendance – 5 marks		
Research Orientation of the student.		
Suggested equivalent online courses:		
<ul style="list-style-type: none"> • 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:	Semester :
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code:	Course Title: Personal & Environmental Health	
Course Outcomes: The physical education		
Credits: 02	Elective	



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

Max. Marks : 25 + 75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week):L-T-P: 0-0-2		
UNI T	TOPICS	NO. OF HOURS
	PART – A	
I	PERSONAL HEALTH: <ul style="list-style-type: none">• First Aid for -Sprain, Fracture, Burn & Drowning	15



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

	<ul style="list-style-type: none"> • Measurement of Blood Pressure & Sugar • Measurement of BMI • Prepare chart for percentage of the students having Flat Foot, Claw Foot & Normal Foot College students 	
	PART – B	
II	ENVIRONMENTAL HEALTH: <ul style="list-style-type: none"> • Procedure for waste management – Biodegradable & Non Biodegradable • Procedure for rain water harvesting • Way to prevent us from Communicable Diseases • Tree Plantation • Application of 3R's- Reduce, Reuse, Recycle 	15

Suggested Readings:

- Berube David M. (2021). Pandemic Communication and Resilience,
- Griffith H. Winter (1986). Complete Guide to Sports Injuries, The Barkley Publishing Group, New York.
- Herman Koren & Michael S. Bisesi (2018). Handbook of Environmental Health, CRC Press LLC, Broken Sound Parkway Northwest, Suite 300 Boca Raton, FL 33487 United States
- Norris, C.M. (1997). Sports Injuries- Diagnosis and Management for Physiotherapists, Butterworth Heinemann, Lanacre House, Jordan Hill, Oxford OXZSDP, A division of Reed Educational and Professional publishing Ltd. New Delhi
- Park, K. (2009), Preventive and Social Medicine, M/s Banarsidas Bhanot Publishers, 1167, Prem Nagar, Jabalpur
- Singh, S. N. (2018). Swasth Siksha, Khel Sahitya Kendra, Daryaganj, New Delhi
- Verma, K. K.(1996). Health & Physical Education, Tandon Publication, Ludhiana
- Waugh, A. & Grant, A. (2014). Anatomy & Physiology in Health and Illness, Churchill Livingstone Elsevier
- Manuel Cardoso Castro Rego, F., Morgan, P., Fernandes, P.M., Hoffman, C. (2021). Fire Science

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

Continuous Evaluation Methods

(CIE) INTERNAL ASSESMENT

(25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

PRACTICAL ASSESMENT (75 Marks)

Practical – 50

VIVA – 15

Record book charts etc – 10

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



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

Suggested equivalent online courses:

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



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

SECOND MINOR SUBJECT: PHYSICAL EDUCATION

SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code:		Course Title: Yoga for All
Credits :04		General Elective
Max. Marks : 25+75		Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week):L-T-P: 4-0-0		
UNI T	TOPIC	NO. OF LECTUR ES
I	INTRODUCTION OF YOGA <ul style="list-style-type: none"> • Concept , Meaning and Definition of Yoga • Aims and objectives of yoga • Scope of yoga • Importance of yoga 	06
II	TYPES OF YOGA <ul style="list-style-type: none"> • Karma yoga • Raj yoga • Bhakti yoga, Gyan yoga • Hatha yoga , Jap yoga , Lay yoga 	07
III	ASHTANG YOGA <ul style="list-style-type: none"> • Introduction & Ashtang yoga • Yama ,Niyam • Asana, Pranayam • Pratyahara • Dhayana • Samadhi 	08
IV	YOGA ASANA <ul style="list-style-type: none"> • Meaning of Asana • Importance of Asana • Rules of Asana practice • Warming-up for Asana (Sukashma Vayayam) 	08
V	SURYA NAMASKAR <ul style="list-style-type: none"> • Introduction of Suryanamaskar • Position of Suryanamaskar with mantra • Importance of Surya namaskar • Surya namaskar practice 	08



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

VI	PRANAYAMA <ul style="list-style-type: none">• Meaning of Pranayama• Meaning of Purak, Kumbhak & Rechak• Importance of Pranayama• Bhastrika, Kapalbhathi, Anulom-Vilom• Shitli, Shitkari, Ujjayi pranayama	07
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	<ul style="list-style-type: none"> • Bhramri Pranayama 	
VII	REHABILITATION ASPECTS OF YOGA <ul style="list-style-type: none"> • Pain release therapy by Asana • Tention, Depression, Migraine • Anxiety • Increase vital capacity by pranayama • Increase co-ordination and memory by pranayama 	08
VIII	YOGA PALN <ul style="list-style-type: none"> • Yoga plan for children • Yoga plan for adult • Yoga plan for adulthood • Yoga plan for women • Meditation 	08

Suggested Readings:

- Kumar, Kamakhya (2011), Yog Mahavigyan, Standard publication, New Delhi
- Singh, A. (2004). Sharirik SikshaTatha Olympic Abhiyan, Kalyani Publishers, Rajendra Nagar, Patiyala
- Singh, S. N. (2019). Khel Chikitsa Shastra Evam Yoga, Khel Sahitya Kendra, Daryaganj, New Delhi
- Swami Karmanand Saraswati (2013). Rog Aur Yog (2013), Yog Publication Trust, Munger
- Swami, Kuvalyananda (2012). Asanas, Kaivalyadhama, Lonavala, Pune
- Swami, Satyanand Saraswati (2006). Asana, Pranayam, Mudra Bandh, Yog Publication Trust, Munger
- Yoga, (2006), Vivekanad Kendra prakashan trust, Trilpiken
- Swami, Satyanand Saraswati (2013). Surya Namaskar, Yog Publication Trust, Munger

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

Continuous Evaluation Methods:

(CIE) INTERNAL ASSESMENT

(25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
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SYLLABUS FOR B.A. PHYSICAL EDUCATION

Program/Class:	Year	Semester
	:	:
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		



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Course Code:		Course Title: Yoga	
Credits: 02		General Elective	
Max. Marks : 25 + 75		Min. Passing Marks: 10 + 25	
Total No. of Lectures-Tutorial-Practical (in hours per week):L-T-P: 0-0-2			
UNI T	TOPICS		NO. OF HOURS
	PART - A		
I	<ul style="list-style-type: none"> • Practices of Suksham Vyayam • Standing Asanas – Vrikshasana, Tadasana • Sitting Asanas – Padmasana, Vrijasana, Paschimuttanasana • Laying Asanas (Supine Position) – Halasana, Sarvangasana, Naukasana • Prone Position Asanas – Bhujanagasana, Dhanurasana, Navasana 	15	
	PART – B		
II	<ul style="list-style-type: none"> • Suryanamaskar with Mantra • Practices of Pranayama – Bhastrika, Kapalbhati, Anulom- Vilom, Bhramri • Practices of Om Chanting (Om Jaap) 	15	
Suggested Readings:			
<ul style="list-style-type: none"> • Kumar, Kamakhya (2011), Yog Mahavigyan, Standard publication, New Delhi • Singh, A. (2004). Sharirik SikshaTatha Olympic Abhiyan, Kalyani Publishers, Rajendra Nagar, Patiyala • Singh, S. N. (2019). Khel Chikitsa Shastra Evam Yoga, Khel Sahitya Kendra, Daryaganj, New Delhi • Swami Karmanand Saraswati (2013). Rog Aur Yog (2013), Yog Publication Trust, Munger • Swami, Kuvalyananda (2012). Asanas, Kaivalyadhama, Lonavala, Pune • Swami, Satyanand Saraswati (2006). Asana, Pranayam, Mudra Bandh, Yog Publication Trust, Munger • Yoga, (2006),Vivekanad Kendra prakashan trust, Trilpiken • Swami, Satyanand Saraswati (2013). Surya Namaskar, Yog Publication Trust, Munger 			
This course can be opted as an elective by the students of following subjects: Open for all			



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SYLLABUS FOR B.A. PHYSICAL EDUCATION

Continuous Evaluation Methods

(CIE) INTERNAL ASSESMENT

(25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

PRACTICAL ASSESSMENT (75 Marks)

Practical – 50

VIVA – 15

Record book charts etc – 10

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



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Abroad.

- Rajarshi Tandon open University.