

SYLLABUS FOR B.A

(PHYSICAL EDUCATION)

SEMESTER – I

FOUNDATIONS OF PHYSICAL EDUCATION

PAPER I

UNIT-I

INTRODUCTION

- Meaning and concept of Education.
- Its aim and objective,
- importance of Education in Modern era.
- Types of Education: Formal and Informal

UNIT-II

PHILOSOPHICAL BASIS

- Idealism and Physical Education.
- Pragmatism and Physical Education.
- Naturalism and Physical Education.
- Existentialism and Physical Education.

UNIT-III

BIOLOGICAL BASIS

- Growth and Development, Differences between growth and development.
- Factors affecting growth and development.
- Age and Sex differences in relation to Physical activities and Sports.
- Chronological Age, Anatomical Age and Physiological Age.

UNIT-IV

SOCIOLOGICAL FOUNDATION

- Meaning and Definition of Sociology and Sports Sociology
- Sociological Foundation: physical education & sports as a need of the society.
- Sociological implications of Physical Education and Sports.
- Physical activities and Sports as a men's cultural heritage

**SEMESTER I
PAPER II**

HISTORY IN PHYSICAL EDUCATION

UNIT I

PHYSICAL EDUCATION

- Physical Education: Meaning, Definition, Aim and Objectives.
- Misconceptions about Physical Education.
- Need, Importance and Scope of Physical Education in the modern society.
- Physical Education relationship with general education.

UNIT II

HISTORY OF PHYSICAL EDUCATION IN INDIA

- History of Physical Education in Ancient Greece, Rome, Denmark, Germany and Sweden.
- Physical Education in India before Independence and after Independence.
- Important Institutions of Physical Education in India: YMCA, Christian College Lucknow, LNCPE Gwalior, H.V.P. Mandal Amravati.
- Contributions to the growth of Physical Education by the following leaders: P.M. Joseph, H.C. Buck, Gutsmuth, F.L. John.

UNIT III

OLYMPIC GAMES, ASIAN GAMES AND COMMONWEALTH GAMES

- Ancient Olympic Games: Historical background, Eligibility, Opening and closing ceremony, Awards.
- Modern Olympic Games: Revival, aim, objectives, spirit, torch, flag, motto, opening and closing ceremonies.
- Asian Games.
- Commonwealth Games.

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UNIT IV

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FUNCTIONS AND OBJECTIVES OF THE FOLLOWING

- NSNIS and SAI
- International Olympic committee. (IOC)
- Indian Olympic committee. (IOA)
- Awards: Arjun Award, Dronacharya Award and Rajiv Gandhi Khel Ratna Award.

SEMESTER II

ANATOMY AND PHYSIOLOGY IN PHYSICAL EDUCATION

PAPER I

UNIT I

ANATOMY AND PHYSIOLOGY OF EXERCISE

- Meaning and Definition of Anatomy and Physiology
- Its need and importance in Physical Education and sports.
- Definition of Cell, tissue, organ and system
- Structure and functions of cell.

UNIT II

SKELETAL AND MUSCULAR SYSTEM

- Types of bones and names of various bones of the body.
- Various types of joints and major movements around them.
- Structure and classification of Skeletal muscles
- Composition and functions of Skeletal muscles.

UNIT III

RESPIRATORY AND DIGESTIVE SYSTEM

- Meaning and types of Respiration, Respiratory passage .
- Functions and mechanism of Respiratory System, Vital Capacity and its measurement.
- Meaning, importance and organs of Digestive System.
- Structure, functions and mechanism of Digestive System.

UNIT IV

CIRCULATORY SYSTEM AND BLOOD

- Meaning of the Circulatory system.
- Heart and its structure and cardiac cycle.
- Meaning of Blood and composition
- Functions of blood and maintenance of blood supply.

Paper III

PRACTICAL EXAMINATION SYLLABUS

1. ATHLETICS COMPULSORY (TRACK EVENTS ONLY)

2. ONE MAJOR TEAM GAME FROM THE FOLLOWING (ATTACHED LIST)

- Baseball
- Basketball
- Cricket
- Football
- Handball
- Hockey
- Kabaddi
- Kho-Kho
- Netball
- Softball
- Volleyball

Note:- All the practical classes shall be conducted in all the semester but evaluation to be conducted in 2nd, 4th & 6th Semester respectively.

SEMESTER III *Life style*
FITNESS, WELLNESS AND RECREATION *For*

PAPER *JUST*

UNIT I

CONCEPT OF FITNESS AND WELLNESS

- Meaning, definition and importance Fitness and Wellness.
- Components of Fitness.
- Factors affecting Physical fitness and wellness.
- Means of Fitness development: Aerobic and rhythmic exercises, weight training and circuit training.

UNIT II

RECREATION IN PHYSICAL EDUCATION

- Meaning and Definition of Recreation
- Scope and Importance of Recreation
- General principles of Recreation
- Types of Recreational Activities

UNIT III

WEIGHT MANAGEMENT

- Meaning and Definition of Obesity
- Causes and management of Obesity
- Obesity related health problem.
- Weight management through behavioural modifications.

UNIT IV

LIFESTYLE

- Meaning, definition of Lifestyle
- Importance of healthy lifestyle
- Role of physical activity in maintaining in healthy lifestyle
- Factor affecting lifestyle

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SEMESTER III
HEALTH EDUCATION

PAPER V *Just 11th*

UNIT I

INTRODUCTION

- Meaning, definition and dimensions of Health.
- Meaning, definition, objectives, principles and importance of Health Education.
- Role of Personal Hygiene, Mental Hygiene, Sleep Hygiene, Occupational Hygiene in Physical Education and Sports.
- Role of different Agencies in promoting Health (WHO, UNICEF and Local Bodies)

UNIT II

DRUGS AND DOPING

- Meaning of Drugs and reasons for using drugs by an individual and sports persons/athletes?
- Effects of Drugs on an individual and its effects on sports performance.
- Doping in sports.
- Anti Doping Agencies (WADA and NADA)

UNIT III

BALANCE DIET AND NUTRITION

- Meaning and definition of Nutrition
- Balance Diet, its elements and sources
- Factor affecting Balance Diet
- Nutritional intake of the Athlete before and after competition

UNIT IV

COMMUNICABLE DISEASES

- Meaning and definition of Communicable diseases.
- Difference between Communicable and Non Communicable diseases.
- Communicable diseases such as HIV/AIDS, Tuberculosis, Malaria, Rabies, Hepatitis – A, B, C.
- Symptoms, Modes of transmission, preventions and treatment.

SEMESTER IV

PSYCHOLOGICAL FOUNDATION OF PHYSICAL EDUCATION

PAPER : PI

UNIT I

INTRODUCTION

- Meaning, definition of Psychology and Sports Psychology.
- Psychology as a Art or Science
- Need and Importance of sports Psychology
- Nature and scope of sports Psychology

UNIT II

LEARNING

- Meaning and nature of Learning.
- Principles and Laws of Learning.
- Plateau in Learning and transfer of training.
- Factors effecting learning and theories of Learning
 - Trial and Error
 - Conditioned reflex insight
 - Learning by imitation

UNIT III

MOTIVATION

- Meaning and definition of Motivation.
- Types of Motivation and factors influencing motivation
- Need, drive, motive and achievement.
- Role of motivation in Physical Education.

UNIT IV

PERSONALITY AND EMOTION

- Meaning and definition of Personality.
- Characteristics and Dimension of Personality.
- Meaning and nature of Emotion.
- Fear. Anxiety and Aggression.

Paper II
PRACTICAL EXAMINATION SYLLABUS

- 1. ATHLETICS COMPULSORY (FIELD EVENTS ONLY)**
- 2. ONE MAJOR INDIVIDUAL GAME.FROM THE FOLLOWING LIST.**

1. **Aquatics**
2. **Badminton**
3. **Gymnastics**
4. **Judo**
5. **Lawn Tennis**
6. **Table Tennis**
7. **Weight Lifting**
8. **Powerlifting**
9. **Wrestling**
10. **Yoga**

SEMESTER V

TEACHING METHOD AND ORGANIZATION IN PHYSICAL EDUCATION

PAPER

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UNIT I

TEACHING METHOD

- Teaching methods: meaning, types and factors affecting it.
- Teaching Aids in Physical Education.
- Class Management: meaning, types and factors affecting it.
- Command and Formations: meaning and types

UNIT II

ORGANIZATION

- Meaning and definition of Organization
- Need and Importance of Organization.
- Guiding principles of Organization.
- Scheme of organization : School, College and University.

UNIT III

FACILITIES EQUIPMENT AND BUDGET

- Facilities and Equipments: care and maintenance.
- Principles of purchasing equipments.
- Playground (outdoor and Indoor), Gymnasium, Swimming pool
- Budget: meaning, definition, preparation, principles of making budget.

UNIT IV

COMPETITION ORGANIZATION

- Meaning and definition of Intramural and Extramural Competition.
- Organization and Importance of Intramural and Extramural Competition.
- Methods of promoting Physical Education (Demonstration, Exhibition, Camping, Play Day)
- Meaning, definition and principles of Supervision.

SEMESTER V

KINESIOLOGY IN PHYSICAL EDUCATION

PAPER B II *rd*

UNIT I

INTRODUCTION TO KINESIOLOGY

- Meaning and definition of Kinesiology
- Aim and objectives of Kinesiology
- Need and importance of Kinesiology
- Role of Kinesiology in Physical Education and Sports

UNIT II

KINESIOLOGICAL BASIS

- Axis and Planes
- Anatomical standing position
- Kinesiological Fundamental Movements.
- Center of gravity, Line of gravity

UNIT III

MECHANICAL CONCEPTS

- Motion: definition and its types
- Newton's Laws of Motion
- Force: meaning, definition, types and its application to sports activities.
- Friction: meaning, definition and its types.

UNIT IV

KINEMATICS AND KINETICS

- Linear Kinematics:
 - Distance
 - Displacement
 - Speed
 - Velocity
 - Acceleration
- Linear Kinetics: Mass, Force, Weight, Work, Momentum and Pressure
- Equilibrium: meaning and definition.
- Levers: meaning, definition, types and its application to human body.

SEMESTER V

POSTURE, ATHLETIC CARE AND REHABILITATION

PAPER : III

UNIT I

POSTURE

- Meaning and definition of Posture
- Importance of good Posture.
- Causes and Drawbacks of bad posture on our body.
- Postural Deformities - Causes and Remedial Exercise (Kyphosis, Scoliosis, Lordosis, Knock Knees, Bow Legs, Flat Foot)

UNIT II

SPORTS INJURIES

- Meaning of Sports Injuries.
- Common Sports Injuries and their first aid
- Factors causing sports injuries.
- Preventions and treatment of Sports Injuries.

UNIT III

FIRST AID AND REHABILITATION

- Meaning and definition of First Aid, Importance of First Aid .
- Principles of First aid, Qualities of first Aider.
- Meaning and definition of Rehabilitation.
- Need and Scope of Rehabilitation.

UNIT IV

THERAPEUTIC EXERCISES AND MASSAGE

- Definition and classification of therapeutic exercises (Active and Passive)
- Importance of Therapeutic Exercises.
- Effects and uses of the therapeutic modalities in
 - Cold therapy
 - Hot therapy

- Contrast Bath
- Wax therapy
- Infra red lamp
- Definition and classification of massage
(Effleurage, Kneading, Petrissage, Friction, Stroking, Percussion, Vibration, Shaking)

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SEMESTER VI

STATISTICS AND COMPUTER APPLICATION IN PHYSICAL EDUCATION

PAPER : I/ST

UNIT I

STATISTICS

- Meaning, definition, need and importance of Statistics.
- Class- Intervals: data, raw score, range, continuous and discrete series.
- Frequency tables: meaning, construction and uses.
- Graphical representation of Data: meaning, uses and techniques.

UNIT II

CENTRAL TENDENCY

- Measures of Central Tendency: meaning and uses.
- Calculation from frequency tables.(Mean, median and mode)
 - Ungrouped data
 - Grouped data
- Percentiles: meaning and uses.
- Calculation of Percentile.

UNIT III

INTRODUCTION TO COMPUTERS

- Meaning, definition and types of computers
- Need and importance of computers in Physical Education.
- Components of computer and input and output devices.
- MS- Office

UNIT IV

NETWORK AND INTERNET

- Network: Meaning, uses and types of network
- Internet: Meaning, and its uses
- World Wide Web(www), Browsing and Website
- Email and its importance.

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SEMESTER VI

15

YOGIC SCIENCE IN PHYSICAL EDUCATION

PAPER: *II*

Max. Marks 100

UNIT I

INTRODUCTION

- History of Yoga, meaning and definition.
- Aim and Objectives of Yoga.
- Need and Scope of Yoga.
- Importance and benefits of Yoga in modern era.

UNIT II

ASANAS

- Meaning, definition and scope of Asanas.
- Need and importance of Asanas.
- Principles and characteristics of Asanas.
- Effects of Asanas on various systems of the body

UNIT III

PRANAYAMA

- Meaning and definition of Pranayama.
- Principles and importance of Pranayama.
- Types of Pranayama.
- Effects of Asanas and Pranayama on the various systems of the body.

UNIT IV

YOGA EDUCATION

- Importance and Characteristics Yogi
- Meaning of Yogic therapy
- Need and Importance of Yogic Therapy
- Difference between Yogic Practices and Physical Exercises.

Paper III

PRACTICAL EXAMINATION SYLLABUS

SPECIALIZATION IN ANY MAJOR GAME (ATHLETICS (TRACK AND FIELD), TEAM OR INDIVIDUAL GAME) OPTED IN 2ND OR 4TH SEMESTER

BA FIRST SEMESTER (ODD SEMESTER)

PAPER	PAPER TITLE	MARKS	INTERNAL ASSESSMENT MARKS	TOTAL MARKS	PAPER CONSIST OF 4 UNIT AND 4 CREDIT	LECTURE /CREDIT (IN HOURS)	TOTAL HOURS OF TEACHING /PAPER
	THEORY PAPER 1 (MULTIPLE QUESTIONS AT OMR SHEETS)	80	20	100	4	10	40
	THEORY PAPER 2 (MULTIPLE QUESTION AT OMR SHEET)	80	20	100	4	10	40

BA SECOND SEMESTER (EVEN SEMESTER)

	THEORY PAPER 3	80	20	100	4	10	40
	PRACTICAL	50+50		100			AS PER OUTDOOR AND INDOOR FACILITIES

BA THIRDSSEMESTER (ODD SEMESTER)

	THEORY PAPER 4 (MULTIPLE QUESTION AT OMR SHEETS)	80	20	100	4	10	40
	THEORY PAPER 5 (MULTIPLE QUESTIONS AT OMR SHEETS)	80	20	100	4	10	40

BA FOURTH SEMESTER (EVEN SEMESTER)

THEORY PAPER 6	80	20	100	4	10	40
PRACTICAL	50 + 50		100			AS PER INDOOR AND OUTDOOR FACILITIES

BA FIFTH SEMESTER (ODD SEMESTER)

THEORY PAPER 7 (MULTIPLE QUESTIONS AT OMR SHEETS)	80	20	100	4	10	40
THEORY PAPER 8 (MULTIPLE QUESTIONS AT OMR SHEETS)	80	20	100	4	10	40
THEORY PAPER 9 (MULTIPLE QUESTIONS AT OMR SHEETS)	80	20	100	4	10	40

BA SIXTH SEMESTER (EVEN SEMESTER)

THEORY PAPER 10	80	20	100	4	10	40
THEORY PAPER 11	80	20	100	4	10	40
PRACTICAL	100		100			AS PER INDOOR AND OUTDOOR FACILITIES