

PROPOSED
NEP STRUCTURE SYLLABUS
UNDER GRADUATE
COURSE

B.A. 04Years (08 Semesters)
FOR
PHYSICAL EDUCATION

PROPOSED STRUCTURE FOR UNDER GRADUATION [B.A. 4 YEAR(8th sem.)] PHYSICAL EDUCATION

Year	Sem	Major I	Credits	Major II	Credits	Minor	Credits	Cc/Vc	Credits	Total Credits	Award	
1	PHYSICAL EDUCATION											
	I	P1	4	P1	4							
	I	P2	4	P2	4	P1	4	CG1	4	24	Certificate	
	II	P3	4	P3	4							
	II	P4	4	P4	4	P2	4	VC1	4	24		
	III	P5	4	P5	4							
	III	P6	4	P6	4	P3	4	CC2	4	24		
	IV	P7	4	P7	4							
	IV	P8	4	P8	4	P4	4	VC2	4	24		
	2	V	P9	4	P9	4						
V		P10	4	P10	4							
3		V	P11x	4	P11x	4						
		V	P11y	4	P11y	4						
		V	P12	4	P12	4						
4	V	P13	4	P13	4							
	V	P14x	4	P14x	4							
	V	P14y	4	P14y	4							
	V	P15	4	P15	4							
	V	P16	4	P16	4							
	V	P17	4	P17	4							
	V	P18x	4	P18x	4							
	V	P18y	4	P18y	4							
	V	P19x	4	P19x	4							
	V	P19y	4	P19y	4							
VIII	P20	4	P20	4								
										24		

Signature

PROGRAMME OUTCOMES

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.

SEMESTER I (1ST YEAR)
PAPER I
FOUNDATIONS OF PHYSICAL EDUCATION

T-04/P__

Credit: 04

Course Outcome:

- Students would be able to Know the origin and purview of Physical Education.
- Analyze the concepts and issues pertaining to Physical Education.
- Formulate the principles, philosophy and concepts about Physical Education.
- To understand the Biological and Sociological concepts in relation to Physical Education.

UNIT-I

Introduction

- Meaning, definition and concept of Physical Education.
- Aim and objective of Physical Education
- Need, importance and scope of Physical Education in Modern era.
- Misconception of Physical Education, Physical Education as an art or science

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

References:

Text Books

Bucher, C. A. (n.d.) *Foundation of physical education*. St. Louis: The C.V. Mosby Co.

Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree

college of Physical education. Mohan, V. M. (1969). *Principles of physical education*.

Delhi: Metropolitan Book Dep.

Nixon, E. E. & Cozen, F.W. (1969). *An introduction to physical education*. Philadelphia:

Sharman, J. R. (1964). *Introduction to physical education*. New York: A.S. Barnes &

Co. William, J. F. (1964). *The principles of physical education*. Philadelphia: W.B. Saunders Co.

Suggested Reading

W.B. Saunders Co. Obertuffer, (1970). *Delbert physical education*. New York: Harper & Brothers Publisher.

Related Sports Journals International & National Journals

International review of sports.

Web References:

- www.healthatoz.com
- www.kidsdoctor.com
- Encyclopedias

SEMESTER I (1ST YEAR)
PAPER II
HISTORICAL DEVELOPMENT OF PHYSICAL EDUCATION

T-04/P__

Credit: 04

Course Outcome

- Students would be able to know the origin and development of Physical Education
- To Know the evolution of Olympics
- Apply the knowledge of Olympics in organizing various sport activities.
- Distinguish the functional operations of National and International Olympic Federations.

UNIT I

HISTORY OF PHYSICAL EDUCATION

- 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: Y.M.C.A, Christian College Lucknow, L.N.I.P.E Gwalior, H.V.P. Mandal Amravati.
- Contributions to the growth of Physical Education by the following leaders: P.M. Joseph, Prof. Ajmer singh, H.C. Buck, Gutsmuth, F.L. John.

UNIT II

OLYMPIC GAMES

- Ancient Olympic Games
- Modern Olympic Games
- Summer and Winter Olympic Games
- Para and Youth Olympic Games

UNIT III

GLORIOUS GAMES

- Asian Games.
- Commonwealth Games.
- Afro Asian Games
- Khelo India Games

UNIT IV

FUNCTIONS AND OBJECTIVES OF THE FOLLOWING

- N.S.N.I.S Patiala and S.A.I
- International Olympic committee. (I.O.C)
- Indian Olympic committee. (I.O.A) Awards: Arjun Award, Dronacharya Award and Rajiv Gandhi Khel Ratna Award, Major Dhyanchandra

- Awards: Arjun Award, Dronacharya Award and Rajiv Gandhi Khel Ratna Award, Major Dhyanchandra

References:

Text Books:

Osborne, M. P. (2004). *Magic tree house fact tracker: ancient greece and the Olympics: a nonfiction companion to magic tree house: hour of the Olympics*. New York: Random House Books for Young Readers.

Suggested Reading

Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education. Mohan, V. M. (1969). *Principles of physical education*. Delhi: Metropolitan Book Dep.

Nixon, E. E. & Cozen, F.W. (1969). *An introduction to physical education*. Philadelphia: W.B. Saunders Co.

Obertuffer, (1970). *Delbert physical education*. New York: Harper & Brothers Publisher. Sharman, J. R. (1964).

Related Sports Journals International & National Journals
Eropean physical education review.

Web References:

- www.sportsline.com
- www.nbcsports.com
- Encyclopedias

SEMESTER II (1ST YEAR)
PAPER III
ANATOMY AND PHYSIOLOGY IN PHYSICAL EDUCATION

T-04/P__

Credit: 04

Course outcomes:

- Students would be able to know the fundamental concepts of structure and functions of human body as well as effects of exercise on various systems.
- Apply the knowledge in the field of physical education and movement activity.
- Helps to co-relate the training load with principles of physiology.
- Appraise the effects during the training and practical sessions.

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.

References:

Text Books

Gupta, A. P. (2010). *Anatomy and physiology*. Agra: Sumit Prakashan.
Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science*. Delhi: Swaran Printing Press. Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9th edition. Philadelphia: W.B. Saunders.

Karpovich, P. V. (n.d.). *Philosophy of muscular activity*. London: W.B. Saunders Co. Shaver, Lary G., *Essentials of exercise physiology*. Delhi: Surjeet Publication.

Suggested References:

Moorthy, A. M. (2014). *Anatomy physiology and health education*. Karaikudi: Madalayam Publications

Related Sports Journals International & National Journals

Journal of Applied Physiology

Web References:

- www.sportingnews.com
- www.khanacademy.org
- Encyclopedias

SEMESTER II (1ST YEAR)
PAPER IV
Practical (Track And Field)

T_/P-04

Credit: 04

Course outcomes:

- Students would be able to learn about the essentials of the track and field.
- Exposed to the techniques of Track Events with variations.
- Oriented to Field Events- jumping and throwing fundamental skills
- Learn, understand and apply the technical skills required for better performance in a particular event.

TRACK EVENTS: - Types of different races (fundamental skills)

FIELD EVENTS: - Jumping & throwing events (fundamental skills)

SEMESTER III (2ND YEAR)
PAPER V
FITNESS, WELLNESS AND LIFESTYLE

T-04/P_

Credit: 04

Course outcomes:

- Explain the contemporary issues pertaining to physical activity and health field.
- Demonstrate an understanding of the physiological benefits of movement, physical activity and wellness.
- Participate in movement and wellness activities.
- Evaluate and apply fitness and wellness concepts to individual lifestyle.

UNIT I

CONCEPT OF FITNESS AND WELLNESS

- Meaning, definition and importance of 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 behavioral modifications.

UNIT IV

LIFESTYLE

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

References:

Text Books:

Difiore, J.(1998). *Complete guide to postnatal fitness*. London: A & C Black.

Giam, C.K &The, K.C. (1994). *Sport medicine exercise and fitness*.

Singapore: P.G. Medical Book. Mcglynn, G., (1993). *Dynamics of fitness*.

Madison: W.C.B Brown.

Suggested References:

Sharkey, B. J. (1990). *Physiology of fitness*, Human Kinetics Book.

Related Sports Journals International & National Journals

Journal of Sports Science.

Web References:

- www.academicearth.org
- www.coursera.com
- Encyclopedias

SEMESTER III (2ND YEAR)
PAPER VI
HEALTH EDUCATION

T-04/P__

Credit: 04

Course outcomes:

1. Introduce a general concept of good health and wellness.
2. Identify the factors influencing the multidimensional aspects of the health.
3. Appraise the effects on health condition during the training and practical sessions
4. To promote healthy way of living and be able to make health and fitness plan.

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. , Covid-19(Coronavirus)
- Symptoms, Modes of transmission, preventions and treatment.

References:

Text Books:

Nemir, A. (N.D.). *The school health education*. New York:Harber and Brothers. Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co. . London: Faber & Faber Ltd.
Sharma, R. D. (1979). *Health and physical education*, Gupta Prakashan.

Suggested Reference:

Singh, S. (1979). *Anatomy of physiology and health education*.Ropar: Jeet Publication
Related Sports Journals International & National Journals
Exercise and Sport Sciences Reviews.

Web References:

- www.edx.org
- www.open2study.com
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Encyclopedias

SEMESTER III (2ND YEAR)
PAPER VII
PSYCHOLOGICAL FOUNDATION OF PHYSICAL EDUCATION

Credit: 04

T-04/P__

Course outcomes:

- Explain group mechanisms and group psychology in a sports context
- Reflect upon motivational psychology as applied to sports activities
- Formulate relevant constructs of exercise psychology
- Enhances self-concepts, self-esteem, self-efficacy, and self-confidence.

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.

References:

Text Books:

Gupta, A. P. (2010). *Anatomy and physiology*. Agra: Sumit Prakashan.

Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science*. Delhi: Swaran Printing Press. Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9th edition.

Philadelphia: W.B.

Saunders.

Suggested Reference:

Moorthy, A. M. (2014). *Anatomy physiology and health education*. Karaikudi:

Madalayam Publications.

Related Sports Journals International & National Journals

Americal journal Sports Medicine

Web References:

- www.academicjournal.org
- www.Cadeacademy.org
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Encyclopedias

SEMESTER IV (2ND YEAR)
PAPER VIII
PRACTICAL (ONE TEAM GAME AND ONE INDIVIDUAL GAME)

T_/P-04

Credit: 04

Course outcomes:

- Learn about the essentials of team and individual game practices.
- Exposed to skills, techniques and tactics of individual and team game.
- Learn , understand and apply the technical skills required for better performance in a particular Game|Sport.

INDIVIDUAL GAMES

1. Aquatics(Swimming,diving etc.)
2. Badminton
3. Lawn Tennis
4. Judo
5. Table tennis
6. Gymnastics
7. Wrestling
8. Squash
9. Weight Lifting
10. Boxing
11. Shooting
12. Fencing

TEAM GAMES

1. Football
2. Kabaddi
3. Handball
4. Kho-kho
5. Netball
6. Basketball
7. Hockey
8. Volleyball
9. Cricket
10. Rugby

SEMESTER V (3RD YEAR)
PAPER IX
SPORTS ORGANIZATION AND MANAGEMENT

T-04/P__

Credit: 04

Course outcomes:

- To know sports management and employ principles of strategic planning, financial and human resource management.
- Assess marketing needs and formulate short term and long term solutions.
- Develop critical thinking in analyzing sport management issues and in managerial planning and decision making.
- Able to organize recreational camp and activities.

UNIT I

SPORTS MANAGEMENT

- Meaning and definition of Sports Management
- Aim and objective of Sports Management
- Nature and scope Sports Management
- Principles of Sports Management

UNIT II

CLASS MANAGEMENT AND TEACHING METHODS

- Meaning and concepts of Class Management
- Types and factor affecting Class Management
- Command and formations: meaning and types
- Teaching Methods (meaning, types, aids and factor affecting)

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 Organization
- Meaning of Intramural and Extramural Competition.
- Types of Tournament and its Organization structure knock-out, league, combination and challenging tournament
- Methods of promoting Physical Education(Demonstration,Exhibition,Camping,Play Day)

REFERENCES:

Text Books:

- Ashton, D. (1968). *Administration of physical education for women*. New York: The Ronald Press Co.
Bucher, C.A. *Administration of physical education and athletic programme*. 7th Edition, St. Louis: The C.V. Mosby Co.
Daughtrey, G. & Woods, J.B. (1976). *Physical education and intramural programmes, organization and administration*. Philadelphia U.S.A: W.B. Saunders Co.

Suggested References:

Earl, F. Z, & Gary, W. B. (1963). *Management competency development in sports and physical education*. Philadelphia: W. Lea and Febiger.

Related Sports Journals International & National Journals
Sports Management Review

Web References:

- [Youtube.com/education](https://www.youtube.com/education)
- www.bookboon.com
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Encyclopedias

SEMESTER V (3RD YEAR)
PAPER X
KINESIOLOGY AND BIOMECHANICS IN PHYSICAL EDUCATION

T-04/P__

Credit: 04

Course outcomes:

- To describe fundamental principles of kinesiology, teaching movement related skills.
- Know effectiveness of human movement using mechanical principles.
- Identify biomechanical, health, physiological, and psychological limitations to and interventions for improving physical performance.
- Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.
- Develop physical conditioning programs based on scientific principles.

UNIT I

INTRODUCTION TO KINESIOLOGY

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

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.

Reference:

Text Books:

Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood Cliffs, N.J.: Prentice Hall Inc.
Hay, J. G. & Reid, J. G. (1982). *The anatomical and mechanical basis of human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
Hay, J. G. & Reid, J. G. (1988). *Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.

Suggested References:

Hay, J. G. (1970). *The biomechanics of sports techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc.
Simonian, C. (1911). *Fundamentals of sport biomechanics*. Englewood Cliffs, N.J.: Prentice Hall Inc.

Related Sports Journals International & National Journals
Journal of Sports Science

Web References:

- <http://ebookey.org>
- www.obooko.com
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Encyclopedias

SEMESTER V (3RD YEAR)
PAPER XI (P11x)
SPORTS INJURIES AND REHABILITATION

Credit: 04

T-04/P__

Course outcomes:

- Students can be able to understand Athletic Injuries.
- To understand the proper preparation prior to performance to reduce the chance of injuries.
- Helps to understand Posture and various Postural deformities.
- Offer Hands on Knowledge on Athletic Care and Rehabilitation.

SPORTS INJURIES

UNIT I

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

UNIT II

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 III

FIRST AID AND REHABILITATION

- Meaning, definition and Importance of First Aids.
- 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
- Definition and classification of massage
(Effleurage, Kneading, Petrissage, Friction, Stroking, Percussion, Vibration, Shaking)

References:

Text Books:

Giam, C.K & The, K.C. (1994). *Sport medicine exercise and fitness*. Singapore: P.G. Medical Book. Khanna, G.L., (1990). *Exercise physiology & sports medicine*. Delhi: Lucky Enterprises. Mathew, D.K. & Fox, E.L., (1971). *Physiological basis of physical education and athletics*. Philadelphia: W.B. Saunders Co.

Suggested References:

Pandey, P.K., (1987). *Outline of sports medicine*, New Delhi: J.P. Brothers Pub. Williams, J. G. P. (1962). *Sports medicine*. London: Edward Arnold Ltd.

Related Sports Journals International & National Journals
European Journal of Sports Science

Web References:

- www.essays.se
- <http://freecomputerbooks.com>
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Encyclopedias

SEMESTER V (3RD YEAR)
PAPER XI (P11y)
GUIDANCE AND COUSSELLING IN PHYSICAL EDUCATION

T-04/P_

Credit: 04

Course outcomes:

- Students can have broader perspective on guidance, provided at all levels to human beings by one person to other.
- To learn and apply various counseling skills.
- Assists the students in developing their physical & emotional stability.
- Helps the individual to live a well balanced life.

Unit-I

GUIDANCE IN PHYSICAL EDUCATION

- Meaning and Definition of Guidance in physical education
- Need, importance and Scope of Guidance
- Principles of Guidance in Physical Education
- Barriers to understanding

Unit-II

GUIDANCE TECHNIQUES

- Individual and Group guidance,
- Organization of Guidance.
- Education Guidance: Nature, Pupil personnel work, pupil appraisal, role of teacher Job placement and Satisfaction.

Unit-III

COUNSELING

- Its meaning and definition of counseling
- Basic principles of counseling
- Factors and Types of counseling
- Psychological growth of counseling

Unit-IV

COUNSELING SKILLS

- Basic Counseling Skill: Observation Skills, Questioning, communication skills
- Interview Types, Techniques
- Criteria of effective counseling
- Evaluation of Counseling

References:

Text Books:

Baker, S.B. (1996), School Counseling for the twenty-First Century. Englewood Cliffs, NJ: Prentice Hall

Cambell, C.A. and Dahir, C.A.(1997). Sharing the Vision: The National Standards for School Counseling Programs. Alexandria, VA: American School Counselor Association.

Suggested References:

Beal, a and McCay, E.(2001). Selecting School Counselors: What Administrations Should look for in Prospective Counselors. Clearing House,74(5): 257-260

Related Sports Journals International & National Journals

Web References:

- www.academicjournal.org
- www.Cadeacademy.org
- Youtube.com/education
- Encyclopedias

SEMESTER VI (3RD YEAR)
PAPER XII
YOGIC SCIENCE

Credit: 04

T-04/P __

Course outcomes:

- Understand the basic Concepts of Yoga
- Analyze the techniques and of body posture to bring out healthy change.
- Develop the knowledge through practice, participate and organize.
- Apply the principles of Yoga to live healthy and active life style.

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 Pranayama on the various systems of the body.

UNIT IV

YOGA EDUCATION

- Meaning of Yogic Therapy
- Types of Yogic Therapy
- Need and Importance of Yogic Therapy
- Difference between Yogic Practices and Physical Exercises.

References:

Text Books:

Brown, F. Y. (2000). *How to use yoga*. Delhi: Sports Publication.

Gharote, M. L. & Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonawala: Kaixydahmoe.

Rajjan, S. M. (1985). *Yoga strengthening of relaxation for sports man*. New Delhi: Allied Publishers.

Shankar, G. (1998). *Holistic approach of yoga*. New Delhi: Aditya Publishers. Shekar,

Suggested References:

K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra.

Related Sports Journals International & National Journals

Bones and joints Journal of sports medicine.

Web References:

- www.bookboon.com
- <http://ebookey.org>
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Encyclopedias

SEMESTER VI (3RD YEAR)
PAPER XIII
PRACTICAL (YOGA)

Credit: 04

T_/P-04

Course outcomes:

- Learn about the essentials of the yogic practices .
- Exposed to techniques of Asana, Surya Namaskar and relaxation of the joints,
- Oriented to some of the preliminary asana, pranayama, kriya, bandhas, mudras and meditation.

SURYANAMSKAR

ASANAS

- TADASANA
- VRIKHASANA
- TRIKONASANA
- SUKHASANA
- DHANURASANA
- BHUJANGASANA
- HALASANA
- VAJRASANA
- PADMASANA
- SHRISASANA
- GOMUKHASANA
- VAKRASANA
- MARJARIASANA
- MAKARASANA
- PACHHIMOTANASANA
- CHAKRASANA
- SARVANGASANA
- SHAVASANA
- MATSYENDRASANA SHALABHASANA

PRANAYAMA

- UJJAYI
- KAPALABHATI
- BHARAMARI
- SHEETALI
- BHASTRIKA
- ANULOM- VILOMA
- SHITKARI
- NADI SODHAN
- SURYA BHEDAN
- CHANDRA BHEDAN

SEMESTER VI (3RD YEAR)
PAPER XIV (P14x)
SPORTS ENGINEERING

T-04/P__

Credit: 04

Course outcomes:

- To understand Sports engineering.
- To apply sports engineering principles to solve problem in sports.
- Demonstrate the capability of designing protective equipment.
- To enable humans use tools and technology to enhance efficiency.

Unit-I

Introduction

- Meaning and definition of sports engineering
- Technology of Sports Engineering
- Human motion detecting and recording,

Unit-II

Mechanics of engineering materials

- Meaning of mechanical engineering
- Concept of internal force, axial force, shear force
- Biomechanics of daily and common activities- Gait, posture, Body levers
- Sports Dynamics Introduction, meaning and definition of Sports dynamic,
- Newton's laws of Motion

Unit-III

Building and Maintenance

- Sports Infrastructure- Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out- door Stadium, Play Park,
- Academic Block, Administrative Block, Research Block \, library, Sports Hostels, etc. Require air ventilation, Day light, Lighting arrangement, Galleries, Store rooms, Office Toilet Blocks (M/F),
- Record and register maintenance.

Unit-IV

Facility life cycle costing

- Basics of theoretical analysis of cost,
- Total life cost concept
- Maintenance costs
- Energy cost.

Reference:

Text Books:

Englewood Cliffs, N.J.: prentice Hall Inc.

Hay, J. G. & Reid, J. G. (1988). *Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.

Suggested References:

Hay, J. G. (1970). *The biomechanics of sports techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc.

Simonian, C. (1911). *Fundamentals of sport biomechanics*. Englewood Cliffs, N.J.: Prentice Hall Inc

Related Sports Journals International & National Journals

Web References:

- www.sparksnotes.com
- www.essays.se
- Encyclopedias

SEMESTER VI (3RD YEAR)
PAPER XIV (P14y)
COACHING AND OFFICIATING IN PHYSICAL EDUCATION

Credit: 04

T-04/P__

Course outcomes:

- Students can be able to understand the rules of games and sports.
- To enhance knowledge of seeding and Heats in Track and Field & Combined Events.
- To analyze own officiating skills, including mental skill requirement.
- Helps to Utilize leadership and negotiation skills.

UNIT I

Introduction of officiating

- Concept of officiating and coaching
- Importance and principles of officiating
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT II

Coach as a Mentor

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching
- Responsibilities of a coach on and off the field

UNIT III

Duties of Official

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement etc.
- Ethics of officiating

UNIT IV

Qualities and qualifications of Coach and Official

- Qualities and qualification of coach and official
- General rules of games and Sports
- Eligibility rules for inter-collegiate and inter-university tournament

Reference Books:

Text Books:

- Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall.
Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood cliffs N. J. Prentice Hall.
Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.

Suggested References:

- Lawther, J.D. (1965). *Psychology of coaching*. New York: Pre. Hall.
Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Graw Hill.
Related Sports Journals International & National Journals
Related Sports Journals International & National Journals
International journal of Sports physiology and performance.

Web References:

- www.nytimes.com
- www.usatoday.com
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" In India and Abroad.
- Encyclopedias

SEMESTER VII (4TH YEAR)
PAPER XV
SPORTS TRAINING

T-04/P__

Credit: 04

Course outcomes:

- Students can be able to understand training as performance based science.
- Explain different means and methods of various training.
- Prepare training schedule of various sports and games.
- Appraise types of periodization for performance development.

UNIT I

INTRODUCTION

- Meaning and definition of sports training
- Aim and objectives of sports training
- Characteristics of sports training
- Principles of sports training

UNIT II

TRAINING COMPONENT

- Strength
- Speed
- Endurance
- Flexibility
- Coordinative ability

UNIT III

TRAINING PROCESS

- Meaning and definition of training load
- Component of training load
- Principles of training load, overload
- Technical and tactical training

UNIT IV

PLANNING OF TRAINING

- Periodization – meaning, definition and types
- Principles of Planning
- System of planning (micro, meso, macro cycle plan)

Reference:

Text Books:

Bompa, T. O. & Haff, G. G. (2009). *Periodization: theory and methodology of training*, 5th ed. Champaign, IL: Human Kinetics.

Best, J.W. (1963). *Research in education*. U.S.A.: Prentice Hall.

Brown, L. E., & Ferrigno, V. A. (2005). *Training for speed, agility and quickness*, 2nd ed. Champaign, IL: Human Kinetics. Brown, L.E. & Miller, J., (2005). *How the training work*. In: *Training Speed, Agility, and Quickness*. Brown, L.E. & Ferrigno, V.A & Ferrigno, V.A., eds. Champaign, IL: Human Kinetics.

Carl, E. K., & Daniel, D. A. (1969) *Modern principles of athletes training*. St. Louis: St. Louis's Mosby Company.

Dick, W. F. (1980). *Sports training principles*. London: Lepus Books.

Harre, D. (1982). *Principles of sports training*. Berlin: Sporulated.

Suggested References:

Jensen, R. C. & Fisher, A.G. (1979). *Scientific basis of athletic conditioning*. Philadelphia: Lea and Fibiger, 2nd Edn.

Matvyew, L.P. (1981). *Fundamental of sports training*. Moscow: Progress Publishers.

Singh, H. (1984) *Sports training, general theory and methods*. Patiala: NSNIS.

Uppal, A.K., (1999). *Sports Training*. New Delhi: Friends Publication.

Related Sports Journals International & National Journals

Web References:

- <http://freecomputerbooks.com>
- Sportsillustrated.cnn.com
- Espn.go.com
- Encyclopedias

SEMESTER VII (4TH YEAR)
PAPER XVI
TEST AND MEASUREMENT

T-04/P__

Credit: 04

Course outcomes:

- Understand the Test, Measurement and Evaluation in physical education, Health and Fitness.
- To learn about the types of test in different sports and games and apply them in minor research areas.
- Analyze the performance and movements in the field of sports.
- To evaluate the battery test.

UNIT I

Introduction

- Meaning and definition of test & measurement
- Meaning and definition evaluation in physical education
- Need and importance test and measurement & evaluation
- Principles of evaluation

UNIT II

Criteria of Classification of Test

- Criteria of good test
- Scientific authenticity (Reliability, Objectivity & Validity) Norms
- Types and classification of test

UNIT III

Physical Fitness Test

- AAHPER youth fitness test
- JCR test
- HARVARD step test

UNIT IV

Sports Skill Test

- Lockhart and McPherson badminton test
- Johnson basketball test
- McDonald soccer test
- Brady volleyball test

References:

Text Books:

Bangsbo, J. (1994). *Fitness training in football: A scientific approach*. Bagsvaerd, Denmark: Ho+Storm.

Barrow, H. M., & Magee, R. (1997). *A practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.

Barrow, H.M. & Magee, R. (1997). *A Practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.

Kansal, D.K. (1996). *Test and measurement in sports and physical education*. New Delhi: D.V.S. Publications.

Mathews, D.K., (1973). *Measurement in physical education*, Philadelphia: W.B. Saunders Company.

Pheasant, S. (1996). *Body space: anthropometry, ergonomics and design of work*. Taylor & Francis, New York.

Suggested References:

Phillips, D. A., & Hornak, J. E. (1979). *Measurement and evaluation in physical education*. New York: John Wiley and Sons.

Sodhi, H.S., & Sidhu, L.S. (1984). *Physique and selection of sports- a kinanthropometric study*. Patiala: Punjab Publishing House.

Related Sports Journals International & National Journals
Measurement in physical Education and Exercise Science

Web References:

- www.healthatoz.com
- www.kidsdoctor.com
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Encyclopedias

SEMESTER VII (4TH YEAR)
PAPER XVII
RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

T-04/P
Credit: 04

Course outcomes:

- Identify the research problem in the field of physical Education and sports
- Understand and apply the basics of statistics in research.
- Organize the samples and sampling techniques which is relevant to the study.
- Learn to Prepare Questionnaire, write research report.

UNIT I

Introduction to Research

- Definition, needs and importance of Research in physical Education and Sports
- Scope of Research in Physical Education & sports
- Classification of Research
- Research Problem, Meaning of the term, location and criteria of Selection of Problem, formation of a Research problem, limitations and Delimitations

UNIT II

Survey of Related Literature

- Need for surveying related literature
- Literature Source, Library Reading
- Research Proposal, Meaning and Signification of Research Proposal
- Preparation of Research Proposal/project.

UNIT III

Basics of Statistical Analysis

- Statistics: Meaning, Definition, Nature and Importance
- Class Intervals: Class Distribution, construction of Tables
- Graphical presentation of class Distribution: Histogram, Frequency Polygon, Frequency table, Frequency curve, Cumulative Frequency polygon,
- Pie Diagram
- ANOVA(F-ratio)

UNIT IV

Statistical Models in Physical Education

- Measures of Centre Tendency: Mean, Median and Mode-Meaning, Definition, Importance, advantages, Disadvantage and Calculation from Group and Ungrouped data
- Measures of Variability: Meaning, importance, computing from Group and Ungroup data
- Percentiles of quartiles: Meaning, importance, computing from group and ungroup data

References:

Text Books:

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: VakllsFeffer and Simon Ltd.

Oyster, C. K., Hanten, W. P., & L. Lorens, 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.

Suggested References:

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 text book on sports statistics*. Gwalior: Venus Publications.

Related Sports Journals International & National Journals

Qualitative Research in Sports, Exercise and Health

Web References:

- www.open2study.com
- www.academicjournal.org
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Encyclopedias

SEMESTER VII (4TH YEAR)
PAPER XVIII (P18x)
COMPUTER APPLICATION IN PHYSICAL EDUCATION

T-04/P__

Credit: 04

Course outcomes:

- To understand the concept of information and communication technology in physical education field.
- Analyze sports data of various types via use of statistical procedures.
- Practice mathematics, statistics, information technology in sport technology related problems.
- Offer Hands on Knowledge in information and communication Technology.

UNIT I

Introduction to Computer

- Meaning, need and importance of Computer
- Application of Computer in physical Education
- Component of Computer, input and output device
- Application software used in Physical Education

UNIT I

MS Word

- Introduction to MS Word
- Creating, saving and opening a document
- Formatting Editing Features Drawing tables,
- Page setup, paragraph alignment, spelling and grammar check printing option, insert number, graph, footnote and notes.

UNIT III

MS Excel

- Introduction to MS Excel
- Creating, saving and opening spreadsheet
- Creating formulas
- Format and editing features adjusting columns width and row height understanding

UNIT IV

Ms Power point

- Introduction to MS Power Point
- Creating, saving and opening a ppt, file
- Format and editing features slide show, design, inserting slide number
- Picture, graph, table.
- Preparation of power point presentations

References:

Text Books:

Irtegov, D. (2004). Operating system fundamentals. Firewall Media.

Marilyn, M.& Roberta, B., *Computers in your future*. 2nd edition, India: Prentice Hall.

Suggested References:

Milke, M. (2007). *Absolute beginner's guide to computer basics*. Pearson Education Asia.

Sinha, P. K. & Sinha, P. (N.D.). *Computer fundamentals*. 4th edition, BPB Publication.

Related Sports Journals International & National Journals

Web References:

- www.essays.se
- <http://freecomputerbooks.com>

**SEMESTER VII (4TH YEAR)
PAPER XVIII (P18y)
SPORTS JOURNALISM**

T-04/P__

Credit: 04

Course outcomes:

- Students can be able to understand the basic knowledge of sports journalism.
- To learn sports bulletin, mass media and Reporting in sports.
- Analyze the influence of media on the concept of physical activity with in society (Collective & individual values).
- To know broad range of teaching & research opportunities available in the field of media education.

UNIT I

Introduction

- Meaning and Definition of Journalism
- Ethics of Journalism
- Canons of journalism sports ethics and sportsmanship- reporting sports events
- National and international sports news agencies

UNIT II

Sports Bulletin

- Concept of Sports Bulletin: journalism and sports education
- Structure of sports bulletin – compiling a bulletin
- Role of journalism in the Field of physical education
- Sports organization and sports journalism- Sports reporting

UNIT III

MASS Media

- Mass media in journalism: radio and T.V. commentary – Running commentary on the radio
- Sports expert's comments
- Role of advertisement in journalism
- Sport photography, Publishing

UNIT IV

REPORTING

- Reporting writing on sports brief review of Olympic Game, Asian Game, Common wealth Games, World Cup, National Games and Indian Tradition Games
- Preparing report of an annual sports meet for publication in Newspaper
- Organization of press Meet

References:

Text Books:

Boly, Raymond, 2006. Sports Journalism: Context and Issues, London:Sage

Adrews, P. Sports Journalism: A Practical Indtrosuction. Sage Publications.2005ISBN 1412902711

Suggested References

Schultz, B. sports Media: Reporting, Producing, and planning. Focal Press. 2005. ISBN 024807316

Related Sports Journals International & National Journals

Web References:

- www.nbcsports.com
- www.sportingnews.com
- Encyclopedias

SEMESTER VII (4TH YEAR)
PAPER XIX (P19x)
ENVIRONMENT STUDIES IN PHYSICAL EDUCATION

Credit: 04

T-04/P__

Course outcomes:

- To Understand core concepts and methods from ecological and physical science and their application in environment problem-solving.
- Appreciate the ethical, cross cultural and historical context of environmental issues and the links between human and nature system.
- To acquire knowledge and skills enabling feasibility in field work.
- To possess intellectual flexibility necessary to view environmental questions from multiple perspectives.

Introduction

UNIT I

- Meaning, Definition and Concept of environmental education
- Need, importance and scope of environment studies.
- Historical background of environment education
- Celebration of various days in relation with environment studies.

Resources

UNIT II

- Plastic recycling & probation of plastic bag/cover
- Role of school in environmental
- Conservation and sustainable development
- Water resources, food resources and Land resources

Pollution

UNIT III

- Definition, effects and control measures of
- Air pollution, water pollution, Soil pollution
- Noise pollution, thermal pollution
- Management of environment and Govt. policies, role of pollution control board

Ecosystems

UNIT IV

- Concept of an ecosystem
- Structure and function of an ecosystem
- Introduction, types, characteristic features, structure and function of the following ecosystem- forest, grassland, desert and aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)

References:

Text Books:

Agrawal, K.C. (2001). *Environmental biology*. Bikaner: Nidhi publishers Ltd.

Frank, H. & Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.

Suggested References:

Nemir, A. (N.D.). *The school health education*. New York: Harber and Brothers. Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co

Related Sports Journals International & National Journals

Web References:

- www.academicearth.org
- www.coursera.com
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Ahrnad.
- Encyclopedias

SEMESTER VII (4TH YEAR)
PAPER XIX (P19y)
ADAPTED PHYSICAL EDUCATION

T-04/P__

Credit: 04

Course outcomes:

- To provide a sense of accomplishment and confidence.
- To enable building strong muscles to safely support bones and joints.
- Help improving neuromuscular development, which may have reaching consequences for both mental and physical abilities.
- Teaching teamwork and important social skills.

UNIT I

INTRODUCTION:

- Meaning and Definition.
- Aim and Objective.
- Need and Importance of Physical Education.
- Historical Review.

UNIT II

Physical Disabilities:

- Causes.
- Functional Limitations.
- Characteristics.

UNIT III

Mental Retardation:

- Causes.
- Characteristics.
- Functional Limitations.

UNIT IV

Outdoor Activities:

- Outdoor program for the disabled.
- Rhythmic and Dance Activities.
- Aquatic activity program for disables.
- Personality Development Program for Divyang

References:

Text Books:

- Irtegov, D. (2004). Operating system fundamentals. Firewall Media.
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

Suggested References:

Guttmann, L. (1976) Textbook of Sport for the Disabled. Oxford: HM & M Publishers.

Related Sports Journals International & National Journals

Journal of Teaching in Physical Education

Web References:

- www.sportsline.com
- www.nbcsports.com
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Encyclopedias

SEMESTER VII (4TH YEAR)
PAPER XX
DISSERTATION

T-04/P__

Credit: 04

Course outcomes:

- To develop knowledge and understanding of a specialist area within the broad fields of career development.
- Apply, Critically analyses and evaluate the knowledge and understanding in relation to the agreed area of study.
- Integrate theory and practice.
- Demonstrate advanced critical research skills in relation to career development or work-related learning studies.