






**National Education Policy-2020**  
**Common Minimum Syllabus for all U.P. State Universities/ Colleges SUBJECT: PHYSICAL**  
**EDUCATION**

Name	Designation	Affiliation
<b>Steering Committee</b>		
Mrs. Monika S. Garg, (I.A.S.), Chairperson Steering Committee	Additional Chief Secretary	Dept. of Higher Education U.P., Lucknow
Prof. Poonam Tandan	Professor, Dept. of Physics	Lucknow University, U.P.
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Prof. Ajay Pratap Singh	Dean, Faculty of Arts	Ram Manohar Lohiya University, Ayodhya
Dr. Nitu Singh	Associate Professor	HNB Govt P.G College Prayagaraj
Dr. Kishor Kumar	Associate Professor	K.M. Govt. Girls P.G. College Badalpur, G.B. Nagar, U.P.
Dr. Shweta Pandey	Assistant Professor	Bundelkhand University, Jhansi

**SYLLABUS IS DEVELOPED BY:**

  
डा. जितेंद्र विक्रम वैद  
सदस्य (बी० औ० ए०)

  
Dr. S.K. Pandey  
(Member, BOS)

  
डा. अमिल सुर्वाही  
संयोजक (बी० औ० ए०)

S. N.                      Name                      Designation                      Department                      College/ University

1                      Dr. GunjanShahi                      Assistant                      Physical                      MBP Govt. PG

Year	Sem	Paper	Course no. code	Paper title	Education Theory/ Practical	College/ University
12	I	Dr. Parvati	E02010 1T	ELEMENTARY OF PHYSICAL EDUCATION	Physical Education	DDU Govt. PG Collage Lucknow
13	I	Dr. Sheela Dubey	E02010 2P	FITNESS AND YOGA	Physical Education	DDU Govt. PG Collage Lucknow
13	II	I	E02020 1T	SPOTS ORGNISATION	THEORY	Collage Lucknow

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**OF THE PAPERS IN PHYSICAL EDUCATION**

L	I	1	E020101T	Elemental of Physical Education AND MANAGEMENT	THEORY	1
1	II	2	E02020 2P	SPORTS EVENT AND TRACK & FIELD	PRACTIAL	2
2	III	1	E02030 1T	ANATOMY & EXERCISE PHYSIOLOGY	THEORY	4
2	III	2	E02030 2P	HEALTH AND PHYSIOLOGY	PRACTIAL	2
2	IV	1	E02040 1T	SPORTS PSYCHOLOGY AND RECREATIONAL ACTIVITIES	THEORY	4
2	IV	2	E02040 2P	SPORTS PSYCHOLOGY	PRACTIAL	2
3	V	1	E02050 1T	ATHLETIC INJURIES AND REHABILITATION	THEORY	4
3	V	2	E02050 2T	KINESIOLOGY AND BIOMECHANICS IN SPORTS	THEORY	4
3	V	3	E02050 3P	REHABILITATION & SPORTS	PRACTIAL	2
3	V	4	E02050 4P	RESEARCH PROJECT	PROJECT	3
3	VI	1	E02060 1T	RESEARCH METHODS	THEORY	4
3	VI	2	E02060 2T	PHYSICAL EDUCATION FOR DIVYANG	THEORY	4
3	VI	3	E02060 3P	RESEARCH AND SPORTS	PRACTIAL	2
3	VI	4	E02060 4P	RESEARCH PROJECT	PROJECT	3

*(Signature)*

डॉ० अमिल सुर्यवंशी  
(संकेतक/वी०ओ०एस)  
दिनांक 22/12/2021

*(Signature)*

Dr. S.K. Pandey  
(Member, BOS)  
Date - 22/12/2021

*(Signature)*  
22/12/2021

डा० जी० वेंकटेश्वर वेंकट  
सदस्य/वी०ओ०एस०  
दिनांक - 22/12/2021

## 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.





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

<b>Program /Class: Certificate</b>	<b>Year:First</b>	<b>Semester: First</b>
<b>SUBJECT: PHYSICAL EDUCATION- THEORY</b>		
<b>Course code: E020101T</b>	<b>Course Title: Elementals of Physical Education</b>	
<p><b>Course Outcomes:</b> 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. Its introduce 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.</p>		
<b>Credits:4</b>	<b>Max. Marks:25+75</b>	<b>Min. Passing Marks:10+25</b>
<b>Total no. of lectures-tutorials-practical (in hours per week):4-0-0</b>		
<b>Unit</b>	<b>TOPIC</b>	<b>NO. OF LECTURES</b>
<b>I</b>	<p><b><u>Ancient Wisdom in Physical Education, Sports and yoga:</u></b></p> <ul style="list-style-type: none"> <li>• Patanjli yoga sutra.</li> </ul> <p><b><u>Introduction:</u></b></p> <ul style="list-style-type: none"> <li>• Meaning, definition and concept of physical education.</li> <li>• Scope, aim and objective of Physical education.</li> <li>• Importance of Physical education in Modern era.</li> <li>• Relationship of physical education with general education</li> </ul>	07
<b>II</b>	<p><b><u>Sociological Foundation:</u></b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition and importance of sports Sociology</li> <li>• Culture and sports</li> <li>• Socialization and sports</li> <li>• Gender and sports.</li> </ul>	07
<b>III</b>	<p><b><u>History:</u></b></p> <ul style="list-style-type: none"> <li>• History and development of Physical education in India: pre- and post independence.</li> <li>• History of physical education in ancient Greece, Rome and</li> </ul>	06
<b>IV</b>	<p><b><u>Olympic Games , Asian Games and Commonwealth Games:</u></b></p> <ul style="list-style-type: none"> <li>•Olympics Movement: Ancient Olympic, modern Olympic, aim, objectives, spirit, torch, flag, motto, opening and closing ceremonies.</li> <li>• Asian Games.</li> <li>Commonwealth Games</li> </ul>	08
<b>V</b>	<p><b><u>Health Education:</u></b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition and Dimensions of Health.</li> <li>• Meaning, Definition objectives, Principals and importance of Health Education.</li> <li>• Meaning of Balance Diet and Nutrition and its elements.</li> <li>• Health and drugs</li> <li>• Importance of wellness and life style</li> </ul>	08
<b>VI</b>	<p><b><u>Posture:</u></b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition of Posture.</li> <li>• Importance of Good Posture.</li> <li>• Causes of Bad Posture.</li> </ul>	08

**Suggested readings:**

- Barrow Harold M., "Man and movements principles of Physical

Education", 1978.

- Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black.,
- Dynamics of fitness. Madison: W.C.B Brown.
- General methods of training. by - Hardayal Singh
- Giam, C.K &The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book. Mcglynn, G., (1993)
- Kamlesh M.L., "Physical Education, Facts and foundations", Faridabad P.B. Publications. 7. Krishana Murthy V. and Paramesara Ram, N. "Educational Dimensions of Physical. Education", 2nd Revised edition, Print India, New Delhi 1990.
- Methodology of training. by – Harre
- पण्डेय, श्रीराम, शरीरक शिक्षा सांकेतिक, "खेल सांस्कृतिक एक शन", कनपुर
- पटेल, श्री कृष्ण, शरीरक शिक्षा, "अवल पब्लिशर", आगरा, 2014-15
- 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.
- सहा, अजमेर, शरीरक शिक्षा और ओलांपिक अशियन, "कल्याणपीपल्लव", नईदिल्ली, संशोधन 2006.
- Track & Field. by – Gerhardt schmolinsky, Leipzig college of physical culture (DHFK)
- सहा, होशियर, शरीरक शिक्षा कइतिहिस, "लक्ष्मणपब्लिकेशन", नईदिल्ली, 2013
- सहा, बलजी, शरीरक शिक्षा के आ, "स्पोर्ट्सपब्लिकेशन", नई दिल्ली, 2008
- कमलेश, एमएल, शरीरक शिक्षा के मूल, "स्पोर्ट्सपब्लिकेशन", नई दिल्ली, 11वीं संशोधन 2014

शास्त्रिक

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.
- RajarshiTandon open University.



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

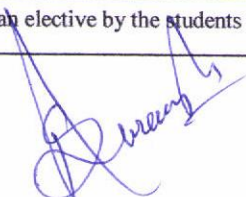
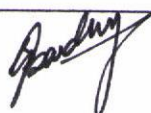
Program/Class: <b>Certificate</b>	Year: <b>First</b>	Semester: <b>First</b>
Subject: <b>Physical Education- Practical</b>		
Course Code: <b>E020102P</b>	Course Title: <b>Fitness and Yoga</b>	
<b>Course Outcomes:</b> Yogais very helpful in prevention of many diseases and students will learn about it.This subject deals with basic knowledge about and Aerobics and Gymnasium classes which will help students to excel in the fitness industry.		
Credits: <b>02</b>	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		
<b>Unit</b>	<b>Topics</b>	<b>No. of Hours</b>
	<b>Part-A</b>	
<b>I</b>	<ul style="list-style-type: none"> <li>Learn and demonstrate the techniques of warm-up, general exercise and cooling down calisthenics.</li> <li>Diet chart &amp; measurement of BMI</li> </ul>	15

	<b>Part-B</b>	
<b>II</b>	<p><b><u>INTRODUCTION OF YOGA:</u></b></p> <ul style="list-style-type: none"> <li>Historical aspect of yoga.</li> <li>Definition, types scopes &amp; importance of yoga.</li> <li>Yoga relation with Physical Education and sports.</li> </ul> <p><b><u>ASANAS:</u></b></p> <ul style="list-style-type: none"> <li>Definition of Asana, differences between asana and physical exercise.</li> <li>Suraya-namaskar, Bhujang asana, Naukasana, Halasana, Vajrasana, Padmasana, Shavasana, Makrasana,Dhanurasana, Tad asana.</li> </ul> <p><b><u>PRANAYAMA:</u></b></p> <ul style="list-style-type: none"> <li>Difference and classification of pranayama.</li> <li>Anulom, Vieam.</li> </ul>	15

**Suggested Readings:**

1. ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
2. Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)
3. Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.
4. Flyod, P.A.,S.E. MimmsandC.Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.

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

**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.**

**Suggested equivalent online courses:**

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





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

<b>Program/Class: Certificate</b>	<b>Year: First</b>	<b>Semester: Second</b>
<b>Subject: Physical Education- Theory</b>		
<b>Course code: E020201T</b>	<b>Course Title: Sports organization and Management</b>	

**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 budget making.**

<b>Credits:4</b>	<b>Max. Marks:25+75</b>	<b>Min. Passing Marks:10+25</b>
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**Total no. of lectures-tutorials-practical (in hours per week):4-0-0**

<b>Unit</b>	<b>TOPIC</b>	<b>NO. OF LECTURES</b>
<b>I</b>	<b>Introduction:</b> • Meaning, concept and definition of sports management. • Nature and scope of sports management. • Aims and objectives of sports management.	07
<b>II</b>	<b>Event Management</b> • Planning and management of sports event. • Role of sports event manager.	08
<b>III</b>	<b>Budget</b> • Meaning, Definition, Preparation, Principals of making Budget.	07

<b>IV</b>	<b>Organization</b> • Meaning and definition of Organization. • Need and importance of Organization. • S.A.I., A.I.U.	07
<b>V</b>	<b>Supervision</b> • Meaning and Definition • Role of a coach/manager.	07
<b>VI</b>	<b>Facilities Equipment</b> • Purchasing Equipment. • Care and maintenance of Equipment. • sports goods and equipment.	08

**Suggested readings:**

1. Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," MC Grow Hill publication, Now York (US) 2002
2. Hert, Renis(1961) New Patterns of Management, McGraw Hill.
3. Horine, Larry," Administration of Physical Education and Sport programs. WM-C Brown Publishers Dubuque (US) 1991
4. Kotler,P and G Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo. 5. Parkhouse, Bonnie L., "The management of Sports – if foundation and application," Mosby publication, St. Louis (US), 1991
6. Sandhu, K. Sports Dynamics: Psychology, Sociology and Management.
7. Sivia, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. DeenDayalUpadhyaya Marg.2005), Marketing: An Introduction, New York: Prentice Hall
8. शसहभं, कुमर एवीण, शरीरक शिक्ष क संगठन एवम् एशसन, "स्पोर्ट्सपब्लिकेशन", नई दिल्ली, 2010
9. शशहभं, बीएस, शरीरक शिक्ष मटे संगठन, एशसन एवम् एव्यवहण, "स्पोर्ट्सपब्लिकेशन", नई दिल्ली, 2012

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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)**

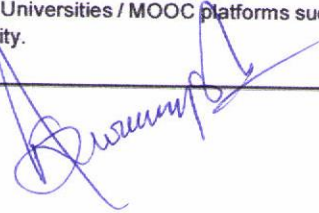
Written Test – 10 marks

Assignment/ 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.
- RajarshiTandon open University.





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

Programme/Class: <b>Certificate</b>	Year: <b>First</b>	Semester: <b>second</b>
Subject: <b>Physical Education- practical</b>		
Course Code: <b>E020202P</b>	Course Title: <b>Sports Event and Track &amp; Field</b>	
Credits: <b>02</b>	Elective	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Hours
	<b>Part-A</b>	
<b>I</b>	<ul style="list-style-type: none"> <li>● To make a plan for organizing an event.</li> <li>● To organize an Interclass Competition of any games with in the wall.</li> <li>● Prepare a Biodata/ Vita/ curriculum vitae.</li> </ul>	15
	<b>Part-B</b>	
<b>II</b>	<b>Track &amp; Field :</b> <ul style="list-style-type: none"> <li>● History.</li> <li>● Measurements.</li> <li>● Marking.</li> <li>● Rules.</li> <li>● Officials.</li> <li>● Regulatory Governing Bodies.</li> <li>● Tournaments- National and International.</li> </ul>	15
<b>Suggested Readings:</b> <ul style="list-style-type: none"> <li>● Author Sir Name, Lnitials, "Book Title",Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any.</li> <li>● Author Sir Name, Lnitials, "Book Title",Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any.</li> <li>● Author Sir Name, Lnitials, "Book Title",Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any.</li> <li>● Suggestive digital platforms web links-</li> <li>● Parkhouse, Bonnie L., "The management of Sports – if foundation and application," Mosby publication, St. Louis (US), 1991</li> <li>● Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," MC Grow Hill publication, Now York (US) 2002</li> <li>● Horine, Larry," Administration of Physical Education and Sport programs. WM-C Brown Publishers Dubuque (US) 1991</li> <li>● Kotler,P and G Allen, L.A. (1988) Management &amp; Organization. Kogakusha Co. Tokyo.</li> <li>● Hert, Renis(1961) New Patterns of Management, McGraw Hill,.</li> <li>● Sandhu, K. Sports Dynamics: Psychology, Sociology and Management.</li> <li>● Sivia, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. DeenDayalUpadhyaya</li> <li>● Marg.2005), Marketing: An Introduction, New York: Prentice Hall.</li> </ul>		

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

**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.

**PRACTICAL ASSESSMENT (75 Marks)**

Practical – 50

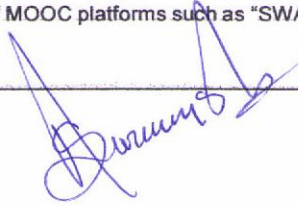
VIVA – 15

Record book charts etc - 10

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

**Suggested equivalent online courses:**

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





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

Programme/Class: <b>Diploma</b>	Year: <b>Second</b>	Semester: <b>Third</b>
Subject: <b>Physical Education -Theory</b>		
Course Code: <b>E020301T</b>	Course Title: <b>Anatomy and Exercise Physiology</b>	
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-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	<b><u>INTRODUCTION :</u></b> <ul style="list-style-type: none"> <li>• Meaning Definition and Importance of Anatomy and Physiology in the field of Physical Education &amp; Sports</li> <li>• Brief introduction of Cell, Tissue, Organ and system</li> </ul>	6
II	<b><u>SKELETAL SYSTEM:</u></b> <ul style="list-style-type: none"> <li>• Structural and functional classification of bones.</li> <li>• Types of joints and major movements around them.</li> </ul>	8
III	<b><u>CIRCULATORY SYSTEM:</u></b> <ul style="list-style-type: none"> <li>• Structure and function of human heart</li> <li>• Circulation of blood</li> <li>• Effects of exercise on circulatory system</li> </ul>	8
IV	<b><u>RESPIRATORY SYSTEM :</u></b> <ul style="list-style-type: none"> <li>• Effects of exercise on respiratory system</li> <li>• The effects of altitude on the respiratory system.</li> </ul>	8
V	<b><u>DIGESTIVE SYSTEM:</u></b> <ul style="list-style-type: none"> <li>• Structure and function of digestive system</li> <li>• Importance of Digestive system.</li> <li>• Effects of exercise on digestive system.</li> </ul>	8
VI	<b><u>GENERAL PHYSIOLOGICAL CONCEPTS :</u></b> <ul style="list-style-type: none"> <li>• Second Wind</li> <li>• Oxygen Debt</li> <li>• Fatigue</li> <li>• Blood Pressure</li> </ul>	7

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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. 4. 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 DawaonKa (New Delhi : Delhi University Press).
- Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA.
- Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).
- Koley, Shyamal (2007), Exercise Physiology — A Basic Approach (New Delhi: Friends Publications). 10. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
- Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India. 12. Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi.
- Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
- Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons. 15. William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin.
- Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill
- Livingstone
- गोपब, उष, मन्व शरीर रचन एवम् पठन, "सर्पोसपबलकेशन", नई दिल्ली, 2012

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

**Open for all**

**Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks)**

Written Test – 10 marks

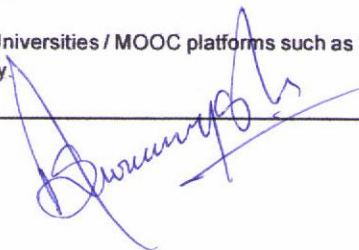
Assignment/ Research Based Project - 10 marks Attendance – 5 marks

Research Orientation of the student.

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

**Suggested equivalent online courses:**

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





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

Program/Class-Diploma	Year:Second	Semester: Third
Subject: <b>Physical Education- practical</b>		
Course Code:E020302P	Course Title: <b>Health and Physiology</b>	
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		
	<b>Topics</b>	<b>No. of hours</b>
	<b>Part-A</b>	
	<ul style="list-style-type: none"> <li>• Prepare an Model of any one system.</li> <li>• Measuring height, weight, waist circumference</li> </ul>	15
	<b>Part-B</b>	
	<p><b>Chose any one individual sports and games as per given Annexure-A with following activity:</b></p> <ul style="list-style-type: none"> <li>• History and development of selected game/sports</li> <li>• Lay out and measurement of selected game/sports</li> <li>• Rules and regulation of selected games/sports</li> </ul>	15
	<ul style="list-style-type: none"> <li>• Specific exercise for selected game/sports</li> <li>• Techniques and skills of selected game/sports</li> </ul>	
<p><b>Suggested Readings:</b></p> <ul style="list-style-type: none"> <li>• ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.</li> <li>• Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)</li> <li>• Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. 4. Flyod, P.A.,S.E. MimmsandC.Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.</li> <li>• Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health &amp; Wellness Club, New York, U.S.A.</li> <li>• Jain, J. (2004) Khel DawaonKa (New Delhi : Delhi University Press).</li> <li>• Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA.</li> <li>• Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).</li> <li>• Koley, Shyamal (2007), Exercise Physiology — A Basic Approach (New Delhi: Friends Publications). 10. Jain AK (2002). Anatomy &amp; Physiology for Nurses. Arya Publishers, Delhi.</li> <li>• Moried EN (2007). Essential of Human Anatomy &amp; Physiology. Ed. 8th Dorling Kindersley, India. 12. Prives M and Others (2004). Human Anatomy Vol. I &amp; II Paragon, Delhi.</li> <li>• Seeley &amp; Others (2008). Anatomy &amp; Physiology. McGraw Hill, Boston.</li> <li>• Tortora (2003). Principles of Anatomy &amp; Physiology, New York: John Willy &amp; Sons. 15. William CS (2000). Essentials of Human Anatomy &amp; Physiology, Benjamin.</li> <li>• Wilson and Waugh (1996). Anatomy &amp; Physiology in Health &amp; Illness. Churchill</li> <li>• Livingstone</li> <li>• गोपल, उष, मननव शरीर रचन एवम् शारीरिक प्रवृत्तय, "स्पोर्ट्स प्रवृत्तय", नई दिल्ली, 2012</li> <li>• जेसेवन, दलिलीप, सब स्य शरीर, "स्पोर्ट्स प्रवृत्तय", नई दिल्ली, 2013</li> </ul>		
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>		

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**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

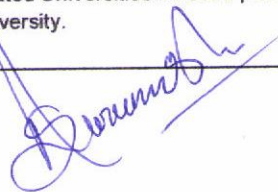
VIVA – 15

Record book charts etc – 10

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

**Suggested equivalent online courses:**

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





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

Program/Class: <b>Certificate</b>		Year: <b>Second</b>	Semester: <b>Fourth</b>
Subject: <b>Physical Education- Theory</b>			
Course Code: <b>E020401T</b>		Course Title: <b>Sports Psychology And Recreational Activities</b>	
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: <b>04</b>		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 Lectures	
<b>I</b>	<b><u>INTRODUCTION:</u></b> <ul style="list-style-type: none"> <li>• Meaning, Importance and scope of sports psychology</li> <li>• General characteristics of various stages of growth and development.</li> <li>• Psycho-sociological aspects of human behaviour in relation to physical education.</li> </ul>	6	
<b>II</b>	<b><u>LEARNING:</u></b> <ul style="list-style-type: none"> <li>• Nature of learning, theories of learning.</li> <li>• Meaning and definition of personality, characteristics of personality.</li> <li>• Nature of motivation, factors influencing motivation.</li> <li>• Motivational techniques and its impact on sports performance</li> </ul>	8	
<b>III</b>	<b><u>ANXIETY AND AGGRESSION:</u></b> <ul style="list-style-type: none"> <li>• Aggression and sports, meaning and nature of anxiety, kind of anxiety.</li> </ul> Anxiety, stress arousal and their effects on sports performance	8	
<b>IV</b>	<b><u>RECREATION :</u></b> <ul style="list-style-type: none"> <li>• Meaning and importance of recreation in physical education</li> <li>• Principles of recreation in physical education</li> </ul>	8	
<b>V</b>	<b><u>TRADITIONAL GAMES OF INDIA:</u></b> <ul style="list-style-type: none"> <li>• Meaning.</li> <li>• Types of Traditional Games-</li> <li>• Gilli- Danda, Kanche, Stapu, Gutte, etc.</li> <li>• Importance/ Benefits of Traditional Games.</li> </ul>	8	
<b>VI</b>	<b><u>INTRAMURALS:</u></b> <ul style="list-style-type: none"> <li>• Meaning.</li> <li>• Importance.</li> </ul> Conducting Extramural Competitions	7	

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**Suggested Readings:**

1. Alliance, A. (1999). Physical Best Activity Guide, New Delhi,
2. Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA.
3. Dheer, S. and Radhika. (1991). Organisation and Administration of Physical Edu., ND: Friends Pub.
4. Frost, R.B. and Others. (1992).

Administration of Physical Education and Athletics, Delhi: UniversalBook.

5. Gangwar, B.R. (1999). Organisation Admn. & Methods of Physical education, Jalandhar: A.P. Pub.
6. Gangwar, B.R. (1999). SharirikShikshaKaPrabandhPrashashanAvamVidhiya, Jalandhar: A.P. Pub.
7. Gupta R. Kumar P. & Sharma D.P. (1999). Lesson Plan in Physical Education & Sports. R.D.P. Publication. New Delhi.
8. Gupta R. Kumar P. & Sharma. D.P.S. (2004). SharirikShiksha Mein Path Yojna. SahyogPrakashan. New Delhi.
9. Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.
10. Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi.
11. Kamlesh ML (2005). SharirikShiksha Ki Vidiyan. Friends Publication. Delhi.
12. PandayLaxmikant (1996). SharirikShiksha Ki ShikshaPadati. Metropolitan Book. New Delhi.
13. Shaw D & Kaushik S (2001). Lesson Planning- Teaching Methods and Classman in Physical Education. K.S.K. Delhi.
13. न रांग, पप्रयंक, परम्परग रिकिीय खेल, " सपोहसपकलकेशन", नई दितली, 2007

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

**Open for all**

**Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks)**

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks Attendance – 5 marks

Research Orientation of the student.

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

**Suggested equivalent online courses:**

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



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

Program/Class: <b>Diploma</b>	Year: <b>Second</b>	Semester: <b>Fourth</b>
Subject: <b>Physical Education- Practical</b>		
Course Code: <b>E020402P</b>	Course Title: <b>SportsPsychology</b>	
Credits: <b>02</b>	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		
	<b>Part-A</b>	
	<ul style="list-style-type: none"> <li>• Make a Model/ Chart of any one Traditional games</li> <li>• Organize a recreational activity at college level and write a report on it.</li> </ul>	15
	<b>Part-B</b>	
	<p><b>Chose any one Team Games as per given Annexure-A with following activity:</b></p> <ul style="list-style-type: none"> <li>• History and development of selected game/sports</li> <li>• Lay out and measurement of selected game/sports</li> <li>• Rules and regulation of selected games/sports</li> <li>• Specific exercise for selected game/sports</li> </ul>	15
<p>Suggested Readings:</p> <p>1. Anand OP(2001) YogDwara Kaya kalp, SewasthSahityaprkashan, Kanpur 2.Martin, GL(2003) Sports Psychology-Practical Guidelines from Behaviour Analysis. Sports Press, Winnipeg, Canada</p>		
<p>This course can be opted as an elective by the students of following subjects: <b>Open for all</b></p>		
<p><b>Continuous Evaluation Methods (CIE) INTERNAL ASSEMENT (25 Marks)</b>                  Written Test – 10 marks                  Assignment/ Research Based Project - 10 marks Attendance – 5 marks                  Research Orientation of the student.  <b>PRACTICAL ASSESSMENT (75 Marks)</b>                  Practical – 50                  VIVA – 15                  Record book charts etc - 10</p>		
<p>Course prerequisites: <b>There is no any prerequisites only students physical and medically fit.</b></p>		
<p><b>Suggested equivalent online courses:</b></p> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>• RajarshiTandon open University.</li> </ul>		

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

Program/Class: <b>Certificate</b>	Year: <b>Third</b>	Semester: <b>Fifth</b>
Subject: <b>Physical Education-Theory</b>		
Course Code: <b>E020501T</b>	Course Title: <b>Athletic Injuries and Rehabilitation</b>	
Course outcomes: students can be able to understand Athletic Injuries and Athletic Care and Rehabilitation.		
Credits: <b>04</b>	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 Lectures
<b>I</b>	<b>Athletic Injuries and Rehabilitation.</b> i) Concept and Significance. ii) Factors causing Injuries. iii) Types of injuries iv) Rehabilitation after injuries.	6
<b>II</b>	<b>Common Sports Injuries</b> (Strain and Muscle and Ligament Sprain, Frozen Shoulder, Lower Back Strain, Tennis and Golfer's Elbow, Runner's Knee, Shin Pain, Blister, concussion, Abrasion, Laceration ,Hematoma ,Fracture, Dislocation)	8
<b>III</b>	<ul style="list-style-type: none"> <li>• <b>First aid</b> – meaning, definition.</li> <li>• Importance of First aid.</li> </ul> <b>Postural Deformities.</b> Types, Causes and respective corrective exercises of: <ul style="list-style-type: none"> <li>➤ Kyphosis.</li> <li>➤ Scoliosis.</li> <li>➤ Lordosis.</li> <li>➤ Knock Knees.</li> <li>➤ Bowlegs.</li> <li>➤ Flat Foot</li> </ul>	8
<b>IV</b>	<b>Rehabilitation-</b> <ul style="list-style-type: none"> <li>• <b>RICE-</b> Rest, Ice, Compression, Elevation.</li> <li>• <b>DRABC-</b> Danger, Response, Airways, Breathing, Circulation.</li> </ul> <b>Bandage-</b> <ul style="list-style-type: none"> <li>• Types of Bandages.</li> </ul>	8
<b>V</b>	<b>Physiotherapy-</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Importance of physiotherapy.</li> </ul> <b>Massage-</b> <ul style="list-style-type: none"> <li>• Meaning</li> </ul> Types and Importance.	8
<b>VI</b>	<b>Hydrotherapy-</b> <ul style="list-style-type: none"> <li>• Meaning and Methods.</li> </ul> Cryotherapy, Thermotherapy, Contrast bath, Whirlpool bath, Steam bath, Sauna bath, Hot Water Fomentation.	8



<b>VII</b>	<b>. Treatment modalities-</b> Electrotherapy, Infrared rays, Ultraviolet rays, short wave diathermy, ultra sound	7
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**RECOMMENDED READINGS**

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

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

**Open for all**

**Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks)**

Written Test – 10 marks

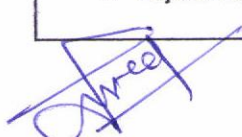
Assignment/ Research Based Project - 10 marks Attendance – 5 marks

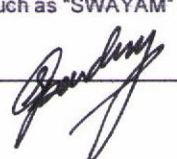
Research Orientation of the student.

Course prerequisites: **There is no any prerequisites only 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 II**

Program/Class: <b>Certificate</b>		Year: <b>Third</b>	Semester: <b>Fifth</b>
Subject: <b>Physical Education - Theory</b>			
Course Code: <b>E020502T</b>		Course Title: <b>Kinesiology and Biomechanics in Sports</b>	
Course outcomes: students can be able to understand various aspects of Kinesiology and Biomechanics in Sports and able to apply in sports activities.			
Credits: <b>04</b>		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 Lectures	
<b>I</b>	<b>INTRODUCTION:</b> <ul style="list-style-type: none"> <li>• Meaning, Definitions, Aims, Objective in kinesiology</li> <li>• Importance of Kinesiology for games and sports.</li> </ul>	6	
<b>II</b>	<ul style="list-style-type: none"> <li>• Kinesiological Fundamental Movements.</li> <li>• Center of Gravity.</li> </ul>	8	
	<ul style="list-style-type: none"> <li>• Line of Gravity.</li> </ul>		
<b>III</b>	<ul style="list-style-type: none"> <li>• Axis and Planes</li> <li>• Classification of joints and muscles</li> <li>• Types of muscles contraction.</li> </ul>	8	
<b>IV</b>	<b>Location &amp; Action of Muscles at Various Joints:</b> i) Upper extremity – shoulder girdle, shoulder joints, elbow joint. ii) Neck, trunk (Lumbar thoracic region). iii) Lower extremity – Hip joint, knee joint, ankle joint.	8	
<b>V</b>	<b>Biomechanical Concept:</b> <b>INTRODUCTION:</b> <ul style="list-style-type: none"> <li>• Newton’s Law of Motion</li> </ul> <b>Friction:</b> <ul style="list-style-type: none"> <li>• Meaning, Definitions and Types.</li> </ul>	8	
<b>VI</b>	<b>FORCE AND LEVERS:</b> <b>FORCE:</b> <ul style="list-style-type: none"> <li>• Meaning</li> <li>• Definitions</li> <li>• Types</li> </ul> <b>LEVERS:</b> <ul style="list-style-type: none"> <li>• Meaning</li> <li>• Definition</li> <li>• Uses of them in the Human body.</li> </ul>	8	

**RECOMMENDED READINGS**

1. Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA.
2. Blazeovich, A. (2007). Sports Biomechanics. A & C Black Publishers, USA.
3. Breer&Zarnicks (1979). Efficiency of human movement. WIB Sounders Co. USA.
4. Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA.
5. Hay (1993). The biomechanics of sports techniques. Prentice Hall Inc. New Jersey.
6. McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA.
7. Oatis, C.A. (2008). Kinesiology. 2nd Ed. Lippincott, Williams & Wilkins, USA.

आग से, रज रम सांजय, बयोमैकेनिक्स विषय कांसयोलॉजी, "स्पोर्ट्सपब्लिकेशन" नई दिल्ली, 2013

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.
- RajarshiTandon open University.



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

Program/Class: <b>Certificate</b>	Year: <b>Third</b>	Semester: <b>Fifth</b>
<b>Subject: Physical Education- Practical</b>		
Course Code: <b>E020503P</b>	Course Title: <b>Rehabilitation and sports</b>	
Credits: <b>02</b>	Elective	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Hours
	<b>Part-A</b>	
<b>I</b>	<ul style="list-style-type: none"> <li>• Practice for Bandaging.</li> <li>• Practice for massage techniques.</li> <li>• Demonstration of Therapeutic Exercise.</li> </ul>	15
	<b>Part-B</b>	
<b>II</b>	<p><b>Chose any one Individual Games as per given Annexure-A with following activity:</b></p> <ul style="list-style-type: none"> <li>• History and development of selected game/sports</li> <li>• Lay out and measurement of selected game/sports</li> <li>• Rules and regulation of selected games/sports</li> <li>• Specific exercise for selected game/sports</li> <li>• Techniques and skills of selected game/sports</li> </ul>	15
<p><b>Suggested Readings:</b></p> <ol style="list-style-type: none"> <li>1. ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.</li> <li>2. Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago, USA.</li> <li>3. Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.</li> <li>4. Fahey, T.D., M.P. Insel and W.T. Rath (2006), Fit &amp; Well: Core Concepts and Labs in Physical Fitness, Mgraw Hill, New York.</li> <li>5. Koley, Shymal(2007) Exercise Physiology – A basic Approach, friends publication New Delhi</li> <li>6. Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers). 7. Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA. 8. Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).</li> </ol>		
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>		
<p><b>Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks)</b></p> <p>Written Test – 10 marks            Assignment/ Research Based Project - 10 marks Attendance – 5 marks            Research Orientation of the student.</p> <p><b>PRACTICAL ASSESSMENT (75 Marks)</b></p> <p>Practical – 50            VIVA – 15            Record book charts etc - 10</p>		

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

**Suggested equivalent online courses:**

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



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

<b>Program/Class –Degree</b>	<b>Year: Third</b>	<b>Semester: Fifth</b>
<b>Subject Physical Education Project</b>		
<b>Course Code :E0205 04P</b>	<b>Course Title Research Project</b>	
<b>COURSE OUTCOMES:</b>		
<ul style="list-style-type: none"> <li>• Learn to Prepare Questionnaire.</li> <li>• Learn to write research report.</li> </ul>		
<b>Credits : 03</b>	<b>Compulsory</b>	
<b>Max: marks 25+75</b>	<b>Min Passing Marks:</b>	
<b>Unit</b>	<b>Topic</b>	<b>No. of Lectures</b>
<b>I</b>	<ul style="list-style-type: none"> <li>➤ Chose a topic from your theory syllabus and Prepare a Questionnaire with 20 Questions for your collage students.</li> <li>➤ Chose any one sports/ games for your syllabus and conduct an interview for your collage students</li> <li>➤ Student has to learn to prepare research report.</li> </ul>	<b>45</b>
<b>Suggested readings:</b> <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>		
This course can be opted as an elective by the students of following subjects: <b>only for physical education students</b>		
<b>Suggested Continuous Evaluation Methods:</b>		
<ul style="list-style-type: none"> <li>➤ Seminar/Assignment/ report.</li> <li>➤ Test</li> <li>➤ Research orientation of the student.</li> <li>➤ Quiz</li> <li>➤ Attendance</li> </ul>		



**Syllabus for B. A. Physical Education/ Semester VI/ PAPER I**

Program/Class: <b>Certificate</b>	Year: <b>Third</b>	Semester: <b>Sixth</b>
Subject: <b>Physical Education - Theory</b>		
Course Code: <b>E020601T</b>	Course Title: <b>Research methods</b>	
Course outcomes: students can be able to understand <b>Research methods</b> in Sports and Physical Education.		
Credits: <b>04</b>	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 Lectures
I	<b>INTRODUCTION:</b> <ul style="list-style-type: none"> <li>• Definition, Meaning of Research.</li> <li>• Need and Importance of Research in Physical Education and sports.</li> <li>• Scope of Research in Physical Education and sports.</li> </ul>	6
II	<b>Hypothesis:</b> <ul style="list-style-type: none"> <li>• Meaning of research Hypothesis.</li> </ul> <b>Meaning of Null Hypothesis.</b>	8
III	<b>Survey of Related Literature:</b> <ul style="list-style-type: none"> <li>• Literature sources.</li> <li>• Library Reading.</li> </ul> <b>Need for Surveying related literature.</b>	8
IV	<b>Survey Studies:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Meaning of Survey</li> <li><input type="checkbox"/> Tool of survey Research.</li> <li><input type="checkbox"/> Questionnaire</li> <li>• Interview</li> </ul>	8
V	<ul style="list-style-type: none"> <li>• Meaning of research Report.</li> </ul>	8

**RECOMMENDED READINGS**

- > Author's guide: Research Methods applied to Health Physical and Recreation, Washington, D.C. 1991.
- > Best John & Kahni, J.V. (1992). Research in Education, New Delhi. Prentice Hall of India (Pvt.) Ltd.
- > Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall.
- > Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc.
- > Garrett, H.E. (1981). Statistics in psychology and education. New York: VakilsFeffer 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  
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.
- RajarshiTandon open University.

*Amresh*

*Ramesh*

*Pradip*

**Syllabus for B. A. Physical Education/ Semester VI/ PAPER II**

Program/Class: <b>Degree</b>	Year: <b>Third</b>	Semester: <b>Sixth</b>
<b>Subject: Physical Education -Paper 2</b>		
Course Code: <b>E020602T</b>	Course Title: <b>Physical education for DIVYANG</b>	
Course outcomes: This subject will help the students to understand the needs of the disabled (DIVYANG) people and make them ready to tackle any situation which comes in front of them while dealing disabled people. This subject can also teach Inclusion in sports for		

adapted people.		
Credits: <b>04</b>		Elective
Max. Marks: 25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-2		
Unit	Topics	No. of Lectures
I	<b>INTRODUCTION:</b> <ul style="list-style-type: none"> <li>• Meaning and Definition.</li> <li>• Aims and Objective.</li> <li>• Need and Importance of Physical Education.</li> </ul>	6
II	<b>Physical Disabilities:</b> <ul style="list-style-type: none"> <li>• Causes.</li> <li>• Functional Limitations.</li> </ul>	8
III	<b>Mental Retardation:</b> <ul style="list-style-type: none"> <li>• Causes.</li> <li>• Characteristics.</li> <li>• Functional Limitations.</li> </ul>	8
IV	<b>Outdoor Activities:</b> <ul style="list-style-type: none"> <li>• Outdoor program for the disabled.</li> <li>• Rhythmic and Dance Activities.</li> </ul>	8
V	<ul style="list-style-type: none"> <li>• Aquatic Activity Program for disables.</li> </ul>	8
VI	<b>Rehabilitation:</b> <ul style="list-style-type: none"> <li>• Functional and Occupational rehabilitation.</li> <li>• Psychological Rehabilitation.</li> </ul>	8
VII	<b>Programs:</b> <ul style="list-style-type: none"> <li>• Personality Development Program for DIVYANG.</li> <li>• Social Welfare Program for Disabled.</li> </ul>	7
VIII	<b>Inclusion in sports for Adapted People:</b> <ul style="list-style-type: none"> <li>• Recreational sports/ games.</li> <li>• Competitive sports/ games.</li> </ul>	7
<b>RECOMMENDED READINGS</b> > 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. > Guttman, L. (1976) Textbook of Sport for the Disabled. Oxford: HM & M Publishers. > K, DePauw & S. Gavron, (2005). Disability and Sport. (2nd Ed) Illinois: Human Kinetics. > R, Metts. (2000). Disability Issues, Trends and Recommendations for the World Bank (Washington D.C.:World Bank,). > Oliver, M. (1990). The Politics of Disablement. Basingstoke: Macmillan. > 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:		
<b>Open for all</b>		



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.**

Commented [N1]:

**Syllabus for B. A. Physical Education/ Semester VI/ PAPER III**

Program/Class: <b>DEGREE</b>	Year: <b>Third</b>	Semester: <b>Sixth</b>
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*Three*

*[Signature]*

*[Signature]*

**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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*[Signature]*



Subject: **Physical Education- Practical**

Course  
Code: **E020603P**

Course Title: **Research and Sports**

Course outcomes:

Credits: 02

Elective

Max. Marks: 25+75

Min. Passing Marks: 10+25

*Ames*

*Sumit*

*Pradip*

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

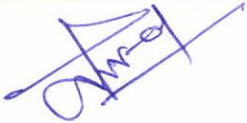
Unit	Topics	No. of Hours
	Part-A	

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<b>I</b>	<b>Learning the advanced skill of selected team games:</b> <ul style="list-style-type: none"><li>• History and development of selected game/sports</li><li>• Lay out and measurement of selected game/sports</li><li>• Rules and regulation of selected games/sports</li><li>• Specific exercise for selected game/sports</li></ul>	15
	<b>Part-B</b>	





II	<b>Paralympic Committee of India (PCI)</b> <ul style="list-style-type: none"><li>• History</li><li>• Aims and Objective.</li><li>• Learn about any one para-sports.</li><li>• Para-competition.</li></ul>	15
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~~Answer~~

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Suggested Readings:

21. ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
22. Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)
23. Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.
24. Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.



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

Suggested Continuous Evaluation Methods:

**INTERNAL ASSESMENT (25 Marks)**

Written Test – 10 marks Assignment - 10 marks Attendance – 5 marks

**PRACTICAL ASSESSMENT (75 Marks)**

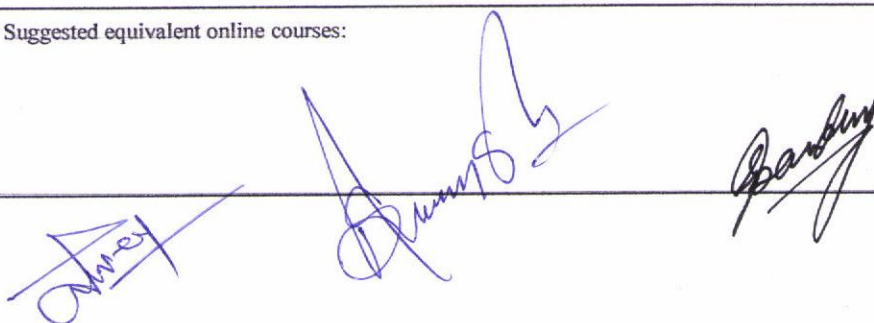
Practical – 50

VIVA – 15

Record book charts etc - 10

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

Suggested equivalent online courses:



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Further Suggestions:

**Suggested equivalent online courses:**

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



Program/Class: <b>DEGREE</b>	Year: <b>Third</b>	Semester: <b>Sixth</b>
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*Three*      *Sumit*      *Randey*

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.		
Credits: 03	Compulsory	
Max. Marks: 25+75	Min. Passing Marks:	
Unit	Topics	No. of Hours
1	<ul style="list-style-type: none"> <li>➤ To conduct a survey or interview of primary or secondary government school students for the interest towards physical education and sports programs.</li> <li>➤ Analyze the data and submit a detailed report and a presentation.</li> <li>➤ The student will work in groups in completing the project but will write the final paper individually</li> </ul>	45
<b>Suggested Readings:</b> Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>		
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>		
<b>Suggested Continuous Evaluation Methods:</b> <ul style="list-style-type: none"> <li>➤ Making a video of survey or interview and present it. (20 marks)</li> <li>➤ Attendance (5marks)</li> </ul>		
Course prerequisites: <b>There is no any prerequisites only students physical and medically fit.</b>		

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570 बसिने सुदुरेल  
सुदुरेल (BOS)