

Dr. Rammanohar Lohia Avadh University
Ayodhya (U. P.)



NEP-2020

B. A. Physical Education Syllabus

(1st, 2nd, 3rd, 4th, 5th, 6th, 7th, & 8th Semester)



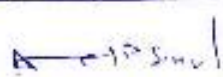
Dr. Rammanohar Lohia Avadh University, Ayodhya (U.P.)

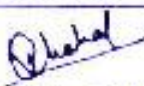
B. A. Physical Education Syllabus (NEP-2020)

(1st, 2nd, 3rd, 4th, 5th, 6th, 7th, & 8th Semester)

Semester-wise Paper titles of the papers in physical education

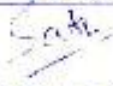
Year	Sem.	Paper no.	Course code	Paper title	Theory/ Practical	Credits
1	I	1	E020101T	Elementals of Physical Education	Theory	4
1	I	2	E020102P	Fitness and Yoga	Practical	2
1	II	1	E020201T	Spots organization and Management	Theory	4
1	II	2	E020202P	Sports Event and Track & Field	Practical	2
2	III	1	E020301T	Anatomy & Exercise Physiology	Theory	4
2	III	2	E020302P	Health And Physiology	Practical	2
2	IV	1	E020401T	Sports Psychology and Recreational Activities	Theory	4
2	IV	2	E020402P	Sports Psychology	Practical	2
3	V	1	E020501T	Athletic Injuries and Rehabilitation	Theory	4
3	V	2	E020502T	Kinesiology and Biomechanics in Sports	Theory	4
3	V	3	E020503P	Rehabilitation & Sports	Practical	2
3	V	4	E020504P	Research Project	Project	3
3	VI	1	E020601T	Research Methods	Theory	4
3	VI	2	E020602T	Physical Education for Divyang	Theory	4
3	VI	3	E020603P	Research and Sports	Practical	2
3	VI	4	E020604P	Research Project	Project	3
4	VII	1	E020701T	Yoga Education	Theory	4
4	VII	2	E020702T	Computer Applications in Physical Education	Theory	4
4	VII	3	E020703T	Artificial Intelligence	Theory	4
4	VII	4	E020704T	Measurement and Evaluation in Physical Education	Theory	4
4	VII	5	E020705P	Measurement and Evaluation in Physical Education	Practical	4
4	VII	6	E020706P	Research Project	Project	4
4	VIII	1	E020801T	Campus Event Management and Promotion	Theory	4
4	VIII	2	E020802T	Educational technology and Methods of teaching in Physical Education	Theory	4
4	VIII	3	E020803T	Sports Statistics	Theory	4
4	VIII	4	E020804T	Sports Training	Theory	4
4	VIII	5	E020805P	Sport Training	Practical	4
4	VIII	6	E020806P	Research Project	Project	4


Prof. Ashish Pratap Singh


Prof. Vijay Chahal

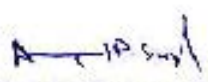
Prof. D.C. Lal


Prof. Santosh Kumar Gaur



Dr. Satish Chandra Srivastava

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.


Prof. Ashish Pratap Singh


Prof. Vijay Chahal


Prof. D.C. Lal


Prof. Santosh Kumar Gaur


Dr. Satish Chandra Srivastava

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

Program /Class: Certificate in Faculty		Year: First	Semester: First
Subject: Physical Education-Theory			
Course code: E020101T		Course Title: Elementals of Physical Education	
<p>Course Outcomes: Physical education is very wide concept and this subject teaches about introduction and Sociological concept of Physical Education and this also teaches about historical development of physical education in India and other countries. It introduces a general concept of good health and wellness. This program will also help a student to promote healthy way of living and they will also be able to make fitness and health plan.</p>			
Credits:4	Max. Marks:25+75	Min. Passing Marks:10+25	
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	TOPIC	NO. OF LECTURES	
I	<p>Ancient Wisdom in Physical Education, Sports and Yoga:</p> <ul style="list-style-type: none"> • Patanjali yoga sutra. • Gheranda Samhita <p>Introduction:</p> <ul style="list-style-type: none"> • Meaning, definition and concept of physical education • Scope, aim and objective of Physical education • Importance of Physical education in Modern era • Relationship of physical education with general education 	07	
II	<p>Sociological Foundation:</p> <ul style="list-style-type: none"> • Meaning, Definition and importance of sports Sociology • Culture and sports • Socialization and sports • Gender and sports 	07	
III	<p>History:</p> <ul style="list-style-type: none"> • History and development of Physical education in India: pre- and post-independence • History of physical education in ancient Greece, Rome and Germany • Eminent person of physical education, awards, schemes 	06	
IV	<p>Olympic Games, Asian Games and Commonwealth Games:</p> <ul style="list-style-type: none"> • Olympics Movement: Ancient Olympic, modern Olympic, Revival, aim, objectives, spirit, torch, flag, motto, opening and closing ceremonies • Asian Games • Commonwealth Games 	08	
V	<p>Health Education:</p> <ul style="list-style-type: none"> • Meaning, Definition and Dimensions of Health • Meaning, Definition objectives, Principals and importance of Health Education • Role of Different Agencies in Promoting Health (WHO, UNICEF) • Meaning of Balance Diet and Nutrition and its elements • Health and drugs 	08	
VI	<p>Wellness's Life Style</p> <ul style="list-style-type: none"> • Importance of wellness and life style 	08	

	<ul style="list-style-type: none"> • Role of Physical Activity Maintaining Healthy Life Style • Stress Management • Obesity and Weight Management • Prevention of Disease through Behavioral Modifications 	
VII	Fitness: <ul style="list-style-type: none"> • Meaning & Definition and types of fitness • Component of physical fitness • Factor affecting physical fitness • Development and maintenances of fitness 	08
VIII	Posture: <ul style="list-style-type: none"> • Meaning, Definition of Posture • Importance of Good Posture • Causes of Bad Posture • Postural Deformities (causes and remedial exercise). Fundamental Movements of Body Parts • Anatomical standing position 	08

Suggested readings:

- Barrow Harold M., "Man and Movements: Principles of Physical Education", 1978.
- Difiore, J. (1998). Complete Guide to Postnatal Fitness. London: A & C Black, Dynamics of Fitness Madison: W.C.B Brown.
- General Methods of Training by Hardayal Singh.
- Giam, C.K. & The, K.C. (1994). Sports Medicine, Exercise, and Fitness. Singapore: P.G. Medical Book.
- Kamlesh M.L., "Physical Education: Facts and Foundations", Faridabad: P.B. Publications.
- Krishana Murthy V. and Paramesara Ram, N. "Educational Dimensions of Physical Education", 2nd Revised edition, Print India, New Delhi 1990.
- पांडे, श्रीति. (2014). शारीरिक शिक्षा संकलन. कानपुर: खेल संस्कृति प्रकाशन।
- पटेल, श्री कृष्णा. (2014-15). शारीरिक शिक्षा. आगरा: अग्रवाल पब्लिशर।
- सिंह, अजमेर. (2006). शारीरिक शिक्षा और ओलंपिक अभियान. नई दिल्ली: कल्याण पब्लिशर।
- सिंह, होशियार. (2013). शारीरिक शिक्षा का इतिहास. नई दिल्ली: लक्ष्मी पब्लिकेशन।
- सिंह, बलजीत. (2008). शारीरिक शिक्षा के आधार. नई दिल्ली: भारत पब्लिकेशन।
- कमलेश, एम. एल. (2014). शारीरिक शिक्षा के मूलाधार. नई दिल्ली: भारत पब्लिकेशन।
- श्रीवास्तव, सतीश चंद्र. (2019). शारीरिक शिक्षा एवं इतिहास. लखनऊ: प्रांजल पब्लिकेशन।

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.
- Rajarshi Tandon open University


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

Program /Class: Certificate in Faculty	Year: First	Semester: First
Subject: Physical Education-Practical		
Course code: E020102P	Course Title: Fitness and Yoga	
<p>Course Outcomes: Yoga is 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.</p>		
Credits:2	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	TOPIC	NO. OF Hours
	Part-A	
I	<ul style="list-style-type: none"> • Learn and demonstrate the techniques of warm-up, general exercise and cooling down • Learn and demonstrate physical fitness through aerobic, circuit training and calisthenics. • Diet chart & measurement of BMI 	15
	Part-B	
II	<p>Introduction of Yoga:</p> <ul style="list-style-type: none"> • Historical aspect of yoga • Definition, types scopes & importance of yoga • Yoga relation with mental health and value education • Yoga relation with Physical Education and sports <p>Asanas:</p> <ul style="list-style-type: none"> • Definition of Asana, differences between asana and physical exercise • Suraya-namaskar, Bhujangasana, Naukasana, Halasana, Vajrasana, Padmasana, Shavasana, Makrasana, Dhanurasana, and Tadasana <p>Pranayama:</p> <ul style="list-style-type: none"> • Difference and classification of pranayama • Difference between pranayama and deep breathing • Anulom-Vilom 	15
<p>Suggested readings:</p> <ul style="list-style-type: none"> • ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, USA. • Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago, USA. • Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. • Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA 		
<p>This course can be opted as an elective by the students of following subjects: Open for all</p>		
<p>Continuous Evaluation Methods: (CIE)</p> <p>INTERNAL ASSESMENT (25 Marks)</p> <p>Written Test – 10 marks</p> <p>Assignment / Research Based Project - 10 marks</p> <p>Attendance – 5 marks</p>	<p>Research Orientation of the student.</p> <p>PRACTICAL ASSESSMENT (75 Marks)</p> <p>Practical – 50</p> <p>VIVA – 15</p> <p>Record book, and charts etc. - 10</p>	
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • IGNOU and Rajarshi Tandon open University. • Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. 		

A. K. Singh

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

Program /Class: Certificate in Faculty	Year: First	Semester: Second
Subject: Physical Education-Theory		
Course code: E020201T	Course Title: Sports Organization and Management	
Course Outcomes: This course is designed to give real time exposure to students in the area of organizing an event/sport. The students will also learn about store management, purchasing and budget making.		
Credits:4	Max. Marks:25+75	Min. Passing Marks:10+25
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	TOPIC	NO. OF LECTURES
I	<u>Introduction:</u> <ul style="list-style-type: none"> • Meaning, concept and definition of sports management • Nature and scope of sports management • Aims and objectives of sports management • Guiding principles of sports management 	07
II	<u>Event Management:</u> <ul style="list-style-type: none"> • Meaning and concept event planning and management of sports event • Role of sports event manager • Steps in event management: <ul style="list-style-type: none"> > Planning, > Executing > Evaluating 	08
III	<u>Budget:</u> <ul style="list-style-type: none"> • Meaning, Definition, Preparation, Principals of making Budget • Financial Management • Opportunities and Challenges • Basics of Sports Event Accounting 	07
IV	<u>The Budget Cycle and Budget Preparation Format:</u> <ul style="list-style-type: none"> • Preparing the Departmental Financial Plan and estimate • Expenditure management • Financial Reporting 	08
V	<u>Organization:</u> <ul style="list-style-type: none"> • Meaning and definition of Organization • Need and importance of Organization • Guiding principles of Organization • Structure and functions of S.A.I., University Sports Council and A.I.U. 	07
VI	<u>Supervision:</u> <ul style="list-style-type: none"> • Meaning and Definition • Principals of Supervision • Techniques of supervision in sports management • Methods of supervision. • Role of a coach / manager 	07
VII	<u>Facilities Equipment:</u> <ul style="list-style-type: none"> • Purchasing Equipment • Care and maintenance of Equipment 	08

	<ul style="list-style-type: none"> • Procedure to purchase sports goods and equipment • Stock entry • Storing and distribution • List of Consumable and Non- Consumable sports goods and equipment 	
VIII	Job Opportunities: <ul style="list-style-type: none"> • Job specification of sports manager in professional and state regulated sports bodies • Physical Educational professional, career avenues and professional preparation • Clients and Sponsorship 	08

Suggested readings:

- Bucher, C. A. & Krotee, M. L. (2002). Management of Physical Education and Sport. New York, NY: McGraw-Hill.
- Hertz, R. (1961). New Patterns of Management. New York, NY: McGraw-Hill.
- Horine, L. (1991). Administration of Physical Education and Sport Programs. Dubuque, IA: Wm. C. Brown Publishers.
- Kotler, P., & Allen, G. (1988). Management & Organization. Tokyo: Kogakusha Co.
- Parkhouse, B. L. (1991). The Management of Sports: Its Foundation and Application. St. Louis, MO: Mosby.
- Sandhu, K. Sports Dynamics: Psychology, Sociology, and Management.
- Sivia, G. S. (2005). Sports Management in Universities. New Delhi: Association of Indian Universities, Deen Dayal Upadhyaya Marg.
- Singh, P. K. (2010). Organization & Administration in Physical Education. New Delhi: Sports Publication Dariyaganj.
- सिंह, कुमार प्रवीण. (2010). शारीरिक शिक्षा का संगठन एवं प्रशासन. नई दिल्ली: स्पोर्ट्स पब्लिकेशन।
- शिंदे, बी. एस. (2022). शारीरिक शिक्षा में संगठन, प्रशासन एवं पर्यवेक्षण. नई दिल्ली: स्पोर्ट्स पब्लिकेशन।

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.


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

Program /Class: Certificate in Faculty		Year: First	Semester: Second
Subject: Physical Education-Practical			
Course code: E020202P		Course Title: Sports Event and Track & Field	
Course Outcomes: Yoga is very helpful in prevention of many diseases and students will learn about it. This subject deals with basic knowledge about Aerobics and Gymnasium classes which will help students to excel in the fitness industry.			
Credits:2		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	TOPIC		NO. OF Hours
	Part-A		
I	<ul style="list-style-type: none"> • To make a plan for organizing an event • To organize an Interclass Competition of any games with in the wall (Campus) • To prepare a budget plane for interclass competition with in the wall (Campus) • Make a Sample Time Table for college • Prepare the list of Consumable and Non- Consumable items • Prepare a Biodata/ Vita/ curriculum vitae 		15
	Part-B		
II	Track & Field: <ul style="list-style-type: none"> • History • Measurements • Marking • Rules • Officials • Regulatory Governing Bodies • Tournaments- National and International • World and National Records 		15
Suggested readings: <ul style="list-style-type: none"> • Bucher, C. A., & Krotee, M. L. (2002). Management of Physical Education and Sport. New York, NY: McGraw-Hill. • Hert, R. (1961). New Patterns of Management. New York, NY: McGraw-Hill. • Horine, L. (1991). Administration of Physical Education and Sport Programs. Dubuque, IA: Wm. C. Brown Publishers. • Kotler, P., & Allen, G. (1988). Management & Organization. Tokyo: Kogakusha Co • Parkhouse, B. L. (1991). The Management of Sports: Its Foundation and Application. St. Louis, MO: Mosby. • Sandhu, K. Sports Dynamics: Psychology, Sociology, and Management. • Sivia, G. S. (1991). Sports Management in Universities. New Delhi: Association of Indian Universities. (2005). Marketing: An Introduction. New York, NY: Prentice Hall. 			
This course can be opted as an elective by the students of following subjects: Open for all			
Continuous Evaluation Methods: (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment / Research Based Project - 10 marks Attendance – 5 marks		Research Orientation of the student. PRACTICAL ASSESMENT (75 Marks) Practical – 50 VIVA – 15 Record book, and charts etc. - 10	
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU and Rajarshi Tandon open University. • Other centrally/state operated Universities / MOOC platforms such as 'SWAYAM' in India and Abroad. 			
Course prerequisites: There is no any prerequisites only students physical and medically fit			

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

Program /Class: Diploma in Faculty		Year: Second	Semester: Third
Subject: Physical Education-Theory			
Course code: E020301T		Course Title: Anatomy and Exercise Physiology	
Course Outcomes: The students can be able to understand human structure and function as well as effects of exercise on various human body systems.			
Credits: 4	Elective	Max. Marks: 25+75	Min. Passing Marks: 10+25
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	TOPIC	NO. OF LECTURES	
I	<u>Introduction:</u> <ul style="list-style-type: none"> • Meaning Definition and Importance of Anatomy and Physiology in the field of Physical Education & Sports • Brief introduction of Cell, Tissue, Organ and system 	06	
II	<u>Skeletal system:</u> <ul style="list-style-type: none"> • Structural and functional classification of bones • Types of joints and major movements around them 	08	
III	<u>Circulatory system:</u> <ul style="list-style-type: none"> • Structure and function of human heart • Circulation of blood • Effects of exercise on circulatory system 	08	
IV	<u>Respiratory system:</u> <ul style="list-style-type: none"> • Structure and function of respiratory system • Effects of exercise on respiratory system • The effects of altitude on the respiratory system 	08	
V	<u>Digestive system:</u> <ul style="list-style-type: none"> • Structure and function of digestive system • Importance of Digestive system • Mechanism of Digestive System • Effects of exercise on digestive system 	08	
VI	<u>Nervous system:</u> <ul style="list-style-type: none"> • Introduction • Main organ of Nervous System • Functional Classification of Nervous System • Reflex Action 	08	
VII	<u>Endocrine system and blood:</u> <ul style="list-style-type: none"> • Composition and function of blood • Meaning of Endocrine System • Meaning of glands • Endocrine Glands their Locations and Functions 	07	
VIII	<u>General physiological concepts:</u> <ul style="list-style-type: none"> • Vital Capacity-VC • Second Wind • Oxygen Debt • Fatigue • Types of Fatigue • Blood Pressure 	07	

Suggested readings:

- American College of Sports Medicine. (2001). ACSM's Guidelines for Exercise Testing and Prescription. New York, NY: Author.
- Anspaugh, D. J., Ezell, G., & Goodman, K. N. (2006). Teaching Today's Health. Chicago, IL: Mosby.
- Donatelle, R. J., & Ketcham, P. (2007). Access to Health. Boston, MA: Benjamin Cummings.
- Floyd, P. A., Mimms, S. E., & Yelding, C. (2003). Personal Health: Perspectives and Lifestyles. Belmont, CA: Thomson Wadsworth.
- Goldberg, L., & Elliot, D. L. (2000). The Healing Power of Exercise. New York, NY: National Health & Wellness Club.
- गोपाल, उषा. (2012). मानव शरीर रचना एवं क्रिया विज्ञान. नई दिल्ली, भारत: स्पोर्ट्स पब्लिकेशन.
- Jain, A. K. (2002). Anatomy & Physiology for Nurses. Delhi, India: Arya Publishers.
- Jain, J. (2004). खेल दवाओं का. New Delhi, India: Delhi University Press.
- Koley, S. (2007). Exercise Physiology — A Basic Approach. New Delhi, India: Friends Publications.
- Moried, E. N. (2007). Essentials of Human Anatomy & Physiology (8th ed.). India: Dorling Kindersley.
- Proves, M., & Others. (2004). Human Anatomy Vol. I & II. Delhi, India: Paragon.
- Robbins, G., Powers, D., & Burgess, S. (2002). A Wellness Way of Life. New York, NY: McGraw-Hill.
- Schindler, J. A. (2003). How to Live 365 Days a Year. Boston, MA: Running Press.
- Seeley, & Others. (2008). Anatomy & Physiology. Boston, MA: McGraw-Hill.
- Tortora. (2003). Principles of Anatomy & Physiology. New York, NY: John Wiley & Sons.
- William, C. S. (2000). Essentials of Human Anatomy & Physiology. Benjamin.
- Wilson, & Waugh. (1996). Anatomy & Physiology in Health & Illness. Churchill Livingstone.

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

• Open for all**Continuous Evaluation Methods: (CIE)****INTERNAL ASSESMENT (25 Marks)**

Written Test – 10 marks

Assignment / Research Based Project - 10 marks

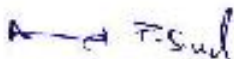
Attendance – 5 marks

Research Orientation of the student.


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

Suggested equivalent online courses:

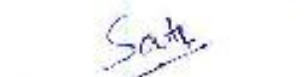
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SYLLABUS FOR B. A. PHYSICAL EDUCATION / SEMESTER III / PAPER II

Program /Class: Diploma in Faculty		Year: Second	Semester: Third
Subject: Physical Education-Practical			
Course code: E020302P		Course Title: Health and Physiology	
Course Outcomes:			
Credits:2		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	TOPIC		NO. OF Hours
	Part-A		
I	<ul style="list-style-type: none"> • Draw and label any two-body system. • Prepare a Model of any one System. • Measuring height, weight, waist circumference and hip circumference, calculation of BMI (Body Mass Index) and waist-Hip ratio. • Learn to Measure Blood Pressure by Sphygmomanometer. 		15
	Part-B		
II	<p>Chose any one individual sports and games as per given Annexure-A with following activity:</p> <ul style="list-style-type: none"> • History and development of selected game/sports • Lay out and measurement of selected game/sports • Rules and regulation of selected games/sports • Specific exercise for selected game/sports • Techniques and skills of selected game/sports 		15
Suggested readings:			
<ul style="list-style-type: none"> • American College of Sports Medicine. (2001). <i>ACSM's Guidelines for Exercise Testing and Prescription</i>. New York, NY: Author. • Anspaugh, D. J., Ezell, G., & Goodman, K. N. (2006). <i>Teaching Today's Health</i>. Chicago, IL: Mosby. • Donatelle, R. J., & Ketchum, P. (2007). <i>Access to Health</i>. Boston, MA: Benjamin Cummings. • Floyd, P. A., Minns, S. E., & Yelding, C. (2003). <i>Personal Health: Perspectives and Lifestyles</i>. Belmont, CA: Thomson Wadsworth. • Goldberg, L., & Elliot, D. L. (2000). <i>The Healing Power of Exercise</i>. New York, NY: National Health & Wellness Club. • गोपाल, उ. (2012). <i>मानव शरीर रचना एवं क्रिया विज्ञान</i>. नई दिल्ली: स्पोर्ट्स पब्लिकेशन. • Jain, A. K. (2002). <i>Anatomy & Physiology for Nurses</i>. Delhi, India: Arya Publishers. • Jain, J. (2004). <i>Khet dawao ka</i>. नई दिल्ली: Delhi University Press • जेसवाल, दिलीप. (2013). <i>स्वास्थ्य शिक्षा</i> नई दिल्ली: स्पोर्ट्स पब्लिकेशन. • Koley, S. (2007). <i>Exercise Physiology — A Basic Approach</i>. New Delhi: Friends Publications. • Moried, E. N. (2007). <i>Essentials of Human Anatomy & Physiology</i> (8th ed.). India: Dorling Kindersley. • Prives, M., & Others. (2004). <i>Human Anatomy Vol. I & II</i>. Delhi, India: Paragon. • Robbins, G., Powers, D., & Burgess, S. (2002). <i>A Wellness Way of Life</i>. New York, NY: McGraw Hill. • Schindler, J. A. (2003). <i>How to Live 365 Days a Year</i>. Boston, MA: Running Press. • Seeley, & Others. (2008). <i>Anatomy & Physiology</i>. Boston, MA: McGraw Hill. • Tortora. (2003). <i>Principles of Anatomy & Physiology</i>. New York, NY: John Wiley & Sons. • William, C. S. (2000). <i>Essentials of Human Anatomy & Physiology</i>. Benjamin. • Wilson, & Waugh. (1996) <i>Anatomy & Physiology in Health & Illness</i>. Churchill Livingstone. 			
This course can be opted as an elective by the students of following subjects: Open for all			
Course prerequisites: There is no any prerequisites only students physical and medically fit.			
Continuous Evaluation Methods: (CIE)		Research Orientation of the student	
INTERNAL ASSESSMENT (25 Marks)		PRACTICAL ASSESSMENT (75 Marks)	
Written Test – 10 marks		Practical – 50	
Assignment / Research Based Project - 10 marks		VIVA – 15	
Attendance – 5 marks		Record book, and charts etc. - 10	
Suggested equivalent online courses:			
<ul style="list-style-type: none"> • IGNOU and Rajarshi Tandon open University. • Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. 			

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

Program /Class: Diploma in Faculty	Year: Second	Semester Fourth
Subject: Physical Education-Theory		
Course code: E020401T	Course Title: Sports Psychology and Recreational Activities	
Course Outcomes: The students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.		
Credits:4	Elective	Max. Marks:25+75
Min. Passing Marks:10+25		
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	TOPIC	NO. OF LECTURES
I	Introduction: <ul style="list-style-type: none"> • Meaning, Importance and scope of sports psychology • General characteristics of various stages of growth and development • Psycho-sociological aspects of human behavior in relation to physical education 	6
II	Learning: <ul style="list-style-type: none"> • Nature of learning, theories of learning • Law of learning, plateau in learning, transfer of learning • Meaning and definition of personality, characteristics of personality • Dimensions of personality, personality and sports performance 	8
III	Motivation: <ul style="list-style-type: none"> • Nature of motivation, factors influencing motivation • Motivational techniques and its impact on sports performance • Mental preparation strategies: attention, focus, self-talk, relaxation and imaginary 	8
IV	Anxiety and aggression: <ul style="list-style-type: none"> • Aggression and sports, meaning and nature of anxiety, kind of anxiety • Meaning and nature of stress, types of stress • Anxiety, stress arousal and their effects on sports performance • Concept of incentives and achievements 	8
V	Play: <ul style="list-style-type: none"> • Meaning of Play • Definition of play • Various Theories of play • Significance of Theories of play in Physical Education and Sports • Significance of play for a Child 	8
VI	Recreation: <ul style="list-style-type: none"> • Meaning and importance of recreation in physical education • Principles of recreation in physical education • Areas, classification and ways of recreation • Use of leisure time activities and their educational values 	8
VII	Traditional games of India: <ul style="list-style-type: none"> • Meaning and Types of Traditional Games • Importance/ Benefits of Traditional Games 	7

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<ul style="list-style-type: none"> • How to Design Traditional Games • Development of Personalities by the help of Traditional Games 	
VIII Intramurals: <ul style="list-style-type: none"> • Meaning • Importance • Conducting Extramural Competitions 	7
Suggested readings: <ul style="list-style-type: none"> • Alliance, A. (1999). <i>Physical Best Activity Guide</i>. New Delhi: Author. • Capel, S., et al. (Eds.). (2006). <i>A Practical Guide to Teaching Physical Education</i>. USA: Routledge. • Dheer, S., & Radhika. (1991). <i>Organization and Administration of Physical Edu.</i> New Delhi: Friends Pub. • Frost, R. B., & Others. (1992). <i>Administration of Physical Education and Athletics</i>. Delhi: Universal Book. • Gangwar, B. R. (1999). <i>Organisation Admn. & Methods of Physical Education</i>. Jalandhar: A.P. Pub. • Gangwar, B. R. (1999). <i>Sharirik Shiksha Ka Prabandh Prashashan Avam Vidhiya</i>. Jalandhar: A.P. Pub. • Gupta, R., Kumar, P., & Sharma, D. P. (1999). <i>Lesson Plan in Physical Education & Sports</i>. New Delhi: R.D.P. Publication. • Gupta, R., Kumar, P., & Sharma, D.P.S. (2004). <i>Sharirik Shiksha Mein Path Yojna</i>. New Delhi: Sahyog Prakashan. • Gupta, R., Kumar, P., & Tyagi, S. (2008). <i>Textbook on Teaching Skill & Prowess. Part I & II</i>. New Delhi: Friends Publication. • Kamlesh, M. L. (2005). <i>Methods in Physical Education</i>. Delhi: Friends Publication. • Kamlesh, M. L. (2005). <i>Sharirik Shiksha Ki Vidiyan</i>. Delhi: Friends Publication. • Panday, Laxmikant. (1996). <i>Sharririk Shiksha Ki Shiksha Padati</i>. New Delhi: Metropolitan Book. • Shaw, D., & Kaushik, S. (2001). <i>Lesson Planning- Teaching Methods and Classman in Physical Education</i>. Delhi: K.S.K. • नरसिंग, प्रियंका. (2007). <i>परम्परागत भारतीय खेल नई दिल्ली: स्पोर्ट्स पब्लिकेशन</i>. 	
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: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. • Rajarshi Tandon open University. 	


Prof. Ashish Pratap Singh


Prof. Vijay Chahal


Prof. D.C. Lal


Prof. Santosh Kumar Gaur


Dr. Satish Chandra Srivastava

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

Program /Class: Diploma in Faculty		Year: Second	Semester: Fourth
Subject: Physical Education-Practical			
Course code: E020402P		Course Title: Sports Psychology	
Course Outcomes: Students will learn to innovate and analyze traditional games, organize recreational activities, and gain in-depth knowledge of a chosen team game, including its history, rules, and techniques.			
Credits:2		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	TOPIC		NO. OF Hours
	Part-A		
I	<ul style="list-style-type: none"> • Make a Model/ Chart of any one Traditional game. • Organize a recreational activity at college level and write a report on it. • Design a Traditional/ Recreational games with new ideas. 		15
	Part-B		
II	Chose any one Team Games as per given Annexure- A with following activity: <ul style="list-style-type: none"> • History and development of selected game/sports. • Lay out and measurement of selected game/sports. • Rules and regulation of selected games/sports. • Specific exercise for selected game/sports. • Techniques and skills of selected game/sports. 		15
Suggested readings:			
<ul style="list-style-type: none"> • Anand, O. P. (2001). <i>Yog Dwara Kaya Kalp</i>. Kanpur: Sewasth Sahitya Prakashan. • Martin, G. L. (2003). <i>Sports Psychology: Practical Guidelines from Behavior Analysis</i>. Winnipeg, Canada: Sports Press. 			
This course can be opted as an elective by the students of following subjects: Open for all			
Course prerequisites: There is no any prerequisites only students physical and medically fit.			
Continuous Evaluation Methods: (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment / Research Based Project - 10 marks Attendance – 5 marks		Research Orientation of the student. PRACTICAL ASSESMENT (75 Marks) Practical – 50 VIVA – 15 Record book, and charts etc. - 10	
Suggested equivalent online courses:			
<ul style="list-style-type: none"> • IGNOU and Rajarshi Tandon open University. • Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. 			

A. P. S. S. I.

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

Program /Class: Bachelor in Faculty (Degree)		Year: Third	Semester: Fifth
Subject: Physical Education-Theory			
Course code: E020501T		Course Title: Athletic Injuries and Rehabilitation	
Course Outcomes: Students will gain knowledge on prevention, first aid, and rehabilitation of athletic injuries, understand postural deformities and their corrections, and explore physiotherapy, hydrotherapy, and therapeutic exercises, including yoga, for effective injury management and muscle strengthening.			
Credits:4	Elective	Max. Marks:25+75	Min. Passing Marks:10+25
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	TOPIC	NO. OF LECTURES	
I	<u>Athletic Injuries and Athletic Care:</u> <ul style="list-style-type: none"> • Concept and Significance • Factors causing Injuries • General Principles of Prevention of Injuries 	6	
II	<u>Common Sports Injuries:</u> <ul style="list-style-type: none"> • Muscle Strain and Ligament Sprain, Frozen Shoulder, Lower Back Strain • Tennis and Golfer's Elbow, Runner's Knee, Shin Pain • Blister, Concussion, Abrasion, Laceration, Hematoma • Fracture and Dislocation 	8	
III	<u>First aid:</u> <ul style="list-style-type: none"> • Meaning, definition and Importance of First aid. <u>Postural Deformities:</u> Types, Causes and respective corrective exercises of: <ul style="list-style-type: none"> ➤ Kyphosis. ➤ Scoliosis. ➤ Lordosis. ➤ Knock Knees. ➤ Bowlegs. ➤ Flat Foot <u>Disorders due to Improper Posture:</u> <ul style="list-style-type: none"> • Back Pain, Neck Pain and their preventive Exercises. 	8	
IV	<u>Rehabilitation:</u> <ul style="list-style-type: none"> • RICE- Rest, Ice, Compression, and Elevation • DRABC- Danger, Response, Airways, Breathing, and Circulation <u>Bandage:</u> <ul style="list-style-type: none"> • Types of Bandages • Taping and supports 	8	

V	<p>Physiotherapy:</p> <ul style="list-style-type: none"> • Definition • Guiding principles of physiotherapy • Importance of physiotherapy <p>Massage:</p> <ul style="list-style-type: none"> • Meaning • Types and Importance 	8
VI	<p>Hydrotherapy:</p> <ul style="list-style-type: none"> • Meaning and Methods • Cryotherapy, Thermotherapy, Contrast bath, Whirlpool bath, Steam bath, Sauna bath, and Hot Water Fomentation 	8
VII	<p>Treatment modalities:</p> <ul style="list-style-type: none"> • Electrotherapy, Infrared rays, Ultraviolet rays, short wave diathermy, and Ultra sound 	7
VIII	<p>Therapeutic Exercise:</p> <ul style="list-style-type: none"> • Meaning and Definition. • Importance • Muscle Strengthening through Active and Passive Exercise • Therapeutic value with Yoga asanas for rehabilitation and strengthening of the muscles 	7

Suggested readings:

- American College of Sports Medicine. (2001). ACSM's Guidelines for Exercise Testing and Prescription. New York, NY: Author.
- Anspaugh, D. J., Ezell, G., & Goodman, K. N. (2006). Teaching Today's Health. Chicago, IL: Mosby Publishers.
- Beotra, A. (2001-02). Drug Education Handbook on Drug Abuse in Sports. Mumbai: Applied Nutrition Sciences.
- Donatelle, R. J., & Ketcham, P. (2007). Access to Health. Boston, MA: Benjamin Cummings.
- Fahey, T. D., Insel, M. P., & Rath, W. T. (2008). Fit & Well: Core Concepts and Labs in Physical Fitness. New York, NY: McGraw-Hill.
- Flyod, P. A., Mimms, S. E., & Yelding, C. (2003). Personal Health: Perspectives and Lifestyles. Belmont, CA: Thomson Wadsworth.
- Hoeger, W. K., & Hoeger, S. A. (2004). Principles and Labs for Fitness and Wellness. California, USA: Thomson Wadsworth.
- Jain, J. (2004). *Khel Dawaon Ka*. New Delhi: Delhi University Press.
- Kumari, S., Rana, A., & Kaushik, S. (2008). Fitness, Aerobics and Gym Operations. New Delhi: Khel Sahitya.
- Pande, P. K. (1987). Outline of Sports Medicine. New Delhi: Jaypee Brothers.
- Roy, S., & Richard, I. (1983). Sports Medicine. Boston, MA: Benjamin Cummings.
- Schindler, J. A. (2003). How to Live 365 Days a Year. Boston, MA: Running Press.

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 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.


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

Program /Class Bachelor in Faculty (Degree)	Year: Third	Semester: Fifth
Subject: Physical Education-Theory		
Course code: E020502T	Course Title: Kinesiology and Biomechanics in Sports	
<p>Course Outcomes: Students will delve into kinesiology, learning about the fundamentals of movement, center and line of gravity, and the biomechanics including Newton's laws of motion. They'll study the location and action of muscles across various joints and explore biomechanical concepts, force, levers, kinematics, and kinetics to apply these principles to sports activities, enhancing their understanding of human motion and its application to athletic performance.</p>		
Credits:4	Elective	Max. Marks:25+75
Min. Passing Marks:10+25		
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	TOPIC	NO. OF LECTURES
I	Kinesiology: Introduction: <ul style="list-style-type: none"> • Meaning, Definitions, Aims and Objective • Importance of Kinesiology for games and sports 	6
II	<ul style="list-style-type: none"> • Kinesiological Fundamental Movements • Center of Gravity • Line of Gravity 	8
III	<ul style="list-style-type: none"> • Axis and Planes • Classification of joints and Muscles • Types of muscles contraction 	8
IV	Location & Action of Muscles at Various Joints: <ul style="list-style-type: none"> • Upper extremity – shoulder girdle, shoulder joints, and elbow joint • Neck, and trunk (Lumbar thoracic region) • Lower extremity – Hip joint, knee joint, and ankle joint 	8
V	Biomechanical Concept: <ul style="list-style-type: none"> • Introduction • Newton's Law of Motion Friction: <ul style="list-style-type: none"> • Meaning, Definitions and Types 	8
VI	Force and Levers: Force: <ul style="list-style-type: none"> • Meaning • Definitions • Types • Application to sports activities Levers: <ul style="list-style-type: none"> • Meaning • Definition • Uses of them in the Human body 	8

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VII	Kinematics: <ul style="list-style-type: none"> • Meaning of Kinematics • Types: Linear and Angular • Speed: Velocity, Acceleration, Distance, and Displacement 	7
VIII	Kinetics: <ul style="list-style-type: none"> • Meaning of Kinetics • Types: Linear and Angular • Mass, Weight, Force, Momentum and Pressure 	7
Suggested readings: <ul style="list-style-type: none"> • Bartlett, R. (2007). Introduction to Sports Biomechanics. USA: Routledge • Blazeovich, A. (2007). Sports Biomechanics. USA: A & C Black Publishers. • Breer, & Zarricks. (1979). Efficiency of Human Movement. USA: W.B. Saunders Co. • Hamill, J., & Knutzen, K. M. (2003). Biomechanical Basis of Human Movement. USA: Lippincott Williams & Wilkins. • Hay, J. G. (1993). The Biomechanics of Sports Techniques. New Jersey: Prentice Hall Inc. • McGinnis, P. (2004). Biomechanics of Sports & Exercise. USA: Human Kinetics. • Oatis, C. A. (2008). Kinesiology (2nd ed.). USA: Lippincott Williams & Wilkins. • आगासे, राजाराम. (2013). बायोमैकेनिक्स तथा किनेसिओलोजी. नई दिल्ली: स्पोर्ट्स पब्लिकेशन. 		
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: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. • Rajarshi Tandon open University. 		


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Dr. Satish Chandra Srivastava

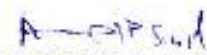
SYLLABUS FOR B. A. PHYSICAL EDUCATION / SEMESTER V / PAPER III

Program /Class: Bachelor in Faculty (Degree)		Year: Third	Semester: Fifth
Subject: Physical Education-Practical			
Course code: E020503P		Course Title: Rehabilitation and Sports	
Course Outcomes: Students will develop practical skills in bandaging and massage techniques, conduct therapeutic exercises, and gain hands-on experience through a visit to a physiotherapy lab, including a report on the visit. Additionally, they will choose an individual game to study its history, layout, rules, specific exercises, and techniques, deepening their understanding and capability in sports science and therapy.			
Credits:2		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	TOPIC	NO. OF Hours	
	Part-A		
I	<ul style="list-style-type: none"> • Practice for Bandaging • Practice for massage techniques • Demonstration of Therapeutic Exercise • A visit to Physiotherapy lab • Write a Brief Report on the visit of the lab 	15	
	Part-B		
II	<p>Chose any one Individual Games as per given Annexure-A with following activity:</p> <ul style="list-style-type: none"> • History and development of selected game/sports • Lay out and measurement of selected game/sports • Rules and regulation of selected games/sports • Specific exercise for selected game/sports • Techniques and skills of selected game/sports 	15	
Suggested readings:			
<ul style="list-style-type: none"> • American College of Sports Medicine. (2001). <i>ACSM's Guidelines for Exercise Testing and Prescription</i>. New York, NY: Author. • Anspaugh, D. J., Ezell, G., & Goodman, K. N. (2006). <i>Teaching Today's Health</i>. Chicago, IL: Mosby Publishers. • Donatelle, R. J. & Ketcham, P. (2007). <i>Access to Health</i>. Boston, MA: Benjamin Cummings. • Fahey, T. D., Insel, M. P., & Rath, W. T. (2006). <i>Fit & Well: Core Concepts and Labs in Physical Fitness</i>. New York, NY: McGraw Hill. (Corrected from "Mgrew Hill") • Koley, S. (2007). <i>Exercise Physiology – A Basic Approach</i>. New Delhi: Friends Publications. (Corrected "Shymlat" to "S. Koley" and "Approch" to "Approach"; also capitalized "Friends Publications") • Pande, P. K. (1987). <i>Outline of Sports Medicine</i>. New Delhi: Jaypee Brothers. • Roy, S., & Richard, I. (1983). <i>Sports Medicine</i>. Boston, MA: Benjamin Cummings. • Schindler, J. A. (2003). <i>How to Live 365 Days a Year</i>. Boston, MA: Running Press. 			
This course can be opted as an elective by the students of following subjects: Open for all			
Course prerequisites: There is no any prerequisites only students physical and medically fit.			
Continuous Evaluation Methods: (CIE) INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment / Research Based Project – 10marks Attendance – 5 marks		Research Orientation of the student. PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book, and charts etc. - 10	
Suggested equivalent online courses:			
<ul style="list-style-type: none"> • IGNOU and Rajarshi Tandon open University. • Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. 			

A.P.P.S.

SYLLABUS FOR B. A. PHYSICAL EDUCATION / SEMESTER V / Research Project / PAPER IV

Program /Class: Bachelor in Faculty (Degree)		Year: Third	Semester: Fifth
Subject: Physical Education Project			
Course code: E020504P		Course Title: Research Project	
Course Outcomes: <ul style="list-style-type: none"> • Learn to Prepare Questionnaire. • Learn to write research report. 			
Credits: 03		Compulsory	
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	TOPIC		No. of Lecture
	Part-A		
1	<ul style="list-style-type: none"> ➤ Chose a topic from your theory syllabus and Prepare a Questionnaire with 20 Questions for your college students. ➤ Chose any one sports/ games for your syllabus and conduct an interview for your college students. ➤ Student has to learn to prepare research report. 		45
Suggested readings: http://heecontent.upsdc.gov.in/Home.aspx			
This course can be opted as an elective by the students of following subjects: only for physical education students			
Suggested Continuous Evaluation Method: <ul style="list-style-type: none"> ➤ Seminar/Assignment/ report. ➤ Test ➤ Research orientation of the student. ➤ Quiz ➤ Attendance 			


Prof. Ashish Pratap Singh


Prof. Vijay Chahal


Prof. D.C. Lal


Prof. Santosh Kumar Gaur


Dr. Satish Chandra Srivastava

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

Program /Class: Bachelor in Faculty (Degree)		Year: Third	Semester: Sixth
Subject: Physical Education-Theory			
Course code: E020601T		Course Title: Research Method	
Course Outcomes: By studying this paper, students will gain critical research skills, enabling them to conduct independent studies, analyze data, and apply research findings to improve practices in physical education and sports. This knowledge base will prepare them for academic and professional careers, enhancing their ability to evaluate, innovate, and contribute to the advancement of their field.			
Credits:4	Elective	Max. Marks:25+75	Min. Passing Marks:10+25
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	TOPIC		NO. OF LECTURES
I	<u>Introduction:</u> <ul style="list-style-type: none"> • Definition, and Meaning of Research • Need and Importance of Research in Physical Education and sports • Scope of Research in Physical Education and sports 		6
II	<u>Type of research</u> <ul style="list-style-type: none"> • Basic Research • Applied Research • Action Research 		8
III	<u>Research Problem:</u> <ul style="list-style-type: none"> • Meaning of the term • Formation of Research problem • Limitation and Delimitation • Location and Criteria of Selection of Problem 		8
IV	<u>Hypothesis:</u> <ul style="list-style-type: none"> • Meaning of research Hypothesis • Meaning of Null Hypothesis • Importance of research and Null hypothesis 		8
V	<u>Review of Related Literature:</u> <ul style="list-style-type: none"> • Literature sources • Library Reading • Need for Surveying related literature 		8
VI	<u>Survey Studies:</u> <ul style="list-style-type: none"> • Meaning of Survey • Tool of survey Research • Questionnaire • Interview 		8
VII	<u>Questionnaire and Interview:</u> <ul style="list-style-type: none"> • Meaning of Questionnaire and Interview • Construction and development of Questions • Procedure of conducting Interview 		7
VIII	<u>Research Report:</u> <ul style="list-style-type: none"> • Meaning of Research Report • Qualities of a good research report 		7

A. K. S. S. S.

Suggested readings:

- Author's guide (1981). *Research Methods Applied to Health, Physical Education, and Recreation*. Washington, D.C.: Author.
- Best, J., & Kahn, J. V. (1992). *Research in Education*. New Delhi: Prentice Hall of India Pvt. Ltd.
- Best, J. W. (1963). *Research in Education*. U.S.A.: Prentice Hall.
- Clark, H. H., & Clark, D. H. (1975). *Research Process in Physical Education*. Englewood Cliffs, New Jersey: Prentice Hall, Inc.
- Garrett, H. E. (1981). *Statistics in Psychology and Education*. New York: Vakils, Feffer, and Simons Ltd.
- Koul, L. (2002). *Methodology of Educational Research*. New Delhi: Vikas Publishing House.
- Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). *Introduction to Research: A Guide for the Health Science Professional*. London: J. B. Lippincott Company.
- Thomas, J. R., & Nelson, J. K. (2005). *Research Method in Physical Activity*. Champaign, IL: Human Kinetics Books.
- Thomas, J. R., Nelson, J. K., & Silverman, S. J. (2011). *Research Method in Physical Activity*. Champaign, IL: Human Kinetics Books.
- Verma, J. P. (2000). *A Textbook on Sports Statistics*. Gwalior: Venus Publication.

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

• Open for all**Continuous Evaluation Methods: (CIE)****INTERNAL ASSESMENT (25 Marks)**

Written Test – 10 marks

Assignment / Research Based Project - 10 marks

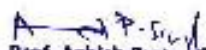
Attendance – 5 marks

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.


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

Program /Class: Bachelor in Faculty (Degree)		Year: Third	Semester: Sixth
Subject: Physical Education-Theory			
Course code: E020602T		Course Title: Physical Education for DIVYANG	
<p>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.</p>			
Credits:4	Elective	Max. Marks:25+75	Min. Passing Marks:10+25
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	TOPIC	NO. OF LECTURES	
I	<u>Introduction:</u> <ul style="list-style-type: none"> • Meaning and Definition • Aims and Objective • Need and Importance of Physical Education • Historical Review 	6	
II	<u>Physical Disabilities:</u> <ul style="list-style-type: none"> • Causes • Functional Limitations • Characteristics 	8	
III	<u>Mental Retardation:</u> <ul style="list-style-type: none"> • Causes • Characteristics • Functional Limitations 	8	
IV	<u>Outdoor Activities:</u> <ul style="list-style-type: none"> • Outdoor program for the disabled • Rhythmic and Dance Activities 	8	
V	<u>Aquatic Activity Program for disables</u>	8	
VI	<u>Rehabilitation:</u> <ul style="list-style-type: none"> • Functional and Occupational rehabilitation • Psychological Rehabilitation 	8	
VII	<u>Programs:</u> <ul style="list-style-type: none"> • Personality Development Program for DIVYANG • Social Welfare Program for Disabled 	7	
VIII	<u>Inclusion in sports for Adapted People:</u> <ul style="list-style-type: none"> • Recreational sports/ games • Competitive sports/ games 	7	
<p>Suggested readings:</p> <ul style="list-style-type: none"> • Blauwet, C. (2007). Promoting the Health and Human Rights of Individuals with a Disability through the Paralympic Movement. In ICSSPE, at 21. (Blauwet-Promoting the Health). • Barton, L. (1993). Disability, empowerment and physical education. In J. Evans (Ed.), Equality, Education and Physical Education. London: The Falmer Press. • Guttmann, L. (1976). Textbook of Sport for the Disabled. Oxford: HM & M Publishers. • DePauw, K. & Gavron, S. (2005). Disability and Sport (2nd ed.). Illinois: Human Kinetics. 			

- Metts, R. (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:

• **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.


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

Program /Class: Bachelor in Faculty (Degree)		Year: Third	Semester: Sixth
Subject: Physical Education-Practical			
Course code: E020603P		Course Title: Research and sports	
Course Outcomes: This Practical paper equips students with advanced skills in team sports and an understanding of para-sports, enhancing their athletic abilities and fostering inclusivity in sports. It prepares them for various roles in the sports industry, promoting diversity and competitive excellence			
Credits:2		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	TOPIC	NO. OF Hours	
	Part-A		
I	Learning the advanced skill of selected team games: <ul style="list-style-type: none"> • History and development of selected game/sports • Lay out and measurement of selected game/sports • Rules and regulation of selected games/sports • Specific exercise for selected game/sports • Techniques and skills of selected game/sports 	15	
	Part-B		
II	Paralympic Committee of India (PCI): <ul style="list-style-type: none"> • History • Aims and Objective. • Learn about any one para-sports. • Para-competition. 	15	
Suggested readings:			
<ul style="list-style-type: none"> • American College of Sports Medicine. (2001) <i>ACSM's Guidelines for Exercise Testing and Prescription</i>. New York, NY: Author. • Anspaugh, D. J., Ezell, G., & Goodman, K. N. (2006). <i>Teaching Today's Health</i>. Chicago, IL: Mosby Publishers. • Donatelle, R. J., & Ketcham, P. (2007). <i>Access to Health</i>. Boston, MA: Benjamin Cummings. • Floyd, P. A., Mimms, S. E., & Yelding C. (2003). <i>Personal Health: Perspectives and Lifestyles</i>. Belmont, CA: Thomson Wadsworth. 			
This course can be opted as an elective by the students of following subjects: Open for all			
Course prerequisites: There is no any prerequisites only students physical and medically fit.			
Continuous Evaluation Methods: (CIE)		Research Orientation of the student.	
INTERNAL ASSESMENT (25 Marks)		PRACTICAL ASSESMENT (75 Marks)	
Written Test – 10 marks		Practical – 50	
Assignment / Research Based Project - 10 marks		VIVA – 15	
Attendance – 5 marks		Record book, and charts etc. - 10	
Suggested equivalent online courses:			
<ul style="list-style-type: none"> • IGNOU and Rajarshi Tandon open University. • Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. 			

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

Program /Class: Bachelor in Faculty (Degree)		Year: Third	Semester: Sixth
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:10+25	
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-3			
Unit	TOPIC	NO. OF Hours	
I	<ul style="list-style-type: none"> ➤ To conduct a survey or interview of primary or secondary government school students for the interest towards physical education and sports programs. ➤ Analyze the data and submit a detailed report and a presentation. ➤ The student will work in groups in completing the project but will write the final paper individually. 	45	
Suggested readings: Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx			
This course can be opted as an elective by the students of following subjects. only for physical education students.			
Course prerequisites: There is no any prerequisites only students physical and medically fit.			
Continuous Evaluation Methods: (CIE)			
<ul style="list-style-type: none"> ➤ Making a video of survey or interview and present it. (20 marks) ➤ Attendance (5 marks) 			


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Prof. Vijay Chahal


Prof. D.C. Lal


Prof. Santosh Kumar Gaur


Dr. Satish Chandra Srivastava

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

Program /Class Bachelor in (Research) Faculty	Year: Fourth	Semester: Seventh
Subject: Physical Education-Theory		
Course code: E020701T	Course Title: Yoga Education	
<p>Course Outcomes: Through this paper, students will gain a comprehensive understanding of Yoga, enhancing their physical, mental, and emotional well-being. The knowledge of various Yoga practices, including Asanas and Pranayama, will improve their athletic performance, stress management, and overall health. The insights into yogic philosophy will also foster personal growth and resilience, valuable for both sports and life challenges.</p>		
Credits:4	Elective	Max. Marks:25+75
Min. Passing Marks:10+25		
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	TOPIC	NO. OF LECTURES
I	<p><u>Introduction:</u></p> <ul style="list-style-type: none"> • Meaning and Definition of Yoga • Aims and Objective of Yoga • Need and Importance of Yoga in Physical Education and Sports 	6
II	<p><u>Foundation of Yoga:</u> The Ashtanga Yoga:</p> <ul style="list-style-type: none"> • Yama • Niyama • Asana • Pranayama • Pratyahara • Dharana • Dhyana and • Samadhi 	10
III	<p><u>Asanas:</u></p> <ul style="list-style-type: none"> • Meaning • Classification of asanas with special reference to physical education and sports • Influences of relaxation and meditative posture on various system of the body • Effect of Asanas on various system of the body 	12
IV	<p><u>Pranayama:</u></p> <ul style="list-style-type: none"> • Meaning • Objective of Pranayama, • Types of Pranayama • Physiological Values of Pranayama 	10
V	<p><u>Shuddhi Kiryas Bandhas and mudras:</u></p> <ul style="list-style-type: none"> • Difference between yogic practices and physical exercises • Types of Bandhas and mudras • Type of kriyas 	12

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VI	Yoga in the Bhagavad-Gita: <ul style="list-style-type: none"> • Karma Yoga • Raja Yoga • Gyan Yoga • Bhakti Yoga 	10
Suggested readings: <ul style="list-style-type: none"> • Brown, F. Y (2000). <i>How to use yoga</i>. Delhi: Sports Publication. • Gharote, M. L. & Ganguly, H. (1988). <i>Teaching methods for yogic practices</i>. Lonavala: Kaivalyadhama. • Rajjan, S. M. (1985). <i>Yoga strengthening of relaxation for sportsmen</i>. New Delhi: Allied Publishers. • Shankar, G. (1998). <i>Holistic approach of yoga</i>. New Delhi: Aditya Publishers. • Shekar, K. C. (2003). <i>Yoga for health</i>. Delhi: Khel Sahitya Kendra. • Singh, A. & et al. (2018). <i>Physical Education & Olympic Movement</i>. New Delhi: Kalyani Publication 		
This course can be opted as an elective by the students of following subjects:		
• Open for all		
Continuous Evaluation Methods: (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 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: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. • Rajarshi Tandon open University. 		


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Prof. Vijay Chahal


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Dr. Satish Chandra Srivastava

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

Program /Class: Bachelor in (Research) Faculty	Year: Fourth	Semester: Seventh
Subject: Physical Education-Theory		
Course code: E020702T	Course Title: Computer applications in physical education	
Course Outcomes: This paper equips students with digital literacy skills for effective information management and presentation in physical education and sports, enhancing their analysis, planning, and employability in modern professional environments.		
Credits:4	Elective	Max. Marks:25+75
Min. Passing Marks:10+25		
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	TOPIC	NO. OF LECTURES
I	<u>Introduction to Computer:</u> <ul style="list-style-type: none"> • Meaning • Need and importance of information and communication technology (ICT) • Application of Computers in Physical Education 	10
II	<u>MS Word:</u> <ul style="list-style-type: none"> • Introduction to MS Word • Creating, saving and opening a document • Formatting, editing features, and drawing table • Page setup, and paragraph alignment • Spelling and grammar check, printing option, inserting page number, and footnote 	10
III	<u>MS Excel:</u> <ul style="list-style-type: none"> • Introduction to MS Excel • Creating, saving and opening spreadsheet creating formulas • Format and editing features adjusting columns width and row height • Understanding charts. 	10
IV	<u>MS PowerPoint:</u> <ul style="list-style-type: none"> • Introduction to MS Power Point • Creating, saving and opening a ppt. file • Format and editing features slide show, design, inserting slide number, picture, graph, and table • Preparation of Power point presentations 	10
V	<u>Components of computer</u> <ul style="list-style-type: none"> • Input device • Output device 	10
VI	<u>Software</u> <ul style="list-style-type: none"> • Meaning • Application software used in Physical Education and sports 	10
Suggested readings:		
• Ittegov, D. (2004). <i>Operating system fundamentals</i> . Firewall Media		

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- Marilyn, M. & Roberta, B. (n.d.). *Computers in your future* (2nd ed.). India: Prentice Hall
- Milke, M. (2007). *Absolute beginner's guide to computer basics*. Pearson Education Asia
- Sinha, P. K., & Sinha, P. (n.d.). *Computer fundamentals* (4th ed.). BPB Publication.

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

• **Open for all**

Continuous Evaluation Methods: (CIE)

INTERNAL ASSESMENT (25 Marks)

Written Test – 10 marks

Assignment / Research Based Project - 10 marks

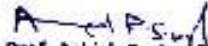
Attendance – 5 marks

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


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Prof. Vijay Chahal


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Prof. Santosh Kumar Gaur


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SYLLABUS FOR B. A. PHYSICAL EDUCATION / SEMESTER VII / PAPER III

Program /Class: Bachelor in (Research) Faculty		Year: Fourth	Semester: Seventh
Subject: Physical Education-Theory			
Course code: E020703T		Course Title: Artificial Intelligence	
Course Outcomes: This course equips students with AI knowledge and skills, preparing them for innovative roles in sports, healthcare, and technology. They'll learn to apply AI for athletic enhancement, injury management, and ethical data use, positioning them for success in rapidly evolving tech-driven industries.			
Credits:4	Elective	Max. Marks:25+75	Min. Passing Marks:10+25
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P. 4-0-0			
Unit	TOPIC	NO. OF LECTURES	
I	Introduction to Artificial Intelligence: <ul style="list-style-type: none"> • Meaning, Definitions, Concept and history of AI • Overview of AI, machine learning (ML), and deep learning (DL) • Key concepts and terminologies in AI • E-Sports 	10	
II	Core Technologies: <ul style="list-style-type: none"> • AI applications in sports and physical education • Wearables and health monitors • Virtual reality and gamification in PE 	15	
III	Applications of AI: <ul style="list-style-type: none"> • Role of AI in Sports • AI in healthcare, education, and entertainment • Autonomous robotics • AI in Personalized training programs 	10	
IV	Data Ethics and Privacy: <ul style="list-style-type: none"> • Ethical considerations in AI development • Privacy and data security 	10	
V	The Future of AI: <ul style="list-style-type: none"> • Emerging trends in AI and wearable technology • The role of AI development of smart facilities and equipment in Sports • The role of AI in diagnosing sports injuries and guiding rehabilitation • Advantages and Disadvantages of AI 	15	
Suggested readings:			
<ul style="list-style-type: none"> • Miah, A. (2017). <i>Sport 2.0: Transforming Sports for a Digital World</i>. MIT Press. • Sharda, R., Delen, D., & Turban, E. (Eds.). (2020). <i>Artificial Intelligence in Sports: Predicting and Enhancing Performance</i>. Springer. • Tong, R. (Ed.). (2018). <i>Wearable Technology in Medicine and Health Care</i>. Academic Press. 			
This course can be opted as an elective by the students of following subjects:			
• Open for all			
Continuous Evaluation Methods: (CIE)			
INTERNAL ASSESMENT (25 Marks)			
Written Test – 10 marks			
Assignment / Research Based Project - 10 marks			
Attendance – 5 marks			
Course prerequisites: There is no any prerequisites only students physical and medically fit.			
Suggested equivalent online courses:			
<ul style="list-style-type: none"> • IGNOU and Rajarshi Tandon open University. • Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad 			

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

Program /Class: Bachelor in (Research) Faculty		Year: Fourth	Semester: Seventh
Subject: Physical Education-Theory			
Course code: E020704T		Course Title: Measurement and Evaluation in Physical Education	
Course Outcomes: Students will gain expertise in assessing physical fitness and sports skills, utilizing measurement tools and understanding socio-psychological aspects, enhancing their ability to improve athletic performance and physical education practices.			
Credits:4	Elective	Max. Marks:25+75	Min. Passing Marks:10+25
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	TOPIC		NO. OF LECTURES
I	<u>Introduction to Test & Measurement & Evaluation:</u> <ul style="list-style-type: none"> • Meaning of Test & Measurement & Evaluation in Physical Education • Need & Importance of Test & Measurement & Evaluation in Physical Education • Principles of Evaluation 		10
II	<u>Criteria; Classification and Administration of test:</u> <ul style="list-style-type: none"> • Criteria of good Test • Criteria of tests and scientific authenticity (reliability, objectivity, validity and availability of norms) • Type and classification of Test • Administration of test, advance preparation - Duties during testing - Duties after testing. 		10
III	<u>Physical Fitness Tests:</u> <ul style="list-style-type: none"> • S.A.I. Khelo India Fitness Test • AAHPERD youth fitness test • National physical Fitness Test • JCR test • Harvard Step Test 		10
IV	<u>Sports Skill Tests:</u> <ul style="list-style-type: none"> • SAI Table Tennis test (Fore Hand Push and Back Hand Push) • McDonald soccer test • SAI Badminton test (Run with the Shuttle Cork Test) • SAI Kabaddi test (Attacking Skill-Touching with Toe) 		10
V	<u>Tools for Measurements:</u> <ul style="list-style-type: none"> • Spirometer • Dynamometer • Treadmill • Skinfold caliper • Stethoscope 		10
VI	<u>Socio-psychological Measure:</u> <ul style="list-style-type: none"> • Self-confidence measures • Personality Inventory • Leadership Behavior • Self-Concept Measure 		10

Suggested readings:

- Barrow, H. M., & McGeer R. (1989). *A practical approach to measurement in physical education* (Indian Edition). New Delhi: Prentice Hall of India.
- Bangsbo, J. (1994). *Fitness training in football: A scientific approach*. Bagsvaerd, Denmark: Author.
- Barron, H. M., & McHee R. (1997). *A practical approach to measurement in physical education*. Philadelphia PA: Lea and Febiger.
- Dandekar, W. N. (1986). *Physical fitness: A guide for test and measurement*. Pune: K. K. Publications
- Kansal, D. K. (1996). *Test and measurement in sports and physical education*. New Delhi: D.V.S. Publications
- Kamlesh, M. L. (1990). *Test and measurement in sports and physical education*. New Delhi: D.V.S. Publications
- Mathews, D. K. (1973). *Measurement in physical education*. Philadelphia, PA: W.B. Saunders Company
- Mathur, S. (2008). *Evaluation in physical education and sports*. Meerut: Sports Publication.
- Pheasant, S. (1996). *Body space: Anthropometry, ergonomics, and the design of work*. New York, NY: Taylor & Francis
- Singh, A. J. (2002). *Comprehensive test and measurement in physical education*. Ludhiana: Kalyani Publishers.

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:

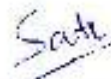
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Prof. Vijay Chahal


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Dr. Satish Chandra Srivastava

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


Program /Class: Bachelor in (Research) Faculty		Year: Fourth	Semester: Seventh
Subject: Physical Education-Practical			
Course code: E020705P		Course Title: Measurement and Evaluation in Physical Education	
Course Outcomes: Through this practical paper, students will master the skills to accurately assess physical fitness and health indicators, using a range of instruments. This knowledge is crucial for designing effective fitness programs, monitoring athletic progress, and understanding health risks, thereby enhancing their capabilities in fitness training, sports science, and health promotion.			
Credits:4		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	TOPIC	No. of Hours	
	Part-A		
I	<ul style="list-style-type: none"> Measurement of Physical Fitness of college students using various tests. Assessments of body mass index. 	30	
	Part-B		
II	<ul style="list-style-type: none"> Learn to use various instruments for measuring physiological & health related physical fitness components. Like lungs capacity, Mechanical force, or power, cardiovascular endurance, fat percentage (body composition), and blood pressure etc. 	30	
Suggested readings:			
<ul style="list-style-type: none"> Bangsbo, J. (1994). <i>Fitness training in football: A scientific approach</i>. Bagsvaerd, Denmark. Barron, H. M., & McHee, R. (1997). <i>A practical approach to measurement in physical education</i>. Philadelphia: Lea and Febiger. Chaurasiya, S., & Singh, P. K. (2014). <i>Method in physical education, statistics, test & measurement</i>. New Delhi: Axis Books Pvt. Ltd. Kansal, D. K. (1996). <i>Test and measurement in sports and physical education</i>. New Delhi: D.V.S. Publications. Mathews, D. K. (1973). <i>Measurement in physical education</i>. Philadelphia: W.B. Saunders Company. (Note: Corrected "Sounders Company" to "Saunders Company") Pheasant, S. (1996). <i>Body space: Anthropometry, ergonomics, and design of work</i>. New York: Taylor & Francis. 			
This course can be opted as an elective by the students of following subjects: Open for all			
Course prerequisites: There is no any prerequisites only students physical and medically fit.			
Continuous Evaluation Methods: (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment / Research Based Project - 10 marks Attendance – 5 marks		Research Orientation of the student. PRACTICAL ASSESMENT (75 Marks) Practical – 50 VIVA – 15 Record book, and charts etc. - 10	
Suggested equivalent online courses:			
<ul style="list-style-type: none"> IGNOU and Rajarshi Tandon open University Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. 			

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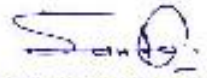
SYLLABUS FOR B. A. PHYSICAL EDUCATION / SEMESTER VII / Research Project / PAPER VI

Program /Class Bachelor in (Research) Faculty		Year: Fourth	Semester: Seventh
Subject: Physical Education Project			
Course code: E020706P		Course Title: Research Project	
Course Outcomes: These research project topics offer opportunities to engage in meaningful research related to physical education and sports, fostering critical thinking skills and deeper understanding of assessment practices in the field.			
Credits:04		Compulsory	
Max. Marks:25+75		Min. Passing Marks:10+25	
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4			
Unit	TOPIC		No. of Lecture
	Part-A		
I	<ul style="list-style-type: none"> • Favourite Physical Activities Survey: Conduct a survey to determine the most popular physical activities among graduate students in your college or community. • Feedback Preferences in Physical Education: Survey graduate students to understand their preferences for feedback during physical education classes • Interview graduate students to gather their perceptions of the benefits of participating in physical education classes and extracurricular sports activities. • Compare the results of different fitness tests (e.g., sit-ups, push-ups, flexibility tests) to assess which one's graduate students find the most challenging or enjoyable. 		60
Suggested readings: Go through the different resources from internet.			
This course can be opted as an elective by the students of following subjects: only for physical education students			
Continuous Evaluation Method:			
<ul style="list-style-type: none"> > Making a video of survey or interview and present it. (20 marks) > Attendance (5 marks) 			


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

Program /Class: Bachelor in (Research) Faculty		Year: Fourth	Semester: Eight
Subject: Physical Education-Theory			
Course code: E020801T		Course Title: Campus Event Management and Promotion	
<p>Course Outcomes: Campus event management and promotion is designed to empower students to organize and execute engaging and fun events within their campus and college community. Through hands-on experiences and theoretical knowledge, students will learn the principles and skills necessary to plan, promote, and host a variety of joyful activities that foster community spirit and enhance campus life.</p>			
Credits:4	Elective	Max. Marks:25+75	Min. Passing Marks:10+25
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	TOPIC		NO. OF LECTURES
I	<u>Introduction to Campus Event Planning:</u> <ul style="list-style-type: none"> • Understanding the importance of joyful activities in campus life • Exploring different types of events and activities • Identifying resources and support available for organizing campus events 		10
II	<u>Event Ideation and Concept Development:</u> <ul style="list-style-type: none"> • Brainstorming creative event ideas and concepts • Assessing audience preferences and interests • Developing event themes and objectives • Creating event proposals and plans 		10
III	<u>Event operation and Management:</u> <ul style="list-style-type: none"> • Budgeting and resource allocation for events • Securing event venues and facilities on campus • Managing event timelines and schedules • Coordination with teachers, performers, and volunteers 		10
IV	<u>Promoting Campus Events:</u> <ul style="list-style-type: none"> • Marketing and promotional strategies for campus activities • Utilizing social media, posters, and flyers to promote events • Developing partnerships with campus organizations and sponsors 		10
V	<u>Event Execution and Evaluation:</u> <ul style="list-style-type: none"> • Setting up event logistics and decorations • Facilitating participant engagement and enjoyment • Conducting post-event evaluations and feedback collection 		10
VI	<u>Sustainability and Continuity of Campus Activities:</u> <ul style="list-style-type: none"> • Assessing the impact and success of campus events • Strategies for sustaining interest and participation in activities • Developing plans for future events and ongoing programming 		10
<p>Suggested readings:</p> <ul style="list-style-type: none"> • Goldblatt, J. J. (2016). <i>Special Events: Creating and Sustaining a New World for Celebration</i>. John Wiley & Sons. • रावत, आर. आर. (2020). <i>छात्रों के लिए आयोजन प्रबंधन (Event Management for Students)</i>. संजय प्रकाशन. 			

- Schwarz, F. C. & Shonk, D. I. (2017) *Event Management Blueprint: Creating and Managing Successful Sports Events*. Human Kinetics.
- Yeoman, J., Robertson, M., & McMahon-Beattie, U. (2018) *Event Planning and Management: A Practical Handbook*. Routledge.
- रावत, जम. अर. (2020). *छात्रों के लिए आयोजन प्रबंधन (Event Management for Students)*. सत्य प्रकाशन.

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

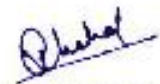
Research Orientation of the student.

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.


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

Program /Class: Bachelor in (Research) Faculty	Year Fourth	Semester: Eight
Subject: Physical Education-Theory		
Course code: E020802T	Course Title: Educational technology and methods of teaching in physical education	
<p>Course Outcomes: Students will benefit by learning diverse teaching methods, techniques, and the use of educational aids, preparing them to create engaging and effective learning environments. This knowledge enables them to tailor teaching strategies to diverse learners, enhancing educational outcomes and innovation in teaching practices.</p>		
Credits:4	Elective	Max. Marks:25+75
Min. Passing Marks:10+25		
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	TOPIC	NO. OF LECTURES
I	<p><u>Education Technology:</u></p> <ul style="list-style-type: none"> • Meaning and Definitions • Types of Education- Formal, Informal and Non- Formal education • Educative Process • Importance of Devices and Methods of Teaching. 	6
II	<p><u>Teaching Technique:</u></p> <p>Teaching Technique</p> <ul style="list-style-type: none"> • Lecture method • Command method • Demonstration method • Imitation method and • Project method 	10
III	<p><u>Teaching Methods:</u></p> <p>Methods of Practice</p> <ul style="list-style-type: none"> • Whole method • Part Method • Whole-part whole method and • Progressive part method 	10
IV	<p><u>Presentation Technique:</u></p> <ul style="list-style-type: none"> • Personal and technical preparation <p>Command- Meaning, Types and its uses in different situations</p>	10
V	<p><u>Teaching Aids:</u></p> <ul style="list-style-type: none"> • Meaning, Importance and its criteria for selecting teaching aids • Audio aids, Visual aids, Audio-visual aids, Verbal, Chalk board, Charts, Model, Slide projector, and Motion picture • Team Teaching Meaning, Principles and advantage of team teaching • Difference between Teaching Methods and Teaching Aid 	12
VI	<p><u>Lesson Planning and Teaching Innovations:</u></p> <ul style="list-style-type: none"> • Lesson Planning - Meaning, Type and principles of lesson plan 	12

- General and specific lesson plan
- Micro Teaching - Meaning, Types and steps of micro teaching

Suggested readings:

- Bhardwaj, A. (2003) *New media of educational planning*. New Delhi: Sarup & Sons.
- Bhatia, & Bhatia. (1959) *The principles and methods of teaching*. New Delhi: Doaba House.
- Kochar, S. K. (1962). *Methods and techniques of teaching*. New Delhi: Sterling Publishers Pvt. Ltd.
- Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). *Introduction to educational technology*. New Delhi: Sterling Publishers Pvt. Ltd.
- Walla, J. S. (1999). *Principles and methods of education*. Jullandhar: Paul Publishers.

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.


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SYLLABUS FOR B. A. PHYSICAL EDUCATION / SEMESTER VIII / PAPER III

Program /Class: Bachelor in (Research) Faculty		Year: Fourth	Semester: Eight
Subject: Physical Education-Theory			
Course code: E020803T		Course Title: Sports Statistics	
Course Outcomes: Students will acquire statistical skills for data analysis in sports and physical education, enhancing their ability to conduct research, evaluate performance, and make data-driven decisions, preparing them for various roles in sports science and coaching.			
Credits:4		Elective	Max. Marks:25+75
Min. Passing Marks:10+25			
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	TOPIC		NO. OF LECTURES
I	Statistical Concepts for Physical Education: <ul style="list-style-type: none"> • Meaning • Types of statistics, Purpose and Characteristics 		10
II	Data: <ul style="list-style-type: none"> • Data Meaning & its types- qualitative & quantitative • Score: Raw score & Statistical score • Methods of data collection • Variables: Independent and Dependent variable • Methods of data collection 		10
III	Representation of Data: <ul style="list-style-type: none"> • Graphical representation of data- Bar graph • Frequency polygon, Pie Diagram 		10
IV	SAMPLING: <ul style="list-style-type: none"> • Concept of sampling • Need of sampling • Sampling methods- Random sampling, Stratified sampling, and Cluster sampling 		10
V	Statistical Model In Physical Education & Sports: <ul style="list-style-type: none"> • Type I & Type II error • Level of significance, Degree of freedom • Measurement of central tendency-Mean, Median, and Mode • Measure of variability 		10
VI	Statistical Tests: <ul style="list-style-type: none"> • Test of significance • Analysis of variance (ANOVA) • Correlation and Chi square 		10
Suggested readings: <ul style="list-style-type: none"> • Best, J. W. (1971). <i>Research in Education</i>. New Jersey: Prentice Hall, Inc. • Clark, D. H. (1999). <i>Research problem in physical education</i> (2nd ed.). Englewood Cliffs: Prentice Hall, Inc. • Rothstein, A. (1985). <i>Research design and statistics for physical education</i>. Englewood Cliffs: Prentice Hall, Inc. • Sivaramakrishnan, S. (2006). <i>Statistics for physical education</i>. Delhi: Friends Publication. • Thirumalaisamy. (1998). <i>Statistics in physical education</i>. Karaikudi: Senthil Kumar Publications. 			
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 no any prerequisites only students physical and medically fit.			
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU and Rajarshi Tandon open University. • Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. 			

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

Program /Class: Bachelor in (Research) Faculty		Year: Fourth	Semester: Eight
Subject Physical Education-Theory			
Course code: E020804T		Course Title: Sports Training	
<p>Course Outcomes: Through this paper, students will master designing effective sports training programs, understand athlete development, and learn periodization and psychological preparation techniques. This knowledge equips them for careers in coaching, sports science, and athlete management, enhancing their ability to boost athletic performance.</p>			
Credits:4	Elective	Max. Marks:25+75	Min. Passing Marks:10+25
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	TOPIC		NO. OF LECTURES
I	<u>Fundamentals of Sports Training:</u> <ul style="list-style-type: none"> • Meaning of sports training • Aims and objectives of sports training • Principles of sports training • System of sports training- Training Load, Types of training load, Intensity, Volume of training and Recovery. 		10
II	<u>Training Means & Method:</u> <ul style="list-style-type: none"> • Principles means of training, and Additional means of training, • Medical & Physiotherapeutic means, and psychological means • Biomechanical means, and Natural means 		10
III	<u>Technical & Tactical Training:</u> <ul style="list-style-type: none"> • Skill, and Phases of skill acquisition • Tactics • Technical Training- Meaning & method • Tactical Training- Meaning & method 		10
IV	<u>Training Components:</u> Means and methods for development of Physical Fitness Components- <ul style="list-style-type: none"> • Speed • Strength • Endurance • Flexibility • Coordinative abilities 		10
V	<u>Psychological preparation of a sports person:</u> <ul style="list-style-type: none"> • Psychological preparation of a sports person during various phases of schedule- Preparatory, Competition, and Transitional 		10
VI	<u>Training Program:</u> <ul style="list-style-type: none"> • Periodization- Meaning & types of Periodization • Aims & content of period-Preparatory, Competition, and Transitional • Planning training session • Talent Identification and organizing coaching camps 		10

Suggested readings:

- Ajmer Singh. & et al. (2018). *Physical Education & Olympic Movement*. New Delhi: Kalyani Publication
- Singh, Hardayal. (1995). *Science of Sports Training*. New Delhi. DVS Publications Kalka Ji.

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

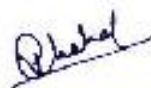
Research Orientation of the student.

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

Suggested equivalent online courses:

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


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

Program /Class: Bachelor in (Research) Faculty		Year: Fourth	Semester: Eight
Subject: Physical Education- Practical			
Course code: E020805P		Course Title: Sports Training	
Course Outcomes: This practical paper provides students with essential skills in sports conditioning and performance analysis. They'll learn to design targeted strength training programs and conduct detailed performance evaluations, preparing them for roles in coaching, athletic training, and sports performance analysis.			
Credits: 4		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	TOPIC	No. of Hours	
	Part-A		
I	<ul style="list-style-type: none"> Make a file with details of basic principles and components of sports conditioning, including strength, endurance, flexibility, and agility training. 	30	
	Part-B		
II	<ul style="list-style-type: none"> Create a comprehensive strength training program for a specific sport or athlete, including exercises, sets, reps, and progression charts. Conducting a performance analysis of an athlete or team in a chosen sport, utilizing performance data, video analysis, and statistical metrics, and presenting findings in a detailed report format. 	30	
Suggested readings:			
<ul style="list-style-type: none"> Nelson, A. G., & Kokkonen, J. (2007). <i>Stretching Anatomy</i>. Human Kinetics. NSCA - National Strength & Conditioning Association. (2016). <i>NSCA's Essentials of Strength Training and Conditioning</i>. Human Kinetics. Penn, D. H., & Wilk, K. E. (2019). <i>Rehabilitation Techniques for Sports Medicine and Athletic Training</i>. SLACK Incorporated Seagrave, L., & Jeffreys, I. (2019). <i>Speed Training for Sports Performance</i>. Routledge. 			
This course can be opted as an elective by the students of following subjects: Open for all			
Course prerequisites: There is no any prerequisites only students physical and medically fit.			
Continuous Evaluation Methods: (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment - 10 marks Attendance – 5 marks Research Orientation of the student.		PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book, and charts etc. - 10	
Suggested equivalent online courses:			
<ul style="list-style-type: none"> IGNOU Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. Rajarshi Tandon open University. 			

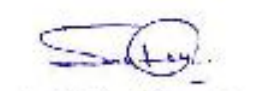
SYLLABUS FOR B. A. PHYSICAL EDUCATION / SEMESTER VIII / PAPER VI

Program /Class: Bachelor in (Research) Faculty	Year: Fourth	Semester: Eight
Subject: Physical Education-Project		
Course code: E020806P	Course Title: Research Project	
Course Outcomes: These research project topics offer students the opportunity to explore the practical applications of educational technology and teaching methods in physical education and sports training, with a focus on easy-to-implement interventions and straightforward data collection methods.		
Credits:04	Compulsory	
Max. Marks:25+75	Min. Passing Marks:10+25	
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4		
Unit	TOPIC	NO. OF Hours
I	<ul style="list-style-type: none"> • Do a pilot study and make a proper research report. • Assessment of Technology Integration in Physical education Curriculum: Examine the integration of educational technology tools (e.g., interactive whiteboards, mobile apps) in the physical education curriculum. Evaluate their impact on teaching effectiveness, student engagement, and learning outcomes. • Exploration of Social Media Platforms for Sports Education: Investigate the potential of social media platforms (e.g., YouTube, Instagram) for delivering sports education content and fostering student engagement. Analyze usage patterns and feedback from students and instructors. • Introduction of Online Video Tutorials for Skill Development: Examine the use of online video tutorials for teaching and learning fundamental sports skills. Evaluate their accessibility, effectiveness, and student preferences. 	60
Suggested readings: Go through the different resources from Internate.		
This course can be opted as an elective by the students of following subjects: Only for physical education students.		
Continuous Evaluation Methods: (CIE)		
<ul style="list-style-type: none"> > Making a video of work and present it. (20 marks) > Attendance (5 marks) 		


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