

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




## Board of Studies Meeting (Physical Education)

Academic Year:2024-25

Date:26/05/2025

The meeting of the Board of Studies (BoS) of Department of Physical Education was held on 26/05/2025 from 11:00 A.M. to 2:00 P.M. and the following members were present.

S.no.	Name	Designations	Signature
1.	<b>Prof. Ashutosh Sinha</b> Dean of Arts Dr. Rammanohar Lohia Avadh University, Ayodhya.	Chairman	
2.	<b>Prof. Ashish Pratap Singh</b> Dept. of Physical Education K.S. Saket P.G. College, Ayodhya.	Coordinator (Physical Education)	
3.	<b>Dr. Satish Chandra Srivastava</b> Dept. of Physical Education Indira Gandhi P.G. College, Gauriganj, Amethi.	Member	
4.	<b>Smt. Poonam Joshi</b> Dept. of Physical Education K.S. Saket P.G. College, Ayodhya.	Member	
5.	<b>Prof. Santosh Kumar Gaur</b> Dept. of Physical Education Jawaharlal Nehru Memo. P.G. College, Barabanki.	Member	
6.	<b>Dr. Aditya Pratap Singh</b> Govt. Girls P.G. College, Basti, U.P.	Member	
7.	<b>Prof. Chandrabhan Singh</b> P.G. College Malikpura, Ghazipur Veer Bahadur Singh Purvanchal University, Jaunpur, UP, India	Member	



# Agenda of Board of Studies Meeting (Physical Education)

Academic Year:2024-25

Date:26/05/2025



पत्रांक: लो0अ0वि0/री0/182/2025

## डॉ० राममनोहर लोहिया अवध विश्वविद्यालय, अयोध्या (उ0प्र0)

दिनांक: 19-05-2025

### बैठक की सूचना

आदेशानुसार कला एवं मानविकी संकाय के अन्तर्गत शारीरिक शिक्षा (महाविद्यालय) विषय के अध्ययन बोर्ड की बैठक दिनांक 26.05.2025 को विश्वविद्यालय के प्रशासनिक भवन स्थित सभाकक्ष में पूर्वाह्न 11.00 बजे से आयोजित/आयोजित होने में आहूत की जाती है।

अतः समिति के सभी सम्मानित सदस्यों से अनुरोध है कि कृपया उक्त तिथि एवं समयानुसार बैठक में प्रतिभाग करने का कष्ट करें। निवमानुसार आन्तरिक विशेषज्ञों को यात्रा-भत्ता एवं बाह्य विशेषज्ञों को यात्रा-भत्ता तथा पारिवारिक देय होगा।

#### कार्यसूची:-

1. स्नातक/परास्नातक स्तर पर प्राशिक एवं प्रायोगिक परीक्षा के पैल गठन पर विचार।
2. राष्ट्रीय शिक्षा नीति-2020 के अन्तर्गत स्नातक चतुर्थ वर्ष के पाठ्यक्रम निर्माण पर विचार करना है। जिसमें विशेष रूप से प्रथम प्रश्न-पत्र के प्रथम यूनिट में भारतीय ज्ञान परम्परा के प्रासंगिक विषयवस्तु का समावेश करना। (यदि विगत वर्षों में समावेश किया जा चुका है तो आवश्यक नहीं)
3. राष्ट्रीय शिक्षा नीति-2020 के अन्तर्गत पूर्व में संचालित परास्नातक पाठ्यक्रम के प्रथम प्रश्न-पत्र के प्रथम यूनिट में भारतीय ज्ञान परम्परा के प्रासंगिक विषयवस्तु का समावेश करते हुए पाठ्यक्रम का संशोधन करना। (यदि विगत वर्षों में समावेश किया जा चुका है तो आवश्यक नहीं)
4. सत्र 2025-26 से प्रभावी होने वाली नई शिक्षा नीति-2020 की स्नातक चतुर्थ वर्षीय स्नातक एवं परास्नातक कार्यक्रम सम्बन्धी निर्देशिका के अनुसार स्नातक एवं परास्नातक विषयक पाठ्यक्रम तैयार करना।
5. Apprenticeship Embedded EYUP का पाठ्यक्रम तैयार करना, यदि पूर्व के अध्ययन बोर्ड में तैयार किया गया है तो आवश्यकता नहीं।
6. पाठ्यक्रम से सम्बन्धित हिन्दी माध्यम में उपलब्ध पाठ्य-पुस्तकों की प्रकाशकों के नाम सहित सूची निर्माण/तैयार करना। (अद्यतन सूची)
7. पाठ्यक्रम में आवश्यक संशोधन प्रस्तावित करना।
8. पी0एच-डी0 कोर्सवर्क हेतु पी0एच-डी0 अध्यादेश-22 के अनुरूप अनिवार्य रूप से पाठ्यक्रम में संशोधन करना (यदि विगत वर्षों में समावेश किया जा चुका है तो आवश्यक नहीं) पी0एच-डी0 कोर्सवर्क में तीन प्रश्नपत्र 1. Research Publication 2- Research Methodology एण्ड 3. Computer Application कामन एवं अनिवार्य होंगे (जो सभी विषयों/संकायों पर अनिवार्य रूप से लागू होंगे) इन विषयों का पाठ्यक्रम विश्वविद्यालय द्वारा निर्मित किया जायेगा, जिसे विश्वविद्यालय की अधिकृत वेबसाइट पर यथा समय अपलोड करा दिया जायेगा परन्तु यह बिन्दु अध्ययन बोर्ड की बैठक की कार्यवृत्त में अनिवार्य रूप से उल्लेखित एवं संस्तुत किया जाये।
9. SWAYAM पाठ्यक्रम के सम्बन्ध में प्रत्येक सेमेस्टर में SWAYAM पोर्टल पर नवीन पाठ्यक्रम की सूची में उपलब्ध कोर्स के चयन हेतु विषय संयोजक को अधिकृत किये जाने पर विचार।
10. वर्तमान सत्र 2025-26 से छात्रों को नेशनल क्रेडिट फ्रेमवर्क के तहत 40% तक क्रेडिट के कोर्स SWAYAM पोर्टल से कराए जाने पर विचार।
11. अन्य प्रस्ताव अध्यक्ष महोदय की अनुमति से।

उप कुलसचिव(शैक्षणिक)

प्रतिलिपि: निम्नलिखित को सूचना एवं आवश्यक कार्यवाही हेतु प्रेषित।

1. संकायाध्यक्ष, कला संकाय, डॉ०रा०लो०अ०वि०, अयोध्या।
2. प्रो० आशीष प्रताप सिंह, संयोजक, शारीरिक शिक्षा, का०सु०साकेत पी०जी०कालेज, अयोध्या।
3. श्री सतीश चन्द्र श्रीवास्तव, इन्दिरा गांधी पी०जी०कालेज गीरीगंज, अमेठी।
4. श्रीमती पूनम जोशी, का०सु०साकेत पी०जी०कालेज, अयोध्या।
5. प्रो० संतोष कुमार गौड़, जवाहर लाल नेहरू पी०जी० कालेज, बाराबंकी।
6. प्रो० चन्द्रमान सिंह, पी०जी०कालेज मलिकपुरा गाजीपुर, पूर्वांचल विश्वविद्यालय, जौनपुर।
7. डॉ० आदित्य प्रताप सिंह, राजकौय पी०जी०कालेज हरैया, बस्ती।
7. समन्वयक, राष्ट्रीय शिक्षा नीति-2020/समन्वयक, पी०एच०डी० प्रवेश परीक्षा।
8. निजी सचिव कुलपति, का०सु० कुलपति जी के सूचनाार्थ।
9. आशुलिपिक, वित्त अधिकारी/सुलसचिव/परीक्षा नियंत्रक।
10. सम्बन्धित पत्रावली।

उप कुलसचिव(शैक्षणिक)

नोट: संयोजक से अनुरोध है की सभी सदस्यों का टी०ए०/डी०ए० फार्म (समस्त बैंक एवं पेन कार्ड डिटेल्) भराकर साथ में प्रस्तुत करें।



## Minutes of Meeting (MoM)

Date: 26/05/2025

As per letter no. लो०अ०वि०/शैक्ष०/4782/2025, Dated : 19-05-2025, the enclosed decision/suggestion /recommendation were passed in the BOS meeting are enclosed herewith.


1. In view of the proposal number 01, formation of a panel for theoretical and practical examination was ensured by BOS (A list is attached-Enclosure no. 01).
2. Proposal number 02 was thoroughly discussed. The meeting started with a follow-up on the proposal discussed in the last BOS meeting. In that meeting, it was suggested to start working on the B.A. 4th Year syllabus for the Honours Programme in Physical Education. As decided earlier, the department had begun preparing the syllabus based on the National Education Policy (NEP)-2020. In this meeting, the Board of Studies carefully discussed the draft syllabus, which was prepared according to the University's official letter (Letter No. लो०अ०वि०/शैक्ष०/4273/2025, dated 29/03/2025). It was confirmed that the syllabus for B.A. 1st, 2nd, and 3rd Year (1st to 6th Semesters) will remain the same, as it already follows the Common Minimum Syllabus under NEP-2020 for all state universities and colleges in Uttar Pradesh. An important change was the addition of a Research Project in the 4th Semester of B.A. 2nd Year to help students learn basic research skills. The main focus of the meeting was to review and finalize the new syllabus for B.A. 4th Year (7th and 8th Semesters). After detailed discussion and suggestions from all members, the syllabus was approved by all the member of BOS. This marks the formal addition of the 4th Year (Honours) syllabus to the B.A. Physical Education programme (A syllabus is attached-Enclosure no. 02).
3. Regarding proposal number 03, It was noted that Physical Education classes are currently not being conducted at the postgraduate level. However, the Board agreed that efforts will be made to include Physical Education at the postgraduate level in the future.
4. In view of Proposal No. 04, the four-year undergraduate curriculum based on the New Education Policy-2020, which will be implemented from the academic session 2025-26, has been prepared. The syllabus has been approved by the Board of Studies (BOS) (A syllabus is attached-Enclosure no. 02).
5. In review of Proposal No. 05, the orders issued by the University under Apprenticeship Embedded FYUP will be duly followed.

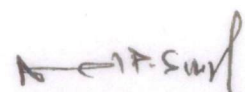
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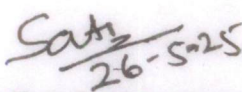



6. In view of Proposal No. 06, the list of recommended textbooks has been included along with the syllabus (Enclosure no. 02).
7. In view of Proposal No. 07, the syllabus has been prepared by the Board of Studies (BOS) and submitted on 16-03-2024 for approval (Enclosure no. 02).
8. In view of Proposal No. 08, the coursework for the Ph.D. program has already been prepared and submitted as per the guidelines of Ph.D. Ordinance 22.
9. In review of Proposal No. 09, related to SWAYAM courses, the subject coordinator has been authorized to select suitable courses from the updated list available on the SWAYAM portal for each semester. In the future, a list of new courses relevant to the subject will be prepared and presented accordingly.
10. In review of Proposal No. 10, the orders issued by the University under the National Credit Framework will be duly followed.
11. Other proposals reviewed highlighted that nearly all colleges have only one teacher appointed for the subject of physical education in the B.A. program. It is not feasible for a single teacher to handle teaching and practical work for all subjects within the BA program. In such cases, if it's not possible to appoint additional teachers, teaching could be conducted in a hybrid mode with other teachers and scholars, with arrangements to be made by the respective educational institutions.

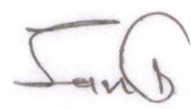
The meeting concluded with the coordinator expressing gratitude to all the esteemed teachers.

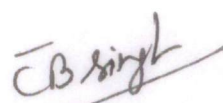
  
(Prof. Ashutosh Sinha)

  
(Prof. Ashish Pratap Singh)

  
Dr. Satish Chandra Srivastava

  
Smt. Poonam Joshi

  
Prof. Santosh Kumar Gaur

  
Prof. Chandrabhan Singh

  
Dr. Aditya Pratap Singh



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



**NEP-2020**

## **B. A. Physical Education Syllabus**

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

(Syllabus in accordance with University Letter no.

लो०अ०वि०/शैक्ष०/4273/2025, Dated: 29/03/2025)

The B.A. 1st, 2nd, and 3rd Year (1st to 6th Semester) syllabus remains the same as earlier, based on the National Education Policy-2020 (Common Minimum Syllabus for all U.P. State Universities/Colleges).

### **Change:**

A Research Project has been included in B.A. 2nd Year (4th Semester).

### **Inclusion:**

The syllabus for B.A. 4th Year (7th and 8th Semesters) has been added as part of the 4-Year Degree (Honours) programme.



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**Dr. Rammanohar Lohia Avadh University, Ayodhya (U.P.)**  
**B. A. Physical Education Syllabus**

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

**SEMESTER-WISE-TITLES OF THE PAPERS IN PHYSICAL EDUCATION**

Year	Sem.	Papeno.	Course code	Paper title	Theory/ Practical	Credits
1	I	1	E020101T	ELEMENTALS OF PHYSICAL EDUCATION	THEORY	4
1	I	2	E020102P	FITNESS AND YOGA	PRACTIAL	2
1	II	1	E020201T	SPOTS ORGNISATION AND MANAGEMENT	THEORY	4
1	II	2	E020202P	SPORTS EVENT AND TRACK & FIELD	PRACTIAL	2
2	III	1	E020301T	ANATOMY & EXERCISE PHYSIOLOGY	THEORY	4
2	III	2	E020302P	HEALTH AND PHYSIOLOGY	PRACTIAL	2
2	IV	1	E020401T	SPORTS PSYCHOLOGY AND RECREATIONAL ACTIVITIES	THEORY	4
2	IV	2	E020402P	SPORTS PSYCHOLOGY	PRACTIAL	2
2	IV	3	E020403P	RESEARCH PROJECT	PROJECT	3
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	PRACTIAL	2
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	PRACTIAL	2
4	VII	1	E020701T	Local Language & SOCIAL RESPONSIBILITY AND COMMUNITY ENGAGEMENT (Syllabus will be made by Curriculum Committee of University-Letter no. लो०अ०वि०/शैक्ष०/4273/2025, Dated: 29/03/2025, Point-6.4)	THEORY	4
4	VII	2	E020702T	YOGA AND PHYSICAL EDUCATION	THEORY	4
4	VII	3	E020703T	Artificial Intelligence (AI) in Physical Education	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	VIII	1	E020801T	SPORTS STATISTICS	THEORY	4
4	VIII	2	E020802T	EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION	THEORY	4
4	VIII	3	E020803T	CAMPUS EVENT MANAGEMENT AND PROMOTION	THEORY	4
4	VIII	4	E020804T	SPORTS TRAINING	THEORY	4
4	VIII	5	E020805P	SPORT TRAINING	PRACTICAL	4

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## PROGRAMME OUTCOMES

The B.A. Program in Physical Education aims to provide students with foundational and advanced knowledge of physical fitness, sports sciences, and health education. Physical Education is a very wide subject in which biological, psychological, physical, health and functional aspects of sports and body are studied. Through a combination of theory, practical training, and project-based learning, students develop expertise in areas like anatomy, physiology, sports psychology, yoga, injury rehabilitation, AI in sports, and sports management. The curriculum also emphasizes research skills, community engagement, and inclusive education for Divyang (differently-abled) individuals. On completion, students are equipped with the necessary skills to pursue careers in teaching, coaching, fitness training, sports management, and further academic research.

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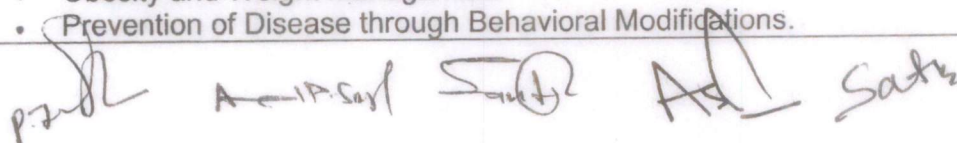
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**SYLLABUS FOR B. A. PHYSICAL EDUCATION/ SEMESTER I / PAPER I**

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





VII	<b>Fitness:</b> <ul style="list-style-type: none"> <li>• Meaning &amp; Definition and types of fitness</li> <li>• Component of physical fitness</li> <li>• Factor affecting physical fitness</li> <li>• Development and maintenances of fitness</li> </ul>	08
VIII	<b>Posture:</b> <ul style="list-style-type: none"> <li>• Meaning, Definition of Posture.</li> <li>• Importance of Good Posture.</li> <li>• Causes of Bad Posture.</li> <li>• Postural Deformities (causes and remedial exercise). Fundamental Movements of Body Parts</li> <li>• Anatomical standing position.</li> </ul>	08

**Suggested readings:**

1. Barrow, H. M., & Brown, J. P. (1988). *Man and movement: Principles of physical education* (2nd ed.). Philadelphia: Lea & Febiger.
2. DiFiore, J. (1998). *The complete guide to postnatal fitness*. London: A & C Black.
3. Giam, C. K., & Teh, K. C. (1988). *Sports medicine, exercise and fitness: A guide for everyone*. Singapore: P G Publishing for Singapore Sports Council.
4. Harre, D. (1982). *Principles of sports training: Introduction to the theory and methods of training*. Berlin:
5. Kamlesh, M. L. (1988). *Physical education: Facts and foundations*. Faridabad: P.B. Publications.
6. Krishna Murthy, V., & Paramesara Ram, N. (1990). *Educational dimensions of physical education* (2nd revised ed.). New Delhi.
7. McGlynn, G. (1993). *Dynamics of fitness: A practical approach*. Madison, WI: Brown & Benchmark.
8. Singh, H. (1984). *Sports training: General theory and methods*. Patiala: Netaji Subhas National Institute of Sports.
9. पांडेय, प्रीति, & पांडेय, आलोक कुमार. (2014). *शारीरिक शिक्षा संकलन*. कानपुर: खेल संस्कृति प्रकाशन।
10. पटेल, श्रीकृष्ण. (2014-2015). *शारीरिक शिक्षा*. आगरा: अग्रवाल पब्लिशर।
11. सिंह, अजमेर. (2006 संशोधित). *शारीरिक शिक्षा और ओलंपिक आंदोलन*. नई दिल्ली: कल्याणी पब्लिशर्स।
12. सिंह, होशियार. (2013). *शारीरिक शिक्षा का इतिहास*. नई दिल्ली: लक्ष्य पब्लिकेशन।
13. सिंह, बलजीत. (2008). *शारीरिक शिक्षा के आयाम*. नई दिल्ली: स्पोर्ट्स पब्लिकेशन।
14. कमलेश, एम. एल. (2014, द्वितीय संस्करण). *शारीरिक शिक्षा के मूल सिद्धांत*. 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.

**Suggested equivalent online courses:**

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

*Pratibha*

*Amisha*

*Sahil*

*Asli*

*Satish*



**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	
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.			
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"><li>Learn and demonstrate the techniques of warm-up, general exercise and cooling down</li><li>Lean and demonstrate physical fitness through aerobic, circuit training and calisthenics.</li><li>Diet chart &amp; measurement of BMI</li></ul>		15
	Part-B		
II	<p><b><u>INTRODUCTION OF YOGA:</u></b></p> <ul style="list-style-type: none"><li>Historical aspect of yoga.</li><li>Definition, types scopes &amp; importance of yoga.</li><li>Yoga relation with mental health and value education.</li><li>Yoga relation with Physical Education and sports.</li></ul> <p><b><u>ASANAS:</u></b></p> <ul style="list-style-type: none"><li>Definition of Asana, differences between asana and physical exercise.</li><li>Suraya-namaskar, Bhujangasana, Naukasana, Halasana, Vajraasana, Padmasana, Shavasana, Makrasana, Dhanurasana, Tadasana.</li></ul> <p><b><u>PRANAYAMA:</u></b></p> <ul style="list-style-type: none"><li>Difference and classification of pranayama.</li><li>Difference between pranayama and deep breathing.</li><li>Anulom-Vilom</li></ul>		15
<b>Suggested readings:</b> <ol style="list-style-type: none"><li>American College of Sports Medicine. (2001). <i>ACSM's guidelines for exercise testing and prescription</i> (6th ed.). Philadelphia, PA: Lippincott Williams &amp; Wilkins.</li><li>Anspaugh, D. J., Ezell, G., &amp; Goodman, K. N. (2006). <i>Teaching today's health</i> (8th ed.). Boston, MA: Pearson/Benjamin Cummings.</li><li>Donatelle, R. J., &amp; Ketcham, P. L. (2007). <i>Access to health</i> (10th ed.). San Francisco, CA: Benjamin Cummings.</li><li>Floyd, P. A., Mimms, S. E., &amp; Yelding, C. (2003). <i>Personal health: Perspectives and lifestyles</i> (3rd ed.). Belmont, CA: Thomson Wadsworth.</li></ol>			



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

- Open for all

**Continuous Evaluation Methods: (CIE)**

**INTERNAL ASSESSMENT (25 Marks)**

Written Test – 10 marks

Assignment / Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

**PRACTICAL ASSESSMENT (75 Marks)**

Practical – 50

VIVA – 15

Record book, and charts etc. - 10

**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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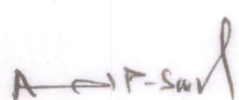
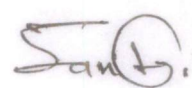

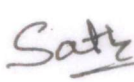
**SYLLABUS FOR B. A. PHYSICAL EDUCATION / SEMESTER II / PAPER I**

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"><li>• Meaning, concept and definition of sports management</li><li>• Nature and scope of sports management.</li><li>• Aims and objectives of sports management.</li><li>• Guiding principles of sports management.</li></ul>		07
II	<u>Event Management:</u> <ul style="list-style-type: none"><li>• Meaning and concept event planning and management of sports event.</li><li>• Role of sports event manager.</li><li>• Steps in event management:</li><li>• Planning,</li><li>• Executing</li><li>• Evaluating</li></ul>		08
III	<u>Budget:</u> <ul style="list-style-type: none"><li>• Meaning, Definition, Preparation, Principals of making Budget.</li><li>• Financial Management.</li><li>• Opportunities and Challenges.</li><li>• Basics of Sports Event Accounting.</li></ul>		07
IV	<u>The Budget Cycle and Budget Preparation Format:</u> <ul style="list-style-type: none"><li>• Preparing the Departmental Financial Plan and estimate.</li><li>• Expenditure management.</li><li>• Financial Reporting.</li></ul>		08
V	<u>Organization:</u> <ul style="list-style-type: none"><li>• Meaning and definition of Organization.</li><li>• Need and importance of Organization.</li><li>• Guiding principles of Organization.</li><li>• Structure and functions of S.A.I., University Sports Council and A.I.U.</li></ul>		07
VI	<u>Supervision:</u> <ul style="list-style-type: none"><li>• Meaning and Definition</li><li>• Principals of Supervision</li><li>• Techniques of supervision in sports management.</li><li>• Methods of supervision.</li><li>• Role of a coach / manager.</li></ul>		07
VII	<u>Facilities Equipment:</u> <ul style="list-style-type: none"><li>• Purchasing Equipment.</li><li>• Care and maintenance of Equipment.</li><li>• Procedure to purchase sports goods and equipment.</li><li>• Stock entry.</li><li>• Storing and distribution.</li><li>• List of Consumable and Non- Consumable sports goods and equipment.</li></ul>		08
VIII	<u>Job Opportunities:</u>		08

p. 72 *Asst. Prof. Dr. S. S. S. Asst. Prof. Dr. S. S. S.*



	<ul style="list-style-type: none"> <li>• Job specification of sports manager in professional and state regulated sports bodies.</li> <li>• Physical Educational professional, career avenues and professional preparation.</li> <li>• Clients and Sponsorship.</li> </ul>	
<b>Suggested readings:</b> <ol style="list-style-type: none"> <li>1. Bucher, C. A., &amp; Krotee, M. L. (2002). <i>Management of physical education and sport</i> (12th ed.). New York, NY: McGraw-Hill.</li> <li>2. Likert, R. (1961). <i>New patterns of management</i>. New York, NY: McGraw-Hill.</li> <li>3. Horine, L. (1991). <i>Administration of physical education and sport programs</i>. Dubuque, IA: Wm. C. Brown Publishers.</li> <li>4. Parkhouse, B. L. (1991). <i>The management of sport: Its foundation and application</i>. St. Louis, MO: Mosby-Year Book.</li> <li>5. Sandhu, K. (Year unknown). <i>Sports dynamics: Psychology, sociology and management</i>.</li> <li>6. Sivia, G. S. (1991). <i>Sports management in universities</i>. New Delhi: Association of Indian Universities.</li> <li>7. Singh, P. K. (2010). <i>Organization &amp; administration in physical education</i>. New Delhi: Sports Publication.</li> <li>8. पांडेय, प्रीति, &amp; पांडेय, आलोक कुमार. (2016). <i>शारीरिक शिक्षा संकलन</i>. कानपुर: खेल संस्कृति प्रकाशन।</li> </ol>		
This course can be opted as an elective by the students of following subjects: <b>• Open for all</b>		
<b>Continuous Evaluation Methods: (CIE)</b> <b>INTERNAL ASSESMENT (25 Marks)</b> 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.		
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>		



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

Program /Class: <b>Certificate in Faculty</b>		Year: <b>First</b>	Semester: <b>Second</b>
Subject: <b>Physical Education-Practical</b>			
Course code: <b>E020202P</b>		Course Title: <b>Sports Event and Track &amp; Field</b>	
<b>Course Outcomes:</b> 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.			
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"> <li>To make a plan for organizing an event.</li> <li>To organize an Interclass Competition of any games with in the wall (Campus).</li> <li>To prepare a budget plane for interclass competition with in the wall (Campus).</li> <li>Make a Sample Time Table for college.</li> <li>Prepare the list of Consumable and Non- Consumable items.</li> <li>Prepare a Biodata/ Vita/ curriculum vitae.</li> </ul>		15
	Part-B		
II	<b><u>Track &amp; Field :</u></b> <ul style="list-style-type: none"> <li>History.</li> <li>Measurements.</li> <li>Marking.</li> <li>Rules.</li> <li>Officials.</li> <li>Regulatory Governing Bodies.</li> <li>Tournaments- National and International.</li> <li>World and National Records.</li> </ul>		15
<b>Suggested readings:</b> <ol style="list-style-type: none"> <li>Bucher, C. A., &amp; Krotee, M. L. (2002). <i>Management of physical education and sport</i> (12th ed.). New York, NY: McGraw-Hill.</li> <li>Horine, L. (1991). <i>Administration of physical education and sport programs</i> (6th ed.). Dubuque, IA: Wm. C. Brown Publishers.</li> <li>Kotler, P., &amp; Allen, G. A. (1988). <i>Principles of marketing and management</i>. Tokyo: Kogakusha Company.</li> <li>Kotler, P., &amp; Armstrong, G. (2005). <i>Marketing: An introduction</i> (8th ed.). New York, NY: Prentice Hall.</li> <li>Likert, R. (1961). <i>New patterns of management</i>. New York, NY: McGraw-Hill.</li> <li>Parkhouse, B. L. (1991). <i>The management of sport: Its foundation and application</i>. St. Louis, MO: Mosby-Year Book.</li> <li>Sandhu, K. (n.d.). <i>Sports dynamics: Psychology, sociology and management</i>.</li> <li>Sivia, G. S. (1991). <i>Sports management in universities</i>. New Delhi: Association of Indian Universities (A.I.U.), Deen Dayal Upadhyaya Marg.</li> </ol>			
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>			

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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 ASSESSMENT (75 Marks)**

Practical – 50

VIVA – 15

Record book, and charts etc. - 10

**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 III / PAPER I**

Program /Class: <b>Diploma in Faculty</b>		Year: <b>Second</b>	Semester: <b>Third</b>
Subject: <b>Physical Education-Theory</b>			
Course code: <b>E020301T</b>		Course Title: <b>Anatomy and Exercise Physiology</b>	
<b>Course Outcomes:</b> The students can be able to understand human structure and function as well as effects of exercise on various human body systems.			
<b>Credits:4</b>	<b>Elective</b>	<b>Max. Marks:25+75</b>	<b>Min. Passing Marks:10+25</b>
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
<b>Unit</b>	<b>TOPIC</b>		<b>NO. OF LECTURES</b>
<b>I</b>	<b><u>INTRODUCTION:</u></b> <ul style="list-style-type: none"><li>• Meaning Definition and Importance of Anatomy and Physiology in the field of Physical Education &amp; Sports</li><li>• Brief introduction of Cell, Tissue, Organ and system</li></ul>		06
<b>II</b>	<b><u>SKELETAL SYSTEM:</u></b> <ul style="list-style-type: none"><li>• Structural and functional classification of bones.</li><li>• Types of joints and major movements around them.</li></ul>		08
<b>III</b>	<b><u>CIRCULATORY SYSTEM:</u></b> <ul style="list-style-type: none"><li>• Structure and function of human heart</li><li>• Circulation of blood</li><li>• Effects of exercise on circulatory system</li></ul>		08
<b>IV</b>	<b><u>RESPIRATORY SYSTEM:</u></b> <ul style="list-style-type: none"><li>• Structure and function of respiratory system</li><li>• Effects of exercise on respiratory system</li><li>• The effects of altitude on the respiratory system.</li></ul>		08
<b>V</b>	<b><u>DIGESTIVE SYSTEM:</u></b> <ul style="list-style-type: none"><li>• Structure and function of digestive system</li><li>• Importance of Digestive system.</li><li>• Mechanism of Digestive System.</li><li>• Effects of exercise on digestive system.</li></ul>		08
<b>VI</b>	<b><u>NERVOUS SYSTEM:</u></b> <ul style="list-style-type: none"><li>• Introduction</li><li>• Main organ of Nervous System.</li><li>• Functional Classification of Nervous System.</li><li>• Reflex Action.</li></ul>		08
<b>VII</b>	<b><u>ENDOCRINE SYSTEM AND BLOOD:</u></b> <ul style="list-style-type: none"><li>• Composition and function of blood.</li><li>• Meaning of Endocrine System.</li><li>• Meaning of glands.</li><li>• Endocrine Glands their Locations and Functions.</li></ul>		07
<b>VIII</b>	<b><u>GENERAL PHYSIOLOGICAL CONCEPTS:</u></b> <ul style="list-style-type: none"><li>• Vital Capacity-VC</li><li>• Second Wind</li><li>• Oxygen Debt</li><li>• Fatigue</li><li>• Types of Fatigue</li><li>• Blood Pressure</li></ul>		07
<b>Suggested readings:</b> ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.			







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

Program /Class: Diploma in Faculty		Year: <b>Second</b>	Semester: <b>Third</b>
Subject: <b>Physical Education-Practical</b>			
Course code: <b>E020302P</b>		Course Title: <b>Health and Physiology</b>	
<b>Course Outcomes:</b>			
<b>Credits:2</b>		<b>Elective</b>	
<b>Max. Marks:25+75</b>		<b>Min. Passing Marks:10+25</b>	
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
<b>Unit</b>	<b>TOPIC</b>		<b>NO. OF Hours</b>
	<b>Part-A</b>		
<b>I</b>	<ul style="list-style-type: none"><li>• Draw and label any two-body system.</li><li>• Prepare a Model of any one System.</li><li>• Measuring height, weight, waist circumference and hip circumference, calculation of BMI (Body Mass Index) and waist-Hip ratio.</li><li>• Learn to Measure Blood Pressure by Sphygmomanometer.</li></ul>		<b>15</b>
	<b>Part-B</b>		
<b>II</b>	<b>Chose any one individual sports and games as per given Annexure-A with following activity:</b> <ul style="list-style-type: none"><li>• History and development of selected game/sports</li><li>• Lay out and measurement of selected game/sports</li><li>• Rules and regulation of selected games/sports</li><li>• Specific exercise for selected game/sports</li><li>• Techniques and skills of selected game/sports</li></ul>		<b>15</b>
<b>Suggested readings:</b>			
<ol style="list-style-type: none"><li>1. श्रीवास्तव, सतीश. (2019). <i>शरीर रचना एवं शरीर क्रिया विज्ञान</i>. लखनऊ, उत्तर प्रदेश: प्रांजल पब्लिकेशन।</li><li>2. Anspaugh, D. J., Ezell, G., &amp; Goodman, K. N. (2006). <i>Teaching today's health</i> (8th ed.). Boston, MA: Pearson/Mosby.</li><li>3. Donatelle, R. J., &amp; Ketcham, P. L. (2007). <i>Access to health</i> (10th ed.). San Francisco, CA: Benjamin Cummings.</li><li>4. Floyd, P. A., Mimms, S. E., &amp; Yelding, C. (2003). <i>Personal health: Perspectives and lifestyles</i> (3rd ed.). Belmont, CA: Wadsworth/Thomson Learning.</li><li>5. Goldberg, L., &amp; Elliot, D. L. (2000). <i>The healing power of exercise: Your guide to preventing and treating illness with exercise</i>. New York, NY: National Health &amp; Wellness Club.</li><li>6. Jain, J. (2004). <i>Khel dawaon ka</i> (खेल दवाओं का). New Delhi: Delhi University Press.</li><li>7. Robbins, G., Powers, D., &amp; Burgess, S. (2002). <i>A wellness way of life</i> (6th ed.). New York, NY: McGraw-Hill.</li><li>8. Schindler, J. A. (2003). <i>How to live 365 days a year</i>. Philadelphia, PA: Running Press.</li><li>9. Koley, S. (2007). <i>Exercise physiology: A basic approach</i>. New Delhi: Friends Publications.</li><li>10. Jain, A. K. (2002). <i>Anatomy and physiology for nurses</i>. Delhi: Arya Publications.</li><li>11. Marieb, E. N. (2007). <i>Essentials of human anatomy and physiology</i> (8th ed.). New Delhi: Dorling Kindersley (India) Pvt. Ltd.</li><li>12. Prives, M., et al. (2004). <i>Human anatomy (Vols. I &amp; II)</i>. Delhi: Paragon International Publishers.</li><li>13. Seeley, R. R., Stephens, T. D., &amp; Tate, P. (2008). <i>Anatomy and physiology</i> (8th ed.). Boston, MA: McGraw-Hill.</li></ol>			

A.P. Singh, Asst. Prof. & HOD



14. Tortora, G. J., & Derrickson, B. H. (2003). *Principles of anatomy and physiology* (10th ed.). New York, NY: John Wiley & Sons.
15. Williams, C. S. (2000). *Essentials of human anatomy and physiology*. San Francisco, CA: Benjamin Cummings.
- Wilson, A., & Waugh, A. (1996). *Anatomy and physiology in health and illness* (8th ed.). Edinburgh: 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)**

**INTERNAL ASSESMENT (25 Marks)**

Written Test – 10 marks

Assignment / Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

**PRACTICAL ASSESSMENT (75 Marks)**

Practical – 50

VIVA – 15

Record book, and charts etc. - 10

**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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	<ul style="list-style-type: none"> <li>• Importance.</li> <li>• Conducting Extramural Competitions.</li> </ul>	
<b>Suggested readings:</b> <ol style="list-style-type: none"> <li>1. Gangwar, B. R. (1999). <i>Sharirik shiksha ka prabandh, prashasan evam vidhiya</i> [Management, administration and methods of physical education]. Jalandhar: A.P. Publications.</li> <li>2. Gupta, R., Kumar, P., &amp; Sharma, D. P. S. (2004). <i>Sharirik shiksha mein path yojna</i> [Lesson planning in physical education]. New Delhi: Sahyog Prakashan.</li> <li>3. Kamlesh, M. L. (2005). <i>Sharirik shiksha ki vidhiya</i> [Methods of physical education]. Delhi: Friends Publications.</li> <li>4. Pandey, Laxmikant. (1996). <i>Sharirik shiksha ki shikshan paddhati</i> [Teaching methods of physical education]. New Delhi: Metropolitan Book Company.</li> <li>5. Shaw, D., &amp; Kaushik, S. (2001). <i>Lesson planning: Teaching methods and class management in physical education</i>. Delhi: K.S.K. Publishers.</li> </ol>		
This course can be opted as an elective by the students of following subjects:		
<ul style="list-style-type: none"> <li>• Open for all</li> </ul>		
<b>Continuous Evaluation Methods: (CIE)</b> <b>INTERNAL ASSESMENT (25 Marks)</b> 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.		
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>		

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

Program /Class: Diploma in Faculty		Year: <b>Second</b>	Semester: <b>Fourth</b>
Subject: <b>Physical Education-Practical</b>			
Course code: <b>E020402P</b>		Course Title: <b>Sports Psychology</b>	
<b>Course Outcomes:</b>			
<b>Credits:2</b>		<b>Elective</b>	
<b>Max. Marks:25+75</b>		<b>Min. Passing Marks:10+25</b>	
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
<b>Unit</b>	<b>TOPIC</b>		<b>NO. OF Hours</b>
	<b>Part-A</b>		
<b>I</b>	<ul style="list-style-type: none"><li>• Make a Model/ Chart of any one Traditional game.</li><li>• Organize a recreational activity at college level and write a report on it.</li><li>• Design a Traditional/ Recreational games with new ideas.</li></ul>		<b>15</b>
	<b>Part-B</b>		
<b>II</b>	<b>Chose any one Team Games as per given Annexure- A with following activity:</b> <ul style="list-style-type: none"><li>• History and development of selected game/sports.</li><li>• Lay out and measurement of selected game/sports.</li><li>• Rules and regulation of selected games/sports.</li><li>• Specific exercise for selected game/sports.</li><li>• Techniques and skills of selected game/sports.</li></ul>		<b>15</b>
<b>Suggested readings:</b> <ul style="list-style-type: none"><li>• Martin, GL (2003) Sports Psychology-Practical Guidelines from Behavior Analysis, Sports Press, Winnipeg, Canada.</li></ul>			
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>			
Course prerequisites: There is no any prerequisites only students physical and medically fit.			
<b>Continuous Evaluation Methods: (CIE)</b> <b>INTERNAL ASSESMENT (25 Marks)</b> Written Test – 10 marks Assignment / Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. <b>PRACTICAL ASSESSMENT (75 Marks)</b> Practical – 50 VIVA – 15 Record book, and charts etc. - 10			
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"><li>• IGNOU</li><li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li><li>• Rajarshi Tandon open University.</li></ul>			

Asst. Prof. / Santh

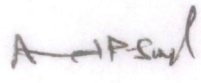
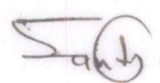

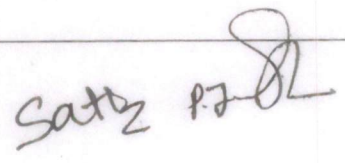
Asst.

Satish P. J.



# SYLLABUS FOR B. A. PHYSICAL EDUCATION / SEMESTER IV / PAPER III

Program /Class: Diploma in Faculty		Year: <b>Second</b>	Semester: <b>Fourth</b>
Subject: <b>Physical Education-Project</b>			
Course code: <b>E020604P</b>		Course Title: <b>Research Project</b>	
<b>Course Outcomes:</b> 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.			
<b>Credits:03</b>		<b>Compulsory</b>	
<b>Max. Marks:25+75</b>		<b>Min. Passing Marks:10+25</b>	
Total no. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-3			
<b>Unit</b>	<b>TOPIC</b>		<b>NO. OF Hours</b>
<b>I</b>	<ul style="list-style-type: none"><li>➤ To conduct a survey or interview of primary or secondary government school students for the interest towards physical education and sports programs.</li><li>➤ Analyze the data and submit a detailed report and a presentation.</li><li>➤ The student will work in groups in completing the project but will write the final paper individually</li></ul>		<b>45</b>
<b>Suggested readings:</b>			
Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>			
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>			
Course prerequisites: There is no any prerequisites only students physical and medically fit.			
<b>Suggested Continuous Evaluation Methods:</b>			
<ul style="list-style-type: none"><li>➤ Making a video of survey or interview and present it. (20 marks)</li><li>➤ Attendance (5 marks)</li></ul>			



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

Program /Class: 3-years UG Degree		Year: Third	Semester: Fifth
Subject: <b>Physical Education-Theory</b>			
Course code: <b>E020501T</b>		Course Title: <b>Athletic Injuries and Rehabilitation</b>	
<b>Course Outcomes:</b> The students can be able to understand Athletic Injuries and Athletic Care and Rehabilitation.			
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	<b>Athletic Injuries and Athletic Care:</b> i Concept and Significance. ii Factors causing Injuries. iii General Principles of Prevention of Injuries.		6
II	<b>Common Sports Injuries:</b> • (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	<b>First aid:</b> • Meaning, definition and Importance of First aid. <b>Postural Deformities:</b> Types, Causes and respective corrective exercises of: ➤ Kyphosis. ➤ Scoliosis. ➤ Lordosis. ➤ Knock Knees. ➤ Bowlegs. ➤ Flat Foot <b>Disorders due to Improper Posture:</b> ➤ Back Pain, Neck Pain and their preventive Exercises.		8
IV	<b>Rehabilitation:</b> • RICE- Rest, Ice, Compression, Elevation. • DRABC- Danger, Response, Airways, Breathing, Circulation. <b>Bandage:</b> • Types of Bandages. • Taping and supports.		8
V	<b>Physiotherapy:</b> • Definition • Guiding principles of physiotherapy. • Importance of physiotherapy. <b>Massage:</b> • Meaning • Types and Importance.		8
VI	<b>Hydrotherapy:</b> • Meaning and Methods. • Cryotherapy, Thermotherapy, Contrast bath, Whirlpool bath, Steam bath, Sauna bath. Hot Water Fomentation.		8



<b>VII</b>	<b><u>Treatment modalities:</u></b> <ul style="list-style-type: none"> <li>• Electrotherapy, Infrared rays, Ultraviolet rays, short wave diathermy, Ultra sound.</li> </ul>	7
<b>VIII</b>	<b><u>Therapeutic Exercise:</u></b> <ul style="list-style-type: none"> <li>• Meaning and Definition.</li> <li>• Importance.</li> <li>• Muscle Strengthening through Active and Passive Exercise.</li> <li>• Therapeutic value with Yoga asanas for rehabilitation and strengthening of the muscles.</li> </ul>	7

**Suggested readings:**

1. American College of Sports Medicine. (2001). ACSM's guidelines for exercise testing and prescription (6th ed.). New York, NY: Lippincott Williams & Wilkins.
2. Anspaugh, D. J., Ezell, G., & Goodman, K. N. (2006). Teaching today's health (8th ed.). Chicago, IL: Mosby.
3. Beotra, A. (2001–2002). Drug education: Handbook on drug abuse in sports. Mumbai: Applied Nutrition Sciences.
4. Donatelle, R. J., & Ketcham, P. L. (2007). Access to health (10th ed.). Boston, MA: Benjamin Cummings.
5. Fahey, T. D., Insel, P. M., & Roth, W. T. (2006). Fit & well: Core concepts and labs in physical fitness and wellness (6th ed.). New York, NY: McGraw-Hill.
6. Floyd, P. A., Mimms, S. E., & Yelding, C. (2003). Personal health: Perspectives and lifestyles (3rd ed.). Belmont, CA: Wadsworth/Thomson Learning.
7. Jain, J. (2004). Khel dawaon ka [Sports and medicines]. New Delhi: Delhi University Press.
8. Kumari, S., Rana, A., & Kaushik, S. (2008). Fitness, aerobics and gym operations. New Delhi: Khel Sahitya Kendra.
9. Roy, S., & Irvin, R. (1983). Sports medicine. Boston, MA: Benjamin Cummings.
10. 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 ASSESMENT (25 Marks)**

Written Test – 10 marks

Assignment / Research Based Project - 10 marks

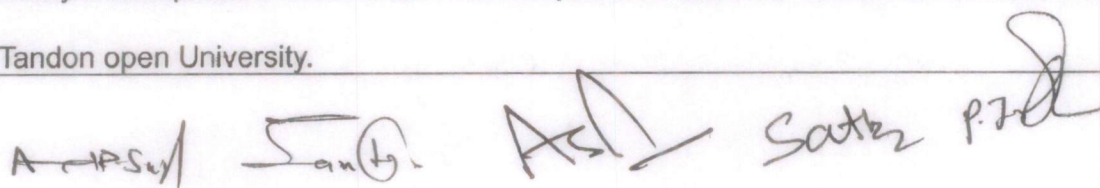
Attendance – 5 marks

Research Orientation of the student.

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

**Suggested equivalent online courses:**

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





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

Program /Class: 3-years UG Degree		Year: Third	Semester: Fifth
Subject: Physical Education-Theory			
Course code: E020502T		Course Title: Kinesiology and Biomechanics in Sports	
Course Outcomes: The students can be able to understand various aspects of Kinesiology and Biomechanics in Sports and able to apply in sports 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	Kinesiology: <u>INTRODUCTION:</u> <ul style="list-style-type: none"><li>• Meaning, Definitions, Aims and Objective.</li><li>• Importance of Kinesiology for games and sports.</li></ul>		6
II	<ul style="list-style-type: none"><li>• Kinesiological Fundamental Movements.</li><li>• Center of Gravity.</li><li>• Line of Gravity.</li></ul>		8
III	<ul style="list-style-type: none"><li>• Axis and Planes</li><li>• Classification of joints and Muscles</li><li>• Types of muscles contraction.</li></ul>		8
IV	Location & Action of Muscles at Various Joints: <ul style="list-style-type: none"><li>i Upper extremity – shoulder girdle, shoulder joints, elbow joint.</li><li>ii Neck, and trunk (Lumbar thoracic region).</li><li>iii Lower extremity – Hip joint, knee joint, and ankle joint.</li></ul>		8
V	Biomechanical Concept: <u>INTRODUCTION:</u> <ul style="list-style-type: none"><li>• Newton's Law of Motion</li></ul> <u>Friction:</u> <ul style="list-style-type: none"><li>• Meaning, Definitions and Types.</li></ul>		8
VI	Force and Levers: <u>FORCE:</u> <ul style="list-style-type: none"><li>• Meaning</li><li>• Definitions</li><li>• Types</li><li>• Application to sports activities.</li></ul> <u>LEVERS:</u> <ul style="list-style-type: none"><li>• Meaning</li><li>• Definition</li><li>• Uses of them in the Human body.</li></ul>		8
VII	KINENIAMTICS: <ul style="list-style-type: none"><li>• Meaning of Kinematics.</li><li>• Types- Linear and Angular</li><li>• Speed, Velocity, Acceleration, Distance, and Displacement.</li></ul>		7
VIII	KINETICS: <ul style="list-style-type: none"><li>• Meaning of Kinetics</li><li>• Types- Linear and Angular.</li><li>• Mass, Weight, Force, Momentum and</li><li>• Pressure.</li></ul>		7

*Asst. Prof. Dr. S. S. S. S.*

*Asst. Prof. Dr. S. S. S. S.*



**Suggested readings:**

1. पांडेय, प्रीति, & पांडेय, आलोक कुमार. (2016). *शारीरिक शिक्षा संकलन*. कानपुर: खेल संस्कृति प्रकाशन।
2. Bartlett, R. (2007). *Introduction to sports biomechanics: Analysing human movement patterns* (2nd ed.). New York, NY: Routledge.
3. Blazevich, A. J. (2007). *Sports biomechanics: The basics: Optimising human performance*. London: A & C Black Publishers.
4. Breer, C., & Zarnicks, J. (1979). *Efficiency of human movement*. Philadelphia, PA: W.B. Saunders Company.
5. Hamill, J., & Knutzen, K. M. (2003). *Biomechanical basis of human movement* (2nd ed.). Philadelphia, PA: Lippincott Williams & Wilkins.
6. Hay, J. G. (1993). *The biomechanics of sports techniques* (4th ed.). Englewood Cliffs, NJ: Prentice Hall.

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.

A. P. Singh

Asst. Prof. Dr. S. K. Singh



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

Program /Class: 3-years UG Degree		Year: Third	Semester: Fifth
Subject: Physical Education-Practical			
Course code: E020503P		Course Title: Rehabilitation and sports	
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"><li>Practice for Bandaging.</li><li>Practice for massage techniques.</li><li>Demonstration of Therapeutic Exercise.</li><li>A visit to Physiotherapy lab.</li><li>Write a Brief Report on the visit of the lab.</li></ul>		15
	Part-B		
II	<b>Chose any one Individual Games as per given Annexure-A with following activity:</b> <ul style="list-style-type: none"><li>History and development of selected game/sports</li><li>Lay out and measurement of selected game/sports</li><li>Rules and regulation of selected games/sports</li><li>Specific exercise for selected game/sports</li><li>Techniques and skills of selected game/sports</li></ul>		15
<b>Suggested readings:</b> <ol style="list-style-type: none"><li>पांडेय, प्रीति, &amp; पांडेय, आलोक कुमार. (2016). शारीरिक शिक्षा संकलन. कानपुर: खेल संस्कृति प्रकाशन।</li><li>Bartlett, R. (2007). <i>Introduction to sports biomechanics: Analysing human movement patterns</i> (2nd ed.). New York, NY: Routledge.</li><li>Blazevich, A. J. (2007). <i>Sports biomechanics: The basics: Optimising human performance</i>. London: A &amp; C Black Publishers.</li><li>Breer, C., &amp; Zarnicks, J. (1979). <i>Efficiency of human movement</i>. Philadelphia, PA: W.B. Saunders Company.</li><li>Hamill, J., &amp; Knutzen, K. M. (2003). <i>Biomechanical basis of human movement</i> (2nd ed.). Philadelphia, PA: Lippincott Williams &amp; Wilkins.</li><li>Hay, J. G. (1993). <i>The biomechanics of sports techniques</i> (4th ed.). Englewood Cliffs, NJ: Prentice Hall.</li></ol>			
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>			
Course prerequisites: There is no any prerequisites only students physical and medically fit.			

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Satya P. J.



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

Written Test – 10 marks

Assignment / Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

**PRACTICAL ASSESSMENT (75 Marks)**

Practical – 50

VIVA – 15

Record book, and charts etc. - 10

**Suggested equivalent online courses:**

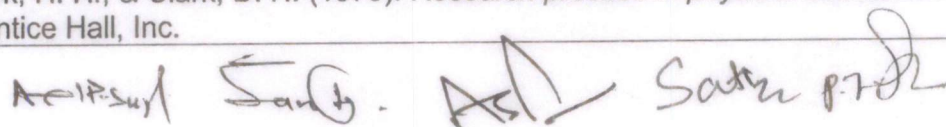
- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon open University.

Asst. Prof. Sandeep Satish P. J. D.



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

Program /Class: 3-years UG Degree		Year: Third	Semester: Sixth
Subject: Physical Education-Theory			
Course code: E020601T		Course Title: Research Method	
Course Outcomes: The students can be able to understand Research methods in Sports and Physical Education.			
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	<b><u>INTRODUCTION:</u></b> <ul style="list-style-type: none"><li>• Definition, Meaning of Research.</li><li>• Need and Importance of Research in Physical Education and sports.</li><li>• Scope of Research in Physical Education and sports.</li></ul>		6
II	<b><u>Type of research</u></b> <ul style="list-style-type: none"><li>• Basic Research</li><li>• Applied Research</li><li>• Action Research</li></ul>		8
III	<b><u>Research Problem:</u></b> <ul style="list-style-type: none"><li>• Meaning of the term</li><li>• Formation of Research problem</li><li>• Limitation and D Limitation</li><li>• Location and Criteria of Selection of Problem.</li></ul>		8
IV	<b><u>Hypothesis:</u></b> <ul style="list-style-type: none"><li>• Meaning of research Hypothesis.</li><li>• Meaning of Null Hypothesis.</li><li>• Importance of research and Null hypothesis.</li></ul>		8
V	<b><u>Survey of Related Literature:</u></b> <ul style="list-style-type: none"><li>• Literature sources.</li><li>• Library Reading.</li><li>• Need for Surveying related literature.</li></ul>		8
VI	<b><u>Survey Studies:</u></b> <ul style="list-style-type: none"><li>• Meaning of Survey</li><li>• Tool of survey Research.</li><li>• Questionnaire</li><li>• Interview</li></ul>		8
VII	<b><u>Questionnaire and Interview:</u></b> <ul style="list-style-type: none"><li>• Meaning of Questionnaire and Interview.</li><li>• Construction and development of Questions.</li><li>• Procedure of conducting Interview.</li></ul>		7
VIII	<b><u>Research Report:</u></b> <ul style="list-style-type: none"><li>• Meaning of Research Report.</li><li>• Qualities of a good research report.</li></ul>		7
<b>Suggested readings:</b>			
1. Best, J. W., & Kahn, J. V. (1992). <i>Research in education</i> (6th ed.). New Delhi: Prentice Hall of India Pvt. Ltd.			
2. Clark, H. H., & Clark, D. H. (1975). <i>Research process in physical education</i> . Englewood Cliffs, NJ: Prentice Hall, Inc.			



3. Garrett, H. E. (1981). *Statistics in psychology and education*. New York, NY: Vakils, Feffer & Simons Ltd.
4. Koul, L. (2002). *Methodology of educational research* (4th ed.). New Delhi: Vikas Publishing House Pvt. Ltd.
5. 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.
6. Thomas, J. R., & Nelson, J. K. (2005). *Research methods in physical activity* (5th ed.). Champaign, IL: Human Kinetics.
7. Thomas, J. R., Nelson, J. K., & Silverman, S. J. (2011). *Research methods in physical activity* (6th ed.). Champaign, IL: Human Kinetics.
8. 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.

Asst. Prof. Sandeep Singh  
Asst. Prof. Sandeep Singh  
Sandeep Singh  
Sandeep Singh



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

Program /Class: 3-years UG Degree		Year: Third	Semester: Sixth
Subject: Physical Education-Theory			
Course code: E020602T		Course Title: Physical Education for DIVYANG	
Course Outcomes: This subject will help the students to understand the needs of the disabled (DIVYANG) people and make them ready to tackle any situation which comes in front of them while dealing disabled people. This subject can also teach Inclusion in sports for adapted people.			
Credits: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"><li>• Meaning and Definition.</li><li>• Aims and Objective.</li><li>• Need and Importance of Physical Education.</li><li>• Historical Review.</li></ul>		6
II	Physical Disabilities: <ul style="list-style-type: none"><li>• Causes.</li><li>• Functional Limitations.</li><li>• Characteristics.</li></ul>		8
III	Mental Retardation: <ul style="list-style-type: none"><li>• Causes.</li><li>• Characteristics.</li><li>• Functional Limitations.</li></ul>		8
IV	Outdoor Activities: <ul style="list-style-type: none"><li>• Outdoor program for the disabled.</li><li>• Rhythmic and Dance Activities.</li></ul>		8
V	<ul style="list-style-type: none"><li>• Aquatic Activity Program for disables.</li></ul>		8
VI	Rehabilitation: <ul style="list-style-type: none"><li>• Functional and Occupational rehabilitation.</li><li>• Psychological Rehabilitation.</li></ul>		8
VII	Programs: <ul style="list-style-type: none"><li>• Personality Development Program for DIVYANG.</li><li>• Social Welfare Program for Disabled.</li></ul>		7
VIII	Inclusion in sports for Adapted People: <ul style="list-style-type: none"><li>• Recreational sports/ games.</li><li>• Competitive sports/ games.</li></ul>		7
Suggested readings:			
1. Blauwet, C. (2007). Promoting the health and human rights of individuals with a disability through the Paralympic movement. <i>International Council of Sport Science and Physical Education (ICSSPE) Bulletin</i> .			
2. Barton, L. (1993). Disability, empowerment and physical education. In J. Evans (Ed.), <i>Equality, education and physical education</i> London: The Falmer Press.			
3. Guttmann, L. (1976). <i>Textbook of sport for the disabled</i> . Oxford: HM & M Publishers.			
4. DePauw, K. P., & Gavron, S. J. (2005). <i>Disability and sport</i> (2nd ed.). Champaign, IL: Human Kinetics.			
5. Metts, R. (2000). <i>Disability issues, trends and recommendations for the World Bank</i> . Washington, D.C.: World Bank.			

6. Oliver, M. (1990). *The politics of disablement*. Basingstoke: Macmillan.

7. 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:**

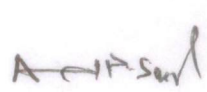

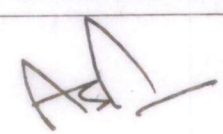
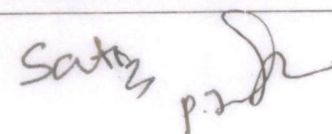
- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon open University.

A. S. Sanyal      Sanyal      ASD      Sanyal



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

Program /Class: 3-years UG Degree		Year: Third	Semester: Sixth
Subject: Physical Education-Practical			
Course code: E020603P		Course Title: Research and sports	
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	Learning the advanced skill of selected team games: <ul style="list-style-type: none"><li>History and development of selected game/sports</li><li>Lay out and measurement of selected game/sports</li><li>Rules and regulation of selected games/sports</li><li>Specific exercise for selected game/sports</li><li>Techniques and skills of selected game/sports</li></ul>		15
	Part-B		
II	Paralympic Committee of India (PCI): <ul style="list-style-type: none"><li>History</li><li>Aims and Objective.</li><li>Learn about any one para-sports.</li><li>Para-competition.</li></ul>		15
Suggested readings:			
<ol style="list-style-type: none"><li>American College of Sports Medicine. (2001). <i>ACSM's guidelines for exercise testing and prescription</i> (6th ed.). New York, NY: Lippincott Williams &amp; Wilkins.</li><li>Anspaugh, D. J., Ezell, G., &amp; Goodman, K. N. (2006). <i>Teaching today's health</i> (8th ed.). Chicago, IL: Mosby/Elsevier.</li><li>Donatelle, R. J., &amp; Ketcham, P. L. (2007). <i>Access to health</i> (10th ed.). Boston, MA: Benjamin Cummings.</li><li>Floyd, P. A., Mimms, S. E., &amp; Yelding, C. (2003). <i>Personal health: Perspectives and lifestyles</i> (3rd ed.). Belmont, CA: Wadsworth/Thomson Learning.</li></ol>			
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>			
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:**

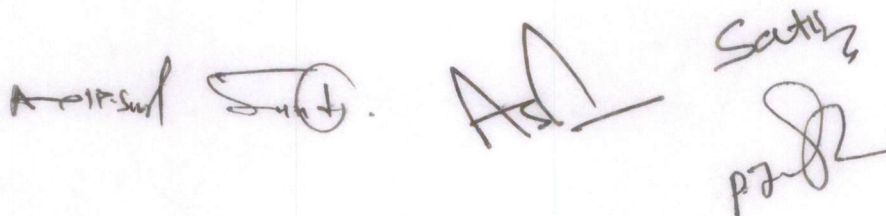
- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon open University.

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

Program /Class: 4-Year Degree (Honours)		Year: Fourth	Semester: Seventh
Subject: Physical Education-Theory			
Course code: E020701T		Course Title: Local Language & Social Responsibility and Community Engagement	
Course Outcomes:			
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
	(The syllabus will be accepted as made by the Curriculum Committee of the University- Letter no. लो०अ०वि०/शैक्ष०/4273/2025, Dated: 29/03/2025, Point-6.4)		



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

Program /Class: 4-Year Degree (Honours)		Year: Fourth	Semester: Seventh
Subject: Physical Education-Theory			
Course code: E020702T		Course Title: Yoga and Physical Education	
Course Outcomes: Different aspects of the Yoga education can be understood by students.			
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"><li>• Meaning and Definition of Yoga</li><li>• Aims and Objective of Yoga.</li><li>• Need and Importance of Yoga in Physical Education and Sports</li></ul>		6
II	Foundation of Yoga: The Ashtanga Yoga: <ul style="list-style-type: none"><li>• Yama</li><li>• Niyama</li><li>• Asana</li><li>• Pranayama</li><li>• Pratyahara</li><li>• Dharana</li><li>• Dhyana and</li><li>• Samadhi</li></ul>		10
III	Asanas: <ul style="list-style-type: none"><li>• Meaning</li><li>• Classification of asanas with special reference to physical education and sports</li><li>• Influences of relaxation and meditative posture on various system of the body</li><li>• Effect of Asanas on various system of the body</li></ul>		12
IV	Pranayama: <ul style="list-style-type: none"><li>• Meaning</li><li>• Objective of Pranayama,</li><li>• Types of Pranayama</li><li>• Physiological Values of Pranayama</li></ul>		10
V	Shuddhi Kiryas Bandhas and mudras <ul style="list-style-type: none"><li>• Difference between yogic practices and physical exercises</li><li>• Types of Bandhas and mudras</li><li>• Type of kriyas</li></ul>		12
VI	Yoga in the Bhagavad-Gita: <ul style="list-style-type: none"><li>• Karma Yoga</li><li>• Raja Yoga</li><li>• Gyan Yoga</li><li>• Bhakti Yoga</li></ul>		10
Suggested readings:			
1. Brown, F. Y. (2000). <i>How to use yoga</i> . Delhi: Sports Publication.			

Asst Prof. S. S. Sathya



2. Gharote, M. L., & Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonavala: Kaixydahmoe.
3. Rajjan, S. M. (1985). *Yoga: Strengthening and relaxation for sportsmen*. New Delhi: Allied Publishers.
4. Shankar, G. (1998). *Holistic approach of yoga*. New Delhi: Aditya Publishers.
5. Shekar, K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra.
6. Singh, A., Gill, J. S., Bains, J., Brar, R. S., & Others. (2018). *Physical education and Olympic movement*. New Delhi: 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:**

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

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**Suggested readings:**

1. Miah, A. (2017). *Sport 2.0: Transforming sports for a digital world*. Cambridge, MA: MIT Press.
2. Sharda, R., Delen, D., & Turban, E. (Eds.). (2020). *Artificial intelligence in sports: Predicting and enhancing performance*. Cham: Springer.
3. Tong, R. (Ed.). (2018). *Wearable technology in medicine and health care*. Cambridge, MA: Academic 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:**

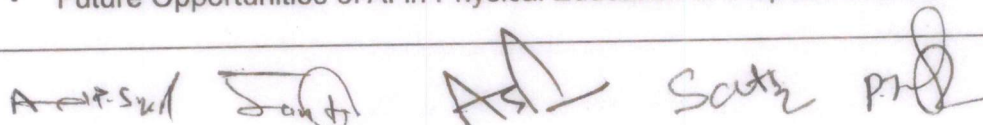
- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon open University.

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

Program /Class: 4-Year Degree (Honours)		Year: Fourth	Semester: Seventh
Subject: Physical Education-Theory			
Course code: E020703T		Course Title: Artificial Intelligence (AI) in Physical Education	
Course Outcomes: students will be able to understand the basic concepts of Artificial Intelligence (AI) and its relevance in the field of Physical Education. They will gain knowledge about how AI is used in sports training, performance analysis, fitness apps, and sports management. Students will also be aware of the ethical issues, challenges, and future possibilities of AI, enabling them to apply AI-based tools in their daily fitness and professional 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	Introduction to Artificial Intelligence <ul style="list-style-type: none"><li>• Meaning and Definition of AI</li><li>• Brief History and Development of AI</li><li>• Characteristics and Types of AI (Narrow AI, General AI)</li><li>• Importance of AI in Modern World (in simple terms)</li></ul>		10
II	Basics of Computers and AI Terminology Basics of machine learning: <ul style="list-style-type: none"><li>• Basic Computer Concepts (Hardware, Software, Internet)</li><li>• Introduction to AI Terms (Data, Algorithm, Machine Learning, etc.)</li><li>• Difference between Human Intelligence and Artificial Intelligence</li><li>• Myths and Facts about AI</li></ul>		10
III	AI in Sports and Physical Education <ul style="list-style-type: none"><li>• Use of AI in Sports Training and Coaching</li><li>• AI in Skill Analysis and Performance Monitoring</li><li>• Smart Wearables and Fitness Trackers (like smartwatches)</li><li>• AI-based Apps for Exercise and Health</li></ul>		10
IV	AI in Sports Management <ul style="list-style-type: none"><li>• AI for Event Planning and Scheduling</li><li>• Use of AI in Team Selection and Strategy Making</li><li>• AI in Scouting and Talent Identification</li><li>• Role of AI in Injury Prevention and Management</li></ul>		10
V	Practical Applications of AI in Daily Life and Fitness <ul style="list-style-type: none"><li>• AI in Mobile Fitness Apps (like Google Fit, Fitbit)</li><li>• AI in Diet and Nutrition Tracking</li><li>• AI-Powered Virtual Coaches and Assistants</li><li>• Simple AI Tools for Physical Education Teachers and Students</li></ul>		10
VI	Challenges, Ethics and Future of AI in Physical Education <ul style="list-style-type: none"><li>• Challenges of Using AI in Sports</li><li>• Ethical Issues (Privacy, Data Use, Fairness)</li><li>• Limitations of AI</li><li>• Future Opportunities of AI in Physical Education and Sports Careers</li></ul>		10





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

Program /Class: 4-Year Degree (Honours)		Year: Fourth	Semester: Seventh
Subject: Physical Education-Theory			
Course code: E020704T		Course Title: Measurement and Evaluation in Physical education	
Course Outcomes: Students will be able to comprehend various aspects of measurement and evaluation in physical education			
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	<b><u>Introduction to Test &amp; Measurement &amp; Evaluation:</u></b> <ul style="list-style-type: none"><li>• Meaning of Test &amp; Measurement &amp; Evaluation in Physical Education</li><li>• Need &amp; Importance of Test &amp; Measurement &amp; Evaluation in Physical Education</li><li>• Principles of Evaluation</li></ul>		10
II	<b><u>Criteria; Classification and Administration of test:</u></b> <ul style="list-style-type: none"><li>• Criteria of good Test</li><li>• Criteria of tests and scientific authenticity (reliability, objectivity, validity and availability of norms)</li><li>• Type and classification of Test</li><li>• Administration of test, advance preparation - Duties during testing - Duties after testing.</li></ul>		10
III	<b><u>Physical Fitness Tests:</u></b> <ul style="list-style-type: none"><li>• S.A.I. Khelo India Fitness Test</li><li>• AAHPERD youth fitness test</li><li>• National physical Fitness Test</li><li>• JCR test</li><li>• Harvard Step Test</li></ul>		10
IV	<b><u>Sports Skill Tests:</u></b> <ul style="list-style-type: none"><li>• SAI Table Tennis test (Fore Hand Push and Back Hand Push)</li><li>• McDonald soccer test</li><li>• SAI Badminton test (Run with the Shuttle Cork Test)</li><li>• SAI Kabaddi test (Attacking Skill-Touching with Toe)</li></ul>		10
V	<b><u>Tools for Measurements:</u></b> <ul style="list-style-type: none"><li>• Spirometer</li><li>• Dynamometer</li><li>• Treadmill</li><li>• Skinfold caliper</li><li>• Stethoscope</li></ul>		10
VI	<b><u>Socio-psychological Measure:</u></b> <ul style="list-style-type: none"><li>• Self-confidence measures</li><li>• Personality Inventory</li><li>• Leadership Behavior</li><li>• Self-Concept Measure</li></ul>		10
<b>Suggested readings:</b> 1. Bangsbo, J. (1994). <i>Fitness training in football: A scientific approach</i> . Bagsvaerd, Denmark.			





2. Barron, H. M., & McGee, R. (1997). *A practical approach to measurement in physical education*. Philadelphia, PA: Lea & Febiger.
3. Kansal, D. K. (1996). *Test and measurement in sports and physical education*. New Delhi: D.V.S. Publications.
4. Mathews, D. K. (1973). *Measurement in physical education*. Philadelphia, PA: W. B. Saunders Company.
5. Pheasant, S. (1996). *Bodyspace: Anthropometry, ergonomics and the design of work* (2nd ed.). New York, NY: Taylor & Francis.

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 VII / PAPER V**

Program /Class: 4-Year Degree (Honours)		Year: Fourth	Semester: Seventh
Subject: Physical Education-Practical			
Course code: E020705P		Course Title: Measurement and Evaluation in Physical education	
Course Outcomes:			
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"><li>• Measurement of Physical Fitness of college students using various tests</li><li>• Assessments of body mass index</li></ul>		15
	Part-B		
II	<ul style="list-style-type: none"><li>• Learn to use various instruments for measuring physiological &amp; health related physical fitness components. Like lungs capacity, Mechanical force, or power, cardiovascular endurance, fat percentage (body composition), and blood pressure etc.</li></ul>		15
Suggested readings:			
<ol style="list-style-type: none"><li>1. Bangsbo, J. (1994). <i>Fitness training in football: A scientific approach</i>. Bagsvaerd, Denmark.</li><li>2. Barron, H. M., &amp; McGee, R. (1997). <i>A practical approach to measurement in physical education</i>. Philadelphia, PA: Lea &amp; Febiger.</li><li>3. Kansal, D. K. (1996). <i>Test and measurement in sports and physical education</i>. New Delhi: D.V.S. Publications.</li><li>4. Mathews, D. K. (1973). <i>Measurement in physical education</i>. Philadelphia, PA: W. B. Saunders Company.</li><li>5. Pheasant, S. (1996). <i>Bodyspace: Anthropometry, ergonomics and the design of work</i> (2nd ed.). New York, NY: Taylor &amp; Francis.</li><li>6. Chaurasiya, S., &amp; Singh, P. K. (2014). <i>Method in physical education, statistics, test &amp; measurement</i>. New Delhi: Axis Books Pvt. Ltd.</li></ol>			
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>			
Course prerequisites: There is no any prerequisites only students physical and medically fit.			

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**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:**

- 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 I**

Program /Class: 4-Year Degree (Honours)		Year: Fourth	Semester: Eight
Subject: Physical Education-Theory			
Course code: E020801T		Course Title: Sports Statistics	
Course Outcomes: Students can be able to understand various aspects of statistic that will help them in research.			
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>Statistical Concepts for Physical Education:</u> <ul style="list-style-type: none"><li>• Meaning</li><li>• Types of statistics, Purpose and Characteristics</li></ul>		10
II	<u>Data:</u> <ul style="list-style-type: none"><li>• Data Meaning &amp; its types- qualitative &amp; quantitative</li><li>• Score: Raw score &amp; Statistical score</li><li>• Methods of data collection</li><li>• Variables: Independent and Dependent variable</li><li>• Methods of data collection</li></ul>		10
III	<u>Representation of Data:</u> <ul style="list-style-type: none"><li>• Graphical representation of data- Bar graph,</li><li>• Frequency polygon, Pie Diagram</li></ul>		10
IV	<u>SAMPLING:</u> <ul style="list-style-type: none"><li>• Concept of sample,</li><li>• Need of sampling</li><li>• Sampling methods- Random sampling, Stratified sampling, and Cluster sampling</li></ul>		10
V	<u>Statistical Model In Physical Education &amp; Sports:</u> <ul style="list-style-type: none"><li>• Type I &amp; Type II error,</li><li>• Level of significance, Degree of freedom,</li><li>• Measurement of central tendency-Mean, Median, and Mode</li><li>• Measure of variability;</li></ul>		10
VI	<u>Statistical Tests:</u> <ul style="list-style-type: none"><li>• Test of significance</li><li>• Analysis of variance (ANOVA)</li><li>• Correlation and Chi square</li></ul>		10
<b>Suggested readings:</b> <ol style="list-style-type: none"><li>1. Best, J. W. (1971). <i>Research in education</i>. Englewood Cliffs, NJ: Prentice Hall, Inc.</li><li>2. Clark, D. H. (1999). <i>Research problem in physical education</i> (2nd ed.). Englewood Cliffs, NJ: Prentice Hall, Inc.</li><li>3. Rothstein, A. (1985). <i>Research design and statistics for physical education</i>. Englewood Cliffs, NJ: Prentice Hall, Inc.</li><li>4. Sivaramakrishnan, S. (2006). <i>Statistics for physical education</i>. Delhi: Friends Publications.</li><li>5. Thirumalaisamy, R. (1998). <i>Statistics in physical education</i>. Karaikudi: Senthil Kumar Publications.</li></ol>			
This course can be opted as an elective by the students of following subjects:			
• Open for all			
Continuous Evaluation Methods: (CIE)			

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**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: 4-Year Degree (Honours)		Year: Fourth	Semester: Eight
Subject: Physical Education-Theory			
Course code: E020802T		Course Title: Educational technology and methods of teaching in physical education	
Course Outcomes: Students will be able to comprehend many facets of instructional technology and physical education teaching techniques.			
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>Education Technology:</u> <ul style="list-style-type: none"><li>• Meaning and Definitions</li><li>• Types of Education- Formal, Informal and Non- Formal education.</li><li>• Educative Process</li><li>• Importance of Devices and Methods of Teaching.</li></ul>		6
II	<u>Teaching Technique:</u> <b>Teaching Technique</b> <ul style="list-style-type: none"><li>• Lecture method</li><li>• Command method</li><li>• Demonstration method</li><li>• Imitation method and</li><li>• Project method</li></ul>		10
III	<u>Teaching Methods:</u> <b>Methods of Practice</b> <ul style="list-style-type: none"><li>• Whole method</li><li>• Part Method</li><li>• Whole-part whole method and</li><li>• Progressive part method</li></ul>		10
IV	<u>Presentation Technique:</u> <ul style="list-style-type: none"><li>• Personal and technical preparation</li></ul> <b>Command-</b> Meaning, Types and its uses in different situations		10
V	<u>Teaching Aids:</u> <ul style="list-style-type: none"><li>• Meaning, Importance and its criteria for selecting teaching aids</li><li>• Audio aids, Visual aids, Audio-visual aids, Verbal, Chalk board, Charts, Model, Slide projector, and Motion picture.</li><li>• Team Teaching Meaning, Principles and advantage of team teaching</li><li>• Difference between Teaching Methods and Teaching Aid</li></ul>		12
VI	<u>Lesson Planning and Teaching Innovations:</u> <ul style="list-style-type: none"><li>• Lesson Planning - Meaning, Type and principles of lesson plan.</li><li>• General and specific lesson plan.</li><li>• Micro Teaching - Meaning, Types and steps of micro teaching</li></ul>		12
Suggested readings:			
1. Bhardwaj, A. (2003). <i>New media of educational planning</i> . New Delhi: Sarup & Sons.			
2. Bhatia, K. K., & Bhatia, B. D. (1959). <i>The principles and methods of teaching</i> . New Delhi: Doaba House.			

*Asst. Prof. Satyendra Prasad*



3. Kochar, S. K. (1982). *Methods and techniques of teaching*. New Delhi: Sterling Publishers Pvt. Ltd.
4. Sampath, K., Pannirselvam, A., & Santhanam, S. (1981). *Introduction to educational technology*. New Delhi: Sterling Publishers Pvt. Ltd.
5. Walia, J. S. (1999). *Principles and methods of education*. Jalandhar: 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.

Approved Santh. Ad. Satish P. Singh

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

Program /Class: 4-Year Degree (Honours)		Year: Fourth	Semester: Eight
Subject: Physical Education-Theory			
Course code: E020803T		Course Title: Campus Event Management and Promotion	
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.			
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	<b><u>Introduction to Campus Event Planning:</u></b> <ul style="list-style-type: none"><li>Understanding the importance of joyful activities in campus life</li><li>Exploring different types of events and activities</li><li>Identifying resources and support available for organizing campus events</li></ul>		10
II	<b><u>Event Ideation and Concept Development:</u></b> <ul style="list-style-type: none"><li>Brainstorming creative event ideas and concepts</li><li>Assessing audience preferences and interests</li><li>Developing event themes and objectives</li><li>Creating event proposals and plans</li></ul>		10
III	<b><u>Event operation and Management:</u></b> <ul style="list-style-type: none"><li>Budgeting and resource allocation for events</li><li>Securing event venues and facilities on campus</li><li>Managing event timelines and schedules</li><li>Coordination with teachers, performers, and volunteers</li></ul>		10
IV	<b><u>Promoting Campus Events:</u></b> <ul style="list-style-type: none"><li>Marketing and promotional strategies for campus activities</li><li>Utilizing social media, posters, and flyers to promote events</li><li>Engaging with the campus community and generating excitement</li><li>Developing partnerships with campus organizations and sponsors</li></ul>		10
V	<b><u>Event Execution and Evaluation:</u></b> <ul style="list-style-type: none"><li>Setting up event logistics and decorations</li><li>Facilitating participant engagement and enjoyment</li><li>Conducting post-event evaluations and feedback collection</li></ul>		10
VI	<b><u>Sustainability and Continuity of Campus Activities:</u></b> <ul style="list-style-type: none"><li>Assessing the impact and success of campus events</li><li>Strategies for sustaining interest and participation in activities</li><li>Developing plans for future events and ongoing programming</li></ul>		10
<b>Suggested readings:</b> <ol style="list-style-type: none"><li>Yeoman, I., Robertson, M., &amp; McMahon-Beattie, U. (2018). <i>Event planning and management: A practical handbook</i> (2nd ed.). London: Routledge.</li><li>Goldblatt, J. J. (2016). <i>Special events: Creating and sustaining a new world for celebration</i> (7th ed.). Hoboken, NJ: John Wiley &amp; Sons.</li><li>Schwarz, E. C., &amp; Shonk, D. L. (2017). <i>Event management blueprint: Creating and managing successful sports events</i>. Champaign, IL: Human Kinetics.</li></ol>			



4. रावत, आर. आर. (2020). छात्रों के लिए आयोजन प्रबंधन (Event Management for Students). संजय 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.

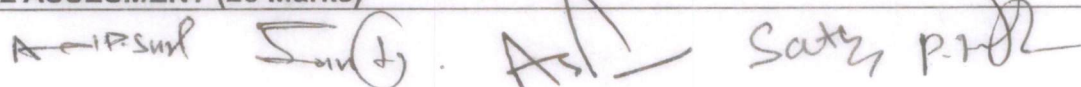
**Suggested equivalent online courses:**

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

Admission Saty P. Singh

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

Program /Class: 4-Year Degree (Honours)		Year: Fourth	Semester: Eight
Subject: Physical Education-Theory			
Course code: E020804T		Course Title: Sports Training	
Course Outcomes: Students can be able to understand Various Aspects of Sports Training.			
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	<b><u>Fundamentals of Sports Training:</u></b> <ul style="list-style-type: none"><li>• Meaning of sports training</li><li>• Aims and objectives of sports training</li><li>• Principles of sports training</li><li>• System of sports training- Training Load, Types of training load, Intensity, Volume of training and Recovery.</li></ul>		10
II	<b><u>Training Means &amp; Method:</u></b> <ul style="list-style-type: none"><li>• Principles means of training, Additional means of training,</li><li>• Medical &amp; Physiotherapeutic means, psychological means,</li><li>• Biomechanical means, Natural means</li></ul>		10
III	<b><u>Technical &amp; Tactical Training:</u></b> <ul style="list-style-type: none"><li>• Skill, Phases of skill acquisition</li><li>• Tactics</li><li>• Technical Training- Meaning &amp; method</li><li>• Tactical Training- Meaning &amp; method</li></ul>		10
IV	<b><u>Training Components:</u></b> Means and methods for development of Physical Fitness Components— <ul style="list-style-type: none"><li>• Speed</li><li>• Strength</li><li>• Endurance</li><li>• Flexibility</li><li>• Coordinative abilities</li></ul>		10
V	<b><u>Psychological preparation of a sports person:</u></b> <ul style="list-style-type: none"><li>• Psychological preparation of a sports person during various phases of schedule- Preparatory, Competition, and Transitional</li></ul>		10
VI	<b><u>Training Program:</u></b> <ul style="list-style-type: none"><li>• Periodization- Meaning &amp; types of Periodization</li><li>• Aims &amp; content of period-Preparatory, Competition, and Transitional</li><li>• Planning training session</li><li>• Talent Identification and organizing coaching camps</li></ul>		10
<b>Suggested readings:</b> 1. Singh, H. (1995). Science of sports training. New Delhi: D.V.S. Publications. 2. Singh, A., Gill, J. S., Bains, J., Brar, R. S., & Others. (2018). Physical education and Olympic movement. New Delhi: Kalyani Publishers.			
This course can be opted as an elective by the students of following subjects: • Open for all			
<b>Continuous Evaluation Methods: (CIE)</b> <b>INTERNAL ASSESMENT (25 Marks)</b>			





Research Orientation of the student.

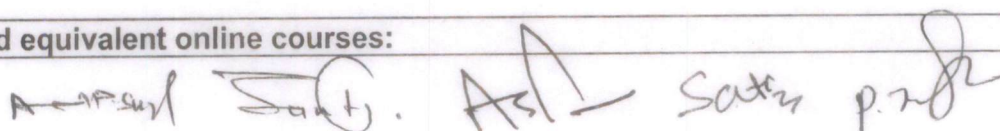
**Suggested equivalent online courses:**

- 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 VIII / PAPER V**

Program /Class: 4-Year Degree (Honours)		Year: Fourth	Semester: Eight
Subject: Physical Education- Practical			
Course code: E020805P		Course Title: Sports Training	
Course Outcomes:			
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"><li>Make a file with details of basic principles and components of sports conditioning, including strength, endurance, flexibility, and agility training.</li></ul>		30
	Part-B		
II	<ul style="list-style-type: none"><li>Create a comprehensive strength training program for a specific sport or athlete, including exercises, sets, reps, and progression charts.</li><li>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.</li></ul>		30
Suggested readings:			
<ol style="list-style-type: none"><li>National Strength &amp; Conditioning Association (NSCA). (2016). <i>NSCA's essentials of strength training and conditioning</i> (4th ed.). Champaign, IL: Human Kinetics.</li><li>Nelson, A. G., &amp; Kokkonen, J. (2007). <i>Stretching anatomy</i> (2nd ed.). Champaign, IL: Human Kinetics.</li><li>Seagrave, L., &amp; Jeffreys, I. (2019). <i>Speed training for sports performance</i>. New York, NY: Routledge.</li><li>Perrin, D. H., &amp; Wilk, K. E. (2019). <i>Rehabilitation techniques for sports medicine and athletic training</i> (7th ed.). Thorofare, NJ: SLACK Incorporated.</li></ol>			
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>			
Course prerequisites: There is no any prerequisites only students physical and medically fit.			
<b>Continuous Evaluation Methods: (CIE)</b> <b>INTERNAL ASSESMENT (25 Marks)</b> Written Test – 10 marks Assignment - 10 marks Attendance – 5 marks Research Orientation of the student. <b>PRACTICAL ASSESSMENT (75 Marks)</b> Practical – 50 VIVA – 15 Record book, and charts etc. - 10			
Suggested equivalent online courses:			





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

A. P. Singh (Sant) Asl Saty p. 2. 2