



**CBCS SYLLABUS**  
**FOR**  
**THREE YEARS UNDER-GRADUATE COURSE**  
**IN**  
**PHYSICAL EDUCATION (PROGRAMME)**  
*(w.e.f. 2022)*



**BANKURA UNIVERSITY**  
**BANKURA**  
**WEST BENGAL**  
**PIN 722155**



There will be six semesters in the three-year B.A. Programme in Education. The syllabus consists of 4 Core (C) papers each in two disciplines of choice, 2 core papers each in English and Hindi/ MIL, respectively, 2 AECC, Minimum 4 SEC, 2 Papers each from a list of DSE papers based on the two disciplines of choice selected above respectively, and 2 papers from the list of Generic Electives papers. Each course is of 50 marks [10 marks for Internal and 40 marks for End-Semester Examination (ESE)]. Lec. stands for Lecture Hour, Tu. stands for Tutorial, and Pr. stands for Practical Hour.

**1 Credit = 1 Theory period of one hour duration,  
1 credit = 1 Tutorial period of one hour duration,  
1 credits = 1 Practical period of two hour**

### SEMESTER WISE COURSE STRUCTURE

No. of SEMESTER - 6

CREDITS =122

COURSES	SEM I	SEM II	SEM III	SEM IV	SEM V	SEM VI	TOTAL
<b>CORE COURSES</b>	<b>18</b>	<b>18</b>	<b>18</b>	<b>18</b>	-	-	<b>72</b>
<b>DISCIPLINE SPECIFIC ELECTIVE COURSE</b>	-	-	-	-	<b>12</b>	<b>12</b>	<b>24</b>
<b>GENERIC ELECTIVE / INTERDISCIPLINARY COURSE</b>	-	-	-	-	<b>6</b>	<b>6</b>	<b>12</b>
<b>ABILITY ENHANCEMENT COMPULSORY COURSE (AECC)</b>	<b>4</b>	<b>2</b>	-	-	-	-	<b>4</b>
<b>SKILL ENHANCEMENT COURSES (SEC)</b>	-	-	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>8</b>
<b>TOTAL</b>	<b>22</b>	<b>20</b>	<b>20</b>	<b>20</b>	<b>20</b>	<b>20</b>	<b>122</b>

**THE DISTRIBUTION OF CREDITS FOR DIFFERENT CATEGORIES OF COURSES**

Sem	Courses	Credits	Marks		Total
			I.A	ESE	
<b>1<sup>st</sup> Sem.</b>	2 Core Courses of 6 Credits Each 1 (English/Hindi/MIL) of 6 Credits 1 Ability Enhancement Compulsory courses (AECC) (English/Hindi/MIL)/ Environmental Science of 1 Papers 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 4 = 4	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
<b>2<sup>nd</sup> Sem.</b>	2 Core Courses of 6 Credits Each 1 (Hindi/MIL/ English) of 6 Credits 1 Ability Enhancement Compulsory courses (AECC) Environmental Science (English/Hindi/ MIL)/ of 1 Papers 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 2 = 2	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
<b>3<sup>rd</sup> Sem.</b>	2 Core Courses of 6 Credits Each 1 (English/Hindi/MIL) of 6 Credits 1 Skill Enhancement Course (SEC) of 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 2 = 2	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
<b>4<sup>th</sup> Sem.</b>	2 Core Courses of 6 Credits Each 1 (Hindi/MIL/ English) of 6 Credits 1 Skill Enhancement Course (SEC) of 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 2 = 2	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
<b>5<sup>th</sup> Sem.</b>	2 Department Specific Elective (DSE) Courses of 6 Credits Each 1 Generic Elective of 6 credits each 1 Skill Enhancement Course (SEC) of 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 2 = 2	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
<b>6<sup>th</sup> Sem.</b>	2 Department Specific Elective (DSE) Courses of 6 Credits Each 1 Generic Elective of 6 credits each 1 Skill Enhancement Course (SEC) of 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 2 = 2	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
<b>Total</b>	4 Core papers each in two disciplines of choice, 2 core papers each in English and Hindi/ MIL, respectively, 2 AECC, Minimum 4 SEC, 2 Papers each from a list of DSE papers based on the two disciplines of choice selected above respectively, and 2 papers from the list of Generic Electives papers.	122	240	960	1200



## Programme Outcomes ( Attributewise)

1. **Disciplinary Knowledge and Skills:** The organization of physical and sports activities will develop sense of discipline in the students.
2. **Skilled Communicator:** Neuromuscular learning and activation requires good communicable skills on the part of the leader organizing them, which shall be developed in the students in course of their graduation program. Ability will be developed to express thoughts and ideas effectively, demonstrate the ability to listen carefully, read and write analytically, and present complex information in a clear and concise manner to different groups. Skills will be developed in verbal and non-verbal communication, preparation and presentation of documents/reports/PPTs. Skills of interpersonal communication and ability to work with diverse population groups, able to use ICT in a variety of learning situations, demonstrate ability to access, evaluate, and use a variety of relevant information sources and develop digital literacy as applicable to the professional needs will also be developed.
3. **Critical Thinker and Problem Solver:** Ability to employ critical thinking and efficient problem solving skills through development of new strategies are expected attributing factors.
4. **Sense of Inquiry:** Capability for asking relevant/appropriate questions relating to the issues and problems in the field of physical education, fitness and rehabilitation.
5. **Leadership:** The orientation in organization of health and sports promoting physical activities develops appropriate leadership capabilities in the students.
6. **Skilled Manager:** Capable of identifying or mobilizing appropriate resources required for organizing fruitful training and coaching programme for athletes of various sports.
7. **Digitally Literate:** Capable of using computer for keeping the health related data base of the trainees. Formulating appropriate training programme for individuals as per their need. Capable of employing modern library search tools to locate, retrieve, and evaluate Physical Education & Sports related information.
8. **Ethical Awareness and Reasoning:** Avoiding unethical behavior and promoting fair play. Discouraging the use of drugs for performance enhancement. Promoting sports for the development of all round personality of the participants.
9. **Lifelong Learners:** Capable of self-paced and self-directed learning aimed at personal development.
10. **Pursuit of Excellence:** To have a positive attitude towards developing one's own potentials (both biological & cultural) and talents.
11. **Respect for Diversity:** An empathy with other's views and needs as well as respect for their elder's opinion, race or religion and also able to value different cultures and traditions.
12. **Sense of Justice and Equity:** To able to recognize social justice and act justly; to have a sense of fairness in life especially in sporting situation.
13. **Cooperation and Team Work:** Ability to work effectively and respectfully with diverse teams; facilitate cooperative or coordinated effort on the part of a group and or a team in the interests of a common cause and work efficiently as a player.

**SYLLABUS FOR PHYSICAL EDUCATION (PROGRAMME)**

**PEDG**= Physical Education (Subject Code) **C**= Core Course, **E/H/MIL**= English/ Hindi/ Modern Indian Language, **H/MIL/E**= Hindi/ Modern Indian Language/ English, **AECC-E**= Ability Enhancement Compulsory Course-English, **AECC-ENV**= Ability Enhancement Compulsory Course-Environmental Science, **SEC**= Skill Enhancement Course, **GE**= Generic Elective, **DSE**= Discipline Specific Elective **Int. Ass**= Internal Assessment, **ESE**= End-Semester Examination, **L**= Lecture, **T**= Tutorial, and **P**=Practical, **Prac**= Practical, **Theo**= Theory.

***B.A Program: 1<sup>st</sup> Semester***

Course Code	Course Title	Course Type	Credit	Marks Division			Total Marks	No. of Hour (L-T-P)
				Int. Ass	Prac	E.S.E		
AP/PHE/101/C-1	Foundation & History of Physical Education	C-1	6	10	15	25	50	4-0-4
	Discipline -2 (Other Subjects)		6	10	--	40	50	
	MIL-1	AECC-1 (Core)	6	10	--	40	50	5-1-0
	Environmental Studies -I	AECC-1 (Elective)	4	10	--	40	50	4-0-0
<b>SEMESTER TOTAL :</b>			<b>22</b>	<b>40</b>	<b>160</b>	<b>200</b>		

***B.A Program: 2<sup>nd</sup> Semester***

Course Code	Course Title	Course Type	Credit	Marks Division			Total Marks	No. of Hour (L-T-P)
				Int. Ass	Prac	E.S.E		
AP/PHE/201/ C-2	Anatomy, Physiology & Physiology of Exercise and Sports	C-2	6	10	--	40	50	5-0-2
	Discipline -2 (Other Subjects)		6	10		40	50	
	English-1	AECC-2 (Core)	6	10		40	50	5-1-0
	English/MIL	AECC-2 (Elective)	2	10		40	50	2-0-0
<b>SEMESTER TOTAL :</b>			<b>20</b>	<b>40</b>	<b>160</b>	<b>200</b>		

**SYLLABUS FOR PHYSICAL EDUCATION (PROGRAMME)*****B.A Program: 3<sup>rd</sup> Semester***

Course Code	Course Title	Course Type	Credit	Marks Division			Total Marks	No. of Hour (L-T-P)
				Int. Ass	Prac	E.S.E		
AP/PHE/ 301/C-3	Track & Field and Its Rules Regulations	C-3	6	10	15	25	50	4-0-4
	<i>Discipline -2 (Other Subjects)</i>		6	10		40	50	
	MIL-2	AECC-3 (Core)	6	10		40	50	
AP/PHE/ 304/SEC-1	Yoga and Gymnastics	SEC-1	2	10	40	-	50	0-0-4
<b>SEMESTER TOTAL :</b>			<b>20</b>	<b>40</b>	<b>160</b>	<b>200</b>		

***B.A Program: 4<sup>th</sup> Semester***

Course Code	Course Title	Course Type	Credit	Marks Division			Total Marks	No. of Hour (L-T-P)
				Int. Ass	Prac	E.S.E		
AP/PHE/ 401/C-4	Health, Fitness & Wellness	C-4	6	10	15	25	50	4-0-4
	<i>Discipline -2 (Other Subjects)</i>		6	10	--	40	50	
	English-2	AECC-4 (Core)	6	10	--	40	50	
AP/PHE/ 404/SEC-2	Ball Game and Racket Game	SEC-2	2	10	40	--	50	0-0-4
<b>SEMESTER TOTAL :</b>			<b>20</b>	<b>40</b>	<b>160</b>	<b>200</b>		

**SYLLABUS FOR PHYSICAL EDUCATION (PROGRAMME)****B.A Program: 5<sup>th</sup> Semester**

Course Code	Course Title		Cour. Type	Credit	Marks Division			Total Marks	No. Hour
					Int. Ass	Prac	E.S.E		
									(L-T-P)
AP/PHE/501/ DSE-1	1. Test, Measurement & Evaluation	Any One	DSE-1	6	10	--	40	50	5-1-0
	2. Sports Training								
	Discipline -2 (Other Subjects)	Any One		6	10	--	40	50	
	Discipline -2 (Other Subjects)								
AP/PHE/503/ GE-1	1. First Aid & Personal Hygiene	Any One	GE -1	6	10	15	25	50	5-0-2
	2. Recreation, Physical Activity and Physical Fitness								
AP/PHE/504/ SEC-3	Indigenous and Minor Game and Excursion- Camping Program		SEC-3	2	10	40	--	50	0-0-4
SEMESTER	TOTAL :			20	40	160		200	

**B.A Program: 6<sup>th</sup> Semester**

Course Code	Course Title		Cour. type	Credit	Marks Division			Total Marks	No. Hour
					Int. Ass	Prac	E.S.E		
									(L-T-P)
AP/PHE/601/ DSE-1B	1. Sports Psychology	Any One	DSE-3	6	10	--	40	50	5-1-0
	2. Management of Sports and Physical Education								
	Discipline -2 (Other Sub)	Any One	DSE-4	6	10		40	50	
	Discipline -2 (Other Sub)								
AP/PHE/603/ GE-2	1. Health Education & Safety Edu.	Any One	GE -2	6	10	15	25	50	5-0-2
	2. Complete Fitness & Therapeutic values of Phy. Edu.								
AP/PHE/604/ SEC-4	Adapted Physical Education and Computer Application in Physical Edu.		SEC-4	2	10	15	25	50	1-0-2
SEMESTER	TOTAL :			20	40	160		200	



## **B.A. Program in Physical Education**

### **SEMESTER -1**

Core Paper 1 (DSC-1) Course Code: AP/PHE/101/C-1

**Course Title : FOUNDATION AND HISTORY OF PHYSICAL EDUCATION**

**Total Marks = 50**

{Theory Marks: 25 :: Practical Marks:15 :: Internal Assessment ( Theory + Practical) : 10 }

Contact Hours per week: 6

Examination Duration: 1:15 hours

#### **COURSE OUTCOMES-**

- 1) *Understand the meaning, definitions, scope, Aim, and objective of Physical Education.*
- 2) *Understand the Misconception and modern concept of Physical Education and need and importance of Physical Education.*
- 3) *To understand Biological, Psychological and Sociological factors that make foundation of Physical Education.*
- 4) *To build up concept regarding Historical background and events of Physical Education and sports*
- 5) *Apply the knowledge in the field of Physical Education and movement activity.*
- 6) *Analyse the practical knowledge during the practical situation.*
- 7) *Appraise the effects during the training and practical sessions.*

### **THEORY PART: (Total Marks -25 )**

#### **UNIT-I: INTRODUCTION**

- 1.1 Definition, Meaning and Scope of Physical Education.
- 1.2 Aim and Objectives of Physical Education.
- 1.3 Misconceptions about Physical Education and Modern concept of Physical Education.
- 1.4 Need and Importance of Physical Education in present days.

#### **UNIT-II: HISTORY OF PHYSICAL EDUCATION**

- 2.1 Historical Development of Physical Education and Sports in India Pre-Independence & after Independence periods.
- 2.2 Historical background of Asian Games, Commonwealth Games and SAF Games.
- 2.3 National Sports Awards- Arjuna Award, Dronacharya Award, Dhyanchand Award
- 2.4 Famous personalities in the field of Physical Education – Plato, Aristotle, James Buchanan, P.M. Joseph



**UNIT-III: OLYMPIC MOVEMENT**

- 3.1 Olympic Movement in India
- 3.2 Ancient Olympic Games
- 3.3. Modern Olympic Games, Objectives, Motto, Flag, Emblem, Torch, Oath and Olympic Village, Opening Ceremony and Closing Ceremony.
- 3.4 Similarities and Dissimilarities between Ancient Olympic Games and Modern Olympic Games.

**UNIT -IV: BIOLOGICAL, PSYCHOLOGICAL AND SOCIOLOGICAL FOUNDATION**

- 4.1 Biological Foundation- Meaning and Principles of Growth and Development, Differences between Growth and Development, Factors affecting Growth and Development.
- 4.2 Meaning of Body types, Classification of Sheldon's Body types, Age and Sex differences in relation to physical activities.
- 4.3 Psychological Foundation- Concept of learning, Learning Curve, Laws of learning, Types of learning, factors affecting learning, learning outcomes.
- 4.4 Sociological Foundation- Concept of socialization, Socialization through Physical Education and Sports, Role of Games and Sports in National and International Integration, Sports Ethics.

**PRACTICAL PART: Total marks -15 ( Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)**

1. Learn and demonstrate the steps of Suryanamaskar.
2. Aerobics and Callisthenics exercises
3. Marching- Fall In, Attention, Stand at ease, Stand easy, Eyes right, Eyes front, Right Turn, Left Turn, Half Right Turn, Half Left Turn, About Turn, Mark Time Mark, Forward March. Salute, Right and Left salute.

**INTERNAL MARKS: (10)**

Internal Marks will be given based on at least Three Internal Theory Unit Test .and Internal Practical Test and Practical Performance throughout the entire semester.

**QUESTION PATTERN**

END SEMESTER EXAMINATION			Practical Marks	Internal Marks	Total Marks
Descriptive Type					
NUMBER OF QUESTION TO BE ANSWERED			TOTAL		
01 Mark Question	05 Marks Question	10 Marks Question			
5 Out of 8	2 Out of 4	1 Out of 2	25	15	10
01X5 = 05	05X2 = 10	10X1 = 10			

**SUGGESTED READINGS:****THEORY**

1. Graham, G. (2001) **Teaching Children Physical Education: Becoming a Master Teacher**. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M. L. & Singh, M. K. (2006) **Physical Education** (Naveen Publications).
3. Lau, S.K. (1999), **Great Indian players**, New Delhi, Sports Publication
4. Lumpkin, A. (2007) **Introduction to Physical Education, Exercise Science and Sports Studies**, McGraw Hill, New York, U.S.A.
5. Siedentop, D. (2004) **Introduction to Physical Education, Fitness and Sport**, McGraw Hill Companies Inc., New York, USA.
6. Shaffer, D.R. (2002) **Developmental Psychology: Childhood and Adolescence**. Thomson, Sydney, Australia
7. Shukla, (2000) **Mother on Education**, National Council of Teacher Education, New Delhi.
8. Singh, A. et al. (2000) **Essentials of Physical Education**, Kalyani Publishers, Ludhiana, Punjab.
9. Wuest, D.A. & C.A. Bucher (2006) **Foundations of Physical Education, Exercise Science, and Sports**. McGraw Hill Companies, Inc., New York, USA.
10. কর, শুভব্রত এবং মন্ডল, ইন্দ্রনীল (২০১০), **উচ্চতর শারীরশিক্ষা**, শারীরশিক্ষা প্রকাশনী, সিউডী, বীরভূম।
11. Sharma, N.P.(2009), **Sports History**, KSK Publisher & Distributors, New Delhi – 110002
12. Bhattacharyya, A.K. (2012), **Dimensions of Physical Education: Principles, Foundations Interpretations**, Classique Books, Kolkata-12

**PRACTICAL**

1. Fahey, T.D., M.P. Insel and W.T. Rath (2006), **Fit & Well: Core Concepts and Labs in Physical Fitness**, McGraw Hill, New York.
2. Kansal, D.K. (2012) **A Practical Approach to Test Measurement and Evaluation Sports & Spiritual Science** Publications, New Delhi.
3. বক্রিপাধ্যায়, কাঞ্চন (২০১০), **শারীরশিক্ষা পরিচয়**, ক্লাসিক বুকস, কলকাতা, ৭০০০১২



## **B.A Program in Physical Education**

### **SEMESTER - II**

Core Paper 3 (DSC-3) Course Code: AP/PHE /201/C-2

### **ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE AND SPORTS**

**Total Marks = 50** {Theory Marks: 40 :: Internal Assessment - 10}

Contact Hours per week: 6

Examination Duration: 2 Hours

#### **COURSE OUTCOMES-**

- 1) *Understand the basic principles of physiology and Exercise Physiology.*
- 2) *Apply the knowledge in the field of physical education and movement activity.*
- 3) *Analyze the practical knowledge during the practical situation.*
- 4) *Remember and recall the definition of physiology and co-relate the principles of physiology.*
- 5) *Appraise the effects during the training and practical sessions.*

### **THEORY PART: (Total Marks -40)**

#### **UNIT-I: INTRODUCTION**

1. Meaning and Definition of Anatomy & Physiology.
2. Cell- Definition, Meaning, Structure and Function
3. Tissue - Definition, Meaning, Type and Function
4. Definition and Concept of different Organs and Systems in relation with Physical Activity.
5. Need and Importance of Anatomy, Physiology and Physiology of Exercise in the field of Physical Education and Sports

#### **UNIT-II: SKELETAL SYSTEM AND MUSCULAR SYSTEM**

1. Meaning and definition of Skeletal System and Muscular System
2. Types of bones, name of the bones of the human body.
3. Types of joint, Fundamental movements and movement around Ankle, Knee, Hip, Shoulder, Elbow and Wrist.
4. Definition of muscle, its types, Structure and function of muscle.
5. Types of Muscular contraction and concept of All or none law, Reciprocal Innervation and Inhibition.
6. Meaning and definition of Posture, Postural Deformities: Cause, Sign and Symptoms, disadvantage and their Remedies.

#### **UNIT-III: RESPIRATORY SYSTEM AND CIRCULATORY SYSTEM**

1. Meaning of Respiration and Blood Circulation.
2. Different organs associated with Respiration and Mechanism of Respiration.
3. Concept of Oxygen debt, Second wind, Vital capacity and Pulmonary ventilation, VO<sub>2</sub> Max
4. Heart: Location, Structure and Function of Heart, Mechanism of Blood Circulation.



5. Blood: Functions of Blood and its compositions.
6. Concept of Stroke Volume, Cardiac Output, Blood Pressure, Blood Group and Coagulation of Blood.

#### UNIT- IV: *PHYSIOLOGY OF EXERCISE AND SPORTS*

1. Physiology of Exercise and Sports – Meaning and Definition
2. Warming up, Cooling down and Conditioning.
3. Effects of Exercise (Immediate effects) on Muscular System.
4. Effects of Exercise (Immediate effects) on Respiratory System.
5. Effects of Exercise (Immediate effects) on Circulatory System.

#### **INTERNAL MARKS: (Practical) 10 marks (Preparation of Record Book is Compulsory which will be evaluated by Internal Examiner)**

1. Measurement of Blood Pressure
2. Measurement of Vital Capacity
3. Measurement of Heart Rate – At Resting condition
4. Measurement of Pulse Rate– At Resting condition
5. Measurement of Physical Efficiency Index (PEI)
6. Measurement of Limb Length

**(Internal Practical Marks will be given based on Internal Practical Test and Practical Performance throughout the entire semester)**

#### QUESTION PATTERN

END SEMESTER EXAMINATION			Internal Marks	Total Marks
Descriptive Type				
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	
02 Mark Question	05 Marks Question	10 Marks Question		
5 Out of 8	4 Out of 6	1 Out of 2	40	10
02X5 = 10	05X4 = 20	10X1 = 10		

#### SUGGESTED READINGS:

#### THEORY + PRACTICAL

- Jain AK (2002). **Anatomy & Physiology for Nurses**. Arya Publishers, Delhi.
- Moried EN (2007). **Essential of Human Anatomy & Physiology**. Ed. 8th Dorling Kindersley, India.
- Prives M and Others (2004). **Human Anatomy** Vol. I & II Paragon, Delhi.
- Seeley & Others (2008). **Anatomy & Physiology**. McGraw Hill, Boston.
- Tortora (2003). **Principles of Anatomy & Physiology**, New York: John Willy & Sons,
- William CS (2000). **Essentials of Human Anatomy & Physiology**, Benjamin
- Wilson and Waugh (1996). **Anatomy & Physiology in Health & Illness**. Churchill Livingstone 9 D
- D. Rajlakshmi (2007), **Anatomy and Physiology in Physical Education**, Sports Educational Technologies, New Delhi-110002
- Prakash A.(1998), **Text-Book of Anatomy & Physiology**, Khel Sahitya Kendra, Delhi-110052



## **B.A Program in Physical Education**

### **SEMESTER - III**

Core Paper 5 (DSC-5) Course Code: AP/PHE /301/C-3

### **Course Title: Track & Field and its Rules Regulations**

**Total Marks:= 50**

{Theory Marks: 25 :: Practical Marks:15 :: Internal Assessment ( Theory + Practical): 10 }

Contact Hours per week: 6

Examination Duration- 1:15 Hours

#### **COURSE OUTCOMES:-**

- 1) *To gather theoretical knowledge about track and field, its measurement, Principle and lay out.*
- 2) *To grow knowledge regarding throwing and jumping events, its technique to perform, rules and regulation and laying out throwing and jumping sectors.*
- 3) *To learn about rules and regulation, to prepare for officiating different games and sports and how to organize Institutional Athletic meet properly.*

### **THEORY PART: (Total Marks -25 )**

#### **UNIT-I: TRACK MARKING**

1. Concept of Different types of Track
2. Characteristics of Standard Track
3. Lay out procedure of Complete Track and Field Event arena.
2. Lay out and Marking Procedure of Standard Track.
3. Lay out and Marking Procedure of Non Standard Track.
4. Calculation of Stagger Distance.

#### **UNIT-II: FIELD MARKING AND COMBINED EVENT**

1. Lay out and Marking Procedure of Throwing Sector: Shot Put, Discus Throw, Javelin Throw.
2. Lay out and Marking Procedure of Jumping Pit and Run way: Long Jump, High Jump, Triple Jump
3. Combined Events- Heptathlon, Decathlon.

#### **UNIT-III: RULES REGULATIONS OF TRACK AND FIELD EVENTS**

1. List of Track and Field Events with their Specifications.
2. Rules Regulation regarding Start, Finish, Hurdles Race and Relay Race



3. Rules Regulation regarding Jumping Event: Long Jump, High Jump, Triple Jump
4. Rules Regulation Regarding Throwing Event: Shot Put, Discus Throw, Javelin Throw

#### **UNIT-IV: ORGANIZATIONAL PART OF TRACK AND FIELD**

1. List of Officials and Their Responsibilities.
2. Responsibilities of the Athletes related to participation in competition.
3. Organizational setups-opening and closing ceremony.
4. Step to be followed to organize Institutional Annual Athletic Meet.

#### **PRACTICAL PART: Total marks -15 ( Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)**

##### **1.1 TRACK EVENTS:**

- 1.1.1 Starting Technique: Standing Start, Crouch Start and its Variations. Use of Block.
- 1.1.2 Acceleration with Proper Running Techniques, Special emphasis on Arm Action, Knee Action and stride length.
- 1.1.3 Finishing Technique: Run Through, Forward Lunging, Shoulder Shrug.

##### **1.2 FIELD EVENTS:**

- 1.2.1 Long Jump: Approach Run, Take-Off, Flight in the air (Hang Style/ Hitch Kick) and Landing.
- 1.2.2 High Jump: Approach Run, Take-off, Bar Clearance (Straddle Role) and Landing.
- 1.2.3 Shot Put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery. (O' Brien Technique)
- 1.2.4 Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery Techniques.
- 1.2.5 Javelin Throw: Grip, Carry, Release and Recovery Techniques.

##### **INTERNAL MARKS: (10)**

Internal Theory Marks will be given based on at least Three Internal Theory Unit Test. and Internal Practical Test and Practical Performance throughout the entire semester.

**QUESTION PATTERN**

<b>END SEMESTER EXAMINATION</b>				<b>Practical Marks</b>	<b>Internal Marks</b>	<b>Total Marks</b>
<b>Descriptive Type</b>						
<b>NUMBER OF QUESTION TO BE ANSWERED</b>			<b>TOTAL</b>			
<b>01 Mark Question</b>	<b>05 Marks Question</b>	<b>10 Marks Question</b>				
<b>5 Out of 8</b>	<b>2 Out of 4</b>	<b>1 Out of 2</b>	<b>25</b>	<b>15</b>	<b>10</b>	<b>50</b>
<b>01X5 = 05</b>	<b>05X2 = 10</b>	<b>10X1 = 10</b>				

**SUGGESTED READINGS:**

1. Layout and Marking of Track And Field, Dr. N. Govindarajulu, Dr. Rakesh Gupta, Friends Publication (India), New Delhi -110002
2. IAAF Competition Rules (Latest Version), International Association of Athletics Federations, MC 98007, MONAC Cedex.
3. Teaching Athletics, Dr. O.P. Gahlawat, Friends Publication (India), New Dellhi, 110002.
4. 400 çjV;l VÊ;L, çLIZ jæ¾p£, Online Version.
5. Games and Sports, Athletic Track & Court Marking Handbook, Rajesh Agola, [www.physicalliteracykurnool.com](http://www.physicalliteracykurnool.com)
6. Book of Rules of Games and Sports, National Council of YMCAs of India, Department of Communication, Bharat Yuvak Bhavan, Jai Singh Road, New Delhi- 110001
7. Handbook of Physical Education And Sorts, J. Krishna Murti, Commonwealth Publishers, Ansari Road, Dariya Ganj, New Delhi- 110002

**B.A Program in Physical Education****SEMESTER - III**

Skill Enhancement Course (SEC-1) Course Code: AP/PHE /304/SEC-1

**Course Title: Yoga and Gymnastics****Total Marks:= 50 {Practical Marks:40 :: Internal Assessment ( Practical): 10}**

Contact Hours per week: 2

Examination Duration: N.A

**COURSE OUTCOMES-**

- 1) To know how to perform yoga and pranayama specially its steps, technique and Proper body alignment.
- 2) To learn how to perform Gymnastics events like Forward Roll, backward Roll, Drive Roll, T-Balance, Frog Balance, Arching, Cart wheel, Somersault, Head spring etc proper technique and aesthetic posture.

**PRACTICAL PART: Total marks - 40 ( Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)**

- **Record Book content** - Concept of Yoga, (Asanas, Kriya, Pranayama and Astanga yoga)
  - Details of Two Pranayama and Two Asana from each position (Total 10 Asana)
  - Concept of Gymnastics and details of any five Gymnastics skills from syllabus.

**UNIT- I: YOGASANA****1. Standing Position:**

- 1.1 Ardhachandrasana
- 1.2 ArdhaChakrasana
- 1.3 Padahasthasana
- 1.4 Brikshasana
- 1.5 Natarajasana

**3. Supine Lying Position:**

- 3.1 Halasana
- 3.2 Matsyasana
- 3.3 Setubandhasana
- 3.4 Naukasana
- 3.5 Karnapidasana

**5. Inverted Position**

- 5.1 Sarbargasana
- 5.2 Shirsasana
- 5.3. Byaghrasana
- 5.4 Bakasana
- 5.5 Kopotasana

**2. Sitting Position:**

- 2.1 Paschimothanasana
- 2.2 Gomukhasana
- 2.3 Ustrasana
- 2.4 Supta Vajrasana
- 2.5 Vakrasana

**4. Prone Lying Position**

- 4.1 Bhujangasana
- 4.2 Salavasana
- 4.3 Dhanurasana
- 4.4 Bhekasana
- 4.5 Mayurasana



**UNIT- II: PRANAYAMA**

1. Concept and Practice of Puraka, Antara, Kumbhaka and Rechaka
2. Anulom Bilom
3. Bhramari

**UNIT- III: Kriya**

1. Kapalbhathi

**Unit- IV: GYMNASTICS****1. Roll in Acro Skill**

- 1.1 Forward Roll
- 1.2 Backward Roll
- 1.3 Dive Roll
- 1.4 Hand Stand Followed by Roll

**3. Basic Acro Skill**

- 3.1 Round Off
- 3.2 Cartwheel
- 3.3 Front Walkover
- 3.4 Hand Spring
- 3.5 Head Spring
- 3.6 Neck Spring
- 3.7 Somersault

**2. Static Pose in  
Gymnastics**

- 2.1 T- Balance
- 2.2 Frog Balance
- 2.3 Forward Split
- 2.4 Arching/ Bridge

**INTERNAL MARKS: (Practical- 10)**

Internal Practical Marks will be given based on Internal Practical Test and Practical Performance throughout the entire semester.

**QUESTION PATTERN**

END SEMESTER EXAMINATION		Internal Marks	Total Marks
Complete field based practical paper. No question Paper.	Total = 40	10	50

**SUGGESTED READINGS:**

1. Asana Pranayama Mudra Bandha, Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar.
2. The Complete Illustrated Book of YOGA, Swami Vishnudevananda, Bell Publishing, USA
3. 2100 Asanas, The Complete Yoga Poses, Daniel Lacerda, Hachette Book group, Leventhal Publisher.
4. Head over heels about Gymnastics, Floor Skills, Gemma Coles, [www.dancemania.biz](http://www.dancemania.biz).
5. The Gymnastics book, Elfi Schlegel & Claire Ross Dunn, Firefly Books , Online Version
6. Gymnastics Skills Tips, and Tricks, JEFF SAVAGE, Enslow Publisher Inc, Online Version.



## B.A Program in Physical Education

### SEMESTER - IV

Core Paper 7 (DSC-7)

Course Code: AP/PHE /401/C-4

### Course Title: Health, Fitness and Wellness

Total Marks: = 50 {Theory Marks (ESE): 25: Practical Marks: 15: Internal Assessment: 10}

Contact Hours per week: 6

Examination Duration: 1:15 Hours

#### COURSE OUTCOMES-

- 1) *Understand the meaning, definitions, dimensions, and scope of health, fitness and wellness*
- 2) *Insight into the causes of illness and the management of those ill-health through proper knowledge*
- 3) *Gain knowledge about the nutrition, components of nutrition and their impact on health.*

### THEORY PART: (Total Marks -25 )

#### UNIT I: INTRODUCTION

- 1.1 Meaning and Definition of Health & Health Education
- 1.2 Aims, Objectives & Principles of Health Education
- 1.3 Need & Importance of Health Education, Factors influencing Health
- 1.4 Health Agencies:
  - World Health Organisation (WHO)
  - United Nations Educational Scientific & Cultural Organisation (UNESCO)
  - United Nations International Children's Emergency Fund (UNICEF)
  - Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH)
  - Ministry of Health & Family Welfare (MHFW)

#### UNIT II: DIETETICS & NUTRITION

- 2.1 Concept of Diet, Preparation of Diet Chart for Active people, Semi-active people and sedentary people in relation with gender and age.
- 2.2 Factors affecting Diet, Balance Diet, Athletic Diet, Principle of preparation of Balance Diet.
- 2.3 Meaning & Definition of Nutrition & Food, Basic Nutrients: Protein, Carbohydrate, Fat, Mineral, Water & Vitamin.
- 2.4 Mid-Day Meal: Aim and objectives, Composition of Mid-Day Meal.
- 2.5 Malnutrition: Concept, Definition, Causes, Effects and Remedies.

#### UNIT III: WELLNESS & HYGIENE

- 3.1 Meaning, Definition & Modern Concept of Wellness
- 3.2 Healthy habits, Hygienic living – Care of Skin, Eyes, Hair, Nose, Teeth.
- 3.3 Healthy Environment in the Educational Institutions, Playground, Auditorium and Gymnasium
- 3.4. Causes, symptoms, prevention & control of communicable diseases: Malaria, Dengue, Chicken pox, Corona, Non-Communicable diseases- Diabetes, Obesity and Hypertension.

**UNIT IV: FIRST-AID MANAGEMENT**

- 4.1 First-Aid- Meaning, Abbreviation, Definition, Aims, Importance and Golden rules of First-aid
- 4.2 Types of Bandages and their uses.
- 4.3 Concept of Sports Injuries, causes and prevention of Sports Injuries.
- 4.4 Sports Injuries- Sprain, Strain, wound ( Puncture, Surgical, Rapture, Bites ), Dislocation (Simple, Compound, Complex) and Fracture (Greenstick, Hairline, Oblique, Segmental)

**PRACTICAL PART: Total marks -15 ( Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)**

1. Measurement of Body Mass Index
2. Measurement of Body Fat – Biceps, Triceps, Sub Scapular and Supra Iliac sites (Skinfold Calipers Method)
3. Measurement of PEI
4. Measurement of BMR (Basal Metabolic Rate)
5. Determination of Caloric Value of Food
6. First Aid – i) Use of Triangular Bandage, Roller Bandages, Tube Bandages, Adhesive bandages, Liquid Bandages  
 ii) Concept and Practice of Slings with Bandage - Arm Sling, Collar & Cuff Sling  
 iii) Practice of Bandaging - Simple Spiral, Reverse Spiral, Figure of Eight, Spica.  
 iv) Practice of knot – Square knot & Reef Knot  
 v) Practice of Bandaging on Finger (Hand), Wrist, Elbow, Knee, Ankle, Head  
 vi) Triangular Bandage, Sling (Arm and Collar sling), Roller Bandage

**QUESTION PATTERN**

END SEMESTER EXAMINATION			Practical Marks	Internal Marks	Total Marks	
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	15	10	50
01 Mark Question	05 Marks Question	10 Marks Question				
5 Out of 8	2 Out of 4	1 Out of 2	25	15	10	50
01X5 = 05	05X2 = 10	10X1 = 10				

**SUGGESTED READINGS:**

- Turner, C.E. et al. School Health and Health Education, National Library of Australia.
- Bucher, Charles A. "Administration of Health and Physical Education Programme" C. V. Mosby Co. USA.
- Thakur, S. Krira Chikitsha, Paschimbanga Rajya Pustak Parsad.
- Hanlon, John J. "Principles of Public Health Administration" 2003.
- Nutrition Encyclopaedia, edited by Delores C.S. James, The Gale Group, Inc.
- Ghosh, B.N. A Treatise of Hygiene and Public Health, Scientific Publishing Co., Kolkata.
- Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.

**B.A Program in Physical Education****SEMESTER – IV**

Skill Enhancement Course (SEC-2) Course Code: AP/PHE/404/SEC-2

**Course Title: Ball Game and Racket Game**

Total Marks: = 50 (Practical Marks: 40 :: Internal Marks(Practical: 10)

Contact Hours per week: 2

Examination Duration: N.A

**COURSE OUTCOMES-**

- 1) To learn the basic skills related to the different ball games and also the racket games.
- 2) Improvement of physical attributes along with the mental capacity of an individual leading towards the ultimate goal of overall development.
- 3) To enhance the neuro-muscular coordination along with other physical factors.
- 4) To learn about the rules and regulation of different ball and racket games.

**PRACTICAL PART: Total marks - 40 ( Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)****UNIT-1 BALL GAME (ANY TWO)****15X2=30****1.1 FOOTBALL**

- 1.1.1 Kicking : Instep kick, Inside kick, Lofted kick (Half volley and Full volley) in-swing and out-swing kicks.
- 1.1.2 Receiving : With Sole of the foot, Inside and Outside of the foot, with Thigh and Chest.
- 1.1.3 Dribbling : Inside dribbling, Outside dribbling and Zig-zag dribbling.
- 1.1.4 Heading: Standing and Jumping and Throw-in: In Standing and in Running Condition
- 1.1.5 Goal keeping – Static and Dynamics Condition
- 1.1.6 Game practice with application of rules and regulations.

**1.2 HANDBALL**

- 1.2.1 Gripping/Catching/Receiving Technique/ Ball Control
- 1.2.2 Passing Techniques: Shoulder Pass, Chest Pass, Under Hand Pass, Over Head Pass, Bounce Pass, Reverse Pass.
- 1.2.3 Goal shooting: Side shot, Jump shot, Bounce shot, Dive shot, Reverse shot.
- 1.2.4 Dribbling : High and Low.
- 1.2.5 Blocking and Goal keeping.
- 1.2.6 Game practice with application of rules and regulations

**1.3 VOLLEYBALL**

- 1.3.1. Service: Under arm service, Over Head service, Side arm service, Floating service
- 1.3.2. Pass: Under Arm Pass, Over Head Pass
- 1.3.3 Spiking and Blocking



1.3.4 Concept of Rotation and Substitution (Players and Libero), Game practice with application of rules and regulations.

#### **1.4 NETBALL**

1.4.1 Catching: One hand, Two hands with feet grounded and flight.

1.4.2 Throwing (Different passes and their uses): **One hand passes** - Shoulder pass, High shoulder pass, Under arm pass, Bounce pass, Lob pass, **Two hand Passes** – Push pass, Over head pass and Bounce pass.

1.4.3. Foot work: Landing on one foot, Landing on two feet, Pivot, Running pass.

1.4.4. Shooting : One hand Shot, Forward step shot, and Backward step shot.

1.4.5. Techniques of free dodge and sprint, Sudden sprint, Sprint and Stop, Sprinting with change of speed.

1.4.6. Defending: Marking the player, Marking the ball, Blocking inside the circle, Blocking outside the circle, Defending the circle edge against the passing.

1.4.7 Intercepting: Pass and Shot

1.4.8 Game practice with application of rules and regulations

#### **1.5 CRICKET**

1.5.1 Batting skill: The basic elements - The grip, The stance & The back lift.

1.5.2 Basic shots and techniques: The front foot defense, Front foot drive off and on side, Back foot defense, Back foot drive off and on side, Pull shot, Square Cut shot.

1.5.3 Bowling skills: Grip, Approach Run, Delivery Style and Follow Through, Out-swing, In-swing, Leg spin, Off spin.

### **UNIT- 2 RACKET GAME (ANY ONE)**

**10X1=10**

#### **2.1 BADMINTON**

2.1.1. Racket parts, Racket grips, Shuttle grip

2.1.2 Service: Short service, Long service, Long high service

2.1.3. Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash.

2.1.4. Game practice with application of rules and regulations.

#### **2.2 TABLE TENNIS**

2.2.1. Basic Knowledge: Grip of Racket, Shake hand grip, Pen hold grip.

2.2.2. Stance- Alternate & Parallel Stance.

2.2.3. Push and Service: Backhand, Forehand.

2.2.4. Chop: Backhand, Forehand.

2.2.5. Receive: Push and chop with Backhand and Forehand.

2.2.6. Game practice with application of rules and regulation.

**QUESTION PATTERN**

END SEMESTER EXAMINATION		Internal Marks	Total Marks
Complete field based practical paper. No question Paper.	Total = 40	10	50

**SUGGESTED READINGS:**

- Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
- Bandopadhyay, K. Sarir Siksha Parichay, Classic Publishers, Kolkata.
- Atkins, J. R. (1872). The Book of Racquets. A Practical Guide to the Game and its History and to the different Courts in which it is played. London: Frederick Warne & Co.
- Lord Aberdare. The JT Faber Book of Tennis and Rackets. London: Quiller Press, 2001. ISBN 1-899163-62-X.
- Jamaica Netball Association. "The History of Netball". Archived from the original on 18 March 2011. Retrieved 13 March 2011.
- "Young Netballers March On". Jamaican Gleaner. 10 April 2008. Archived from the original on 8 October 2012.
- Barbara Schrodtt (6 October 2011). "Team Handball". The Canadian Encyclopedia. Historica-Dominion Institute
- Serinex.NET, SegaAlex in. "Handball History : HAND-BALL.ORG". www.hand-ball.org. Retrieved 28 November 2017.
- Shekar, K.C. (30 August 2008), "Volleyball: Skills and Techniques" Khel Sahitya Kendra, ISBN-10: 8175244100
- Dearing Joel, (August 24, 2018) Volleyball Fundamentals (Sports Fundamentals), Human Kinetics; 2 edition, ISBN-10: 1492567299
- Ray Power, (May 1, 2014), "Making the Ball Roll: A Complete Guide to Youth Football for the Aspiring Soccer Coach", Bennion Kearny Limited, ISBN-10: 1909125520
- "The Step-by-step Training Manual of Soccer Skills & Techniques: Hundreds of Training Tips and Techniques, with Easy-to-follow Instructions in Over 750 Photographs and Diagrams" (17 Mar. 2016), Armadillo Books, ISBN-10: 1843227711



# B.A Program in Physical Education

## SEMESTER - V

Discipline Specific Elective (DSE-1) Course Code: AP/PHE /501/DSE-1(A)

### **Course Title: Test, Measurement & Evaluation**

**Total Marks:= 50 (Theory Marks:40 :: Internal Marks(Theory: 10)**

Contact Hours per week: 6

Examination Duration: 2 Hours

#### **COURSE OUTCOMES-**

- 1) *Understand the Test, Measurement and Evaluation in physical education, Health and Fitness.*
- 2) *Know about the different types of test for different sports and games.*
- 3) *Apply the tests in minor research areas.*
- 4) *Analyse the performance and movements in the field of sports.*
- 5) *Evaluate the battery test and others tests prescribed by the government efficiently*

### **THEORY PART: (Total Marks -25 )**

#### **UNIT-I: INTRODUCTION**

- 1.1 Meaning, Definition and importance of Test, Measurement and Evaluation in Physical Education & Sports, Relationship among Test, Measurement and Evaluation.
- 1.2 Type of Tests- Standard test and Teacher made test, Subjective test and Objective test.
- 1.3 Criteria for selecting tests: Scientific authenticity (Reliability, Validity, Objectivity and Norms) and Administrative feasibility.

#### **UNIT-II: PHYSICAL FITNESS TEST AND MEASUREMENT**

- 2.1 AAHPER Youth Physical Fitness Test.
- 2.2 Harvard Step Test.
- 2.3 Cooper 12 Minute Walking – Running Test.
- 2.4 Philips J.C.R Test
- 2.5 Yo-Yo Endurance Test

#### **UNIT-III: MOTOR FITNESS TEST**

- 3.1 Indiana Motor Fitness Test.
- 3.2 Oregon Motor Fitness Test.
- 3.3 Kraus Weber Minimum Muscular Fitness Test.
- 3.4 Newton Motor Ability Test
- 3.5 Tuttle Pulse Ratio Test

**UNIT-IV : MEASUREMENTS OF SPORTS SKILLS**

- 4.1 McDonald Soccer Skill Test.
- 4.2 Russell-Lange Volleyball Test.
- 4.3 Lockhart and McPherson Badminton skill Test.
- 4.4 Johnson Basketball Test
- 4.5 S.A.I. Hockey Test

**QUESTION PATTERN**

END SEMESTER EXAMINATION			Internal Marks	Total Marks	
Descriptive Type					
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	10	50
02 Mark Question	05 Marks Question	10 Marks Question			
5 Out of 8	4 Out of 6	1 Out of 2	40	10	50
02X5 = 10	05X4 = 20	10X1 = 10			

**SUGGESTED READINGS:**

- A.K.Gupta Tests & Measurements in physical Education sports publication New Delhi – 52
- Yobu, A, Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications.
- John Wiley and Sons, Inc Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publising Co. Inc.
- Kansal, D.K. (1996), “Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications.
- Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication.
- Barry L.Johnson, Jack K.Nelson and Measurements for Evaluation in physical education the surjeet Publications
- Tritschler K. Barrow & McGee’s (2000). Practical Measurement and Assessment. Lippincott Williams & Wilkins. Philadelphia. U.S.A.
- Mishra Sharad Chandra (2005).Tests And Measurement in physical education. Sports. Delhi
- Sharma JP (2006). Test and measurements in physical education. khel sahitya. Delhi





## **B.A Program in Physical Education**

### **SEMESTER – V**

Discipline Specific Elective (DSE-1) Course Code: AP/PHE /501/DSE-1(B)

#### **Course Title: Sports Training**

**Total Marks:= 50 (Theory Marks:40 :: Internal Marks(Theory: 10)**

Contact Hours per week: 6

Examination Duration: 2 Hours

#### **COURSE OUTCOMES-**

- 1) *Understand training as performance based science*
- 2) *Explain different means and methods of various training*
- 3) *Prepare training schedule for various sports and games*
- 4) *Appraise types of periodization for performance development*
- 5) *Create various training facilities and plans for novice to advance performers*

### **THEORY PART: (Total Marks -40 )**

#### **UNIT I: INTRODUCTION**

- 1.1. Meaning, Definition and nature of Sports Training
- 1.2. Aims , Objectives Sports Training
- 1.3. Principles of Sports Training
- 1.4. Importance of Sports Training

#### **UNIT II: LOAD & ADAPTATION**

- 2.1 Meaning and Definition of Load & Adaptation
- 2.2 Type & Components of Training load
- 2.3 Principles of Load
- 2.4 Causes, Symptoms & Control of Over Load

#### **UNIT III: TRAINING TECHNIQUES:**

- 3.1 Strength - Means, types and methods of strength development. (Weight training, Plyometric training)
- 3.2 Speed - Means, types and methods of speed development (In out method, Acceleration Race method).
- 3.3 Endurance - Means, types and methods of endurance development (Continuous, Interval, Fartlek method)
- 3.4 Flexibility - Means, types and methods of flexibility development. (Ballistic method)
- 3.5 Circuit Training Method.

#### **UNIT IV: TRAINING PROGRAMMING**

- 4.1 Meaning and Definition & Types of Periodization
- 4.2 Aims & Content of Periods Preparatory, Competition & Transitional
- 4.3 Preparation of single and double periodization Programme for athletes.

**QUESTION PATTERN**

END SEMESTER EXAMINATION Descriptive Type			Internal Marks	Total Marks		
NUMBER OF QUESTION TO BE ANSWERED						
02 Mark Question	05 Marks Question	10 Marks Question	TOTAL	40	10	50
5 Out of 8	4 Out of 6	1 Out of 2				
02X5 = 10	05X4 = 20	10X1 = 10				

**SUGGESTED READINGS:**

- Singh, H. (1991) Science of Sports Training, New Delhi, DVS Publications
- Uppal, A.K. Principles of Sports Training, Friends Publications, New Delhi.
- Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
- YograjThani (2003), Sports Training, Delhi : Sports Publications
- Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia.
- Thomas, J.P (1971) Scientific Weight Training for Games and Sports, Chennai: Gnanodaya Press.
- Jenson, G. and Fisher, A.G(1972) Scientific Basis of Athletic Conditioning, 2nd ed., Philadelphia: Lea and Fibiger.
- Jones, B.J.(1982) Guide to Effective Coaching Principles and Practices. Allyn and Bacon, Inc.



## B.A Program in Physical Education

### SEMESTER – V

Skill Enhancement Course (SEC-3) Course Code: AP/PHE /504/SEC-3

**Course Title: Indigenous & Minor Games and Excursion- Camping Program**

**Total Marks:= 50 (Practical Marks:40 :: Internal Marks(Practical: 10)**

Contact Hours per week: 2

Examination Duration- N.A.

#### COURSE OUTCOMES-

- 1) To know about the minor games and indigenous games and the rules of play
- 2) To know the importance of leadership training camp
- 3) To know about the importance of minor games and the importance it holds along with the other main frame events.
- 4) Able to organize recreational camp and activities.

**PRACTICAL PART: Total marks - 40 ( Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)**

#### **UNIT – 1 INDIGENOUS GAMES**

##### **1.1 Kabaddi**

- 1.1.1 Skills and Raiding: Touching with hands, Use of Leg, toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line, crossing the bonus line.
- 1.1.2 Skills of Holding the Raider: Various formation; catching from particular position, different catches, catching formation and techniques.
- 1.1.3 Additional Skills in Raiding: Escaping from various holds, techniques of escaping from chain formation offence.
- 1.1.4 Game practice with application of rules and regulations.

##### **1.2 Kho- Kho**

- 1.2.1 Skills in Chasing: Sit on the box (parallel & Bullet toe methods), Get up from the box (proximal & Distal foot method), Give Kho (Simple, early, late and judgment), Pole turn, pole drive, Trapping , Hammering, Rectification of foul.
- 1.2.2 Skills in Running: Chain play, Ring play, Ring play and chain & ring mixed play.
- 1.2.3 Game Practice with Applications of Rules and regulations.

#### **UNIT – 2 MINOR GAMES AND INDIAN TRADITIONAL GAMES**

- 2.1 Meaning of Different Terminology- Minor Game, Recreational Game, Traditional Game Lead up Activity, Folk games.
- 2.2 Need, Importance and benefit of Minor games in present society as well as Physical Education Curriculum.
- 2.3 Practice of any Five Minor Games and any 6-8 Indian Traditional Games in accordance with the available facilities, local tradition and climatic condition.

#### **UNIT – 3 EXCURSIONS CUM CAMPING PROGRAM**

Minimum 3 days (excluding traveling date) Lead up Camping Program to nearby feasible place.

**QUESTION PATTERN**

<b>END SEMESTER EXAMINATION</b>		<b>Internal Marks</b>	<b>Total Marks</b>
<b>Complete field based practical paper. No question Paper.</b>	<b>Total = 40</b>	<b>10</b>	<b>50</b>

**SUGGESTED READINGS:**

- JaemsG.NasonJimpaul “Modern Sports Administration”, Pub prentice Hall . (1998)
- Reddy, N.G., “Read & Play: Kho Kho, Nava Ratna Book House ( 1990)
- Kishore, Naval, (2012), “How to play KHO KHO” Sports Publication; 2012 edition, ISBN-10: 9381867291
- Sāṭhaye, Vasanta (2002), “Kho-kho, techniques & tips”, Nav Maharashtra Sangh, Pune
- Patil, Savitri S., (2018), Kabaddi Skills and Techniques, AkiNik Publications; 1 edition, ISBN: 9789353350062
- S. Muniraju, ( 2015), “A Text Book On Kabaddi: Kabaddi, Skills Techniques and Strategies”, LAP LAMBERT Academic Publishing, ISBN-10: 3659801348
- Suresh, Kutty K. (2011) Minor Games, Sports Publication; 2011 edition, ISBN-10: 8178796392
- VeenaVerma “Organization & Administration in Physical Education”, pub Lokeshthani sports. (2003 )



## **B.A Program in Physical Education**

### **SEMESTER - V**

Generic Elective (GE-1)

Course Code: AP/PHE/503/GE-1(A)

### **Course Title: Recreation, Physical Activity and Physical Fitness**

**Total Marks:= 50**

{Theory Marks: 25 :: Practical Marks:15 :: Internal Assessment ( Theory + Practical): 10 }

Contact Hours per week: 6

Examination Duration-1:15 Hours

**COURSE OUTCOMES-**

- 1) *A variety of motor skills and abilities related to lifetime leisure activities*
- 2) *Improved understanding of the importance of maintaining a healthy lifestyle*
- 3) *Improved understanding of movement and the human body*
- 4) *Improved knowledge of rules and strategies of particular games and sports*
- 5) *Self-confidence and self-worth as they relate to physical education recreation programs.*

### **THEORY PART: (Total Marks -25 )**

**UNIT-I : INTRODUCTION TO RECREATION**

- 1.1. – Meaning, Types and Nature of Recreation
- 1.2. - Aims and objectives of Recreation, Principle of Recreation
- 1.3. – Need and importance of recreation for healthy life.
- 1.4. – Recreation as a social phenomenon

**UNIT-II : PHYSICAL EDUCATION, RECREATION AND RECREATIONAL AGENCIES**

- 2.1. – Concept of Physical Education, Physical Activity, Recreation and types of Recreational Activities
- 2.2. –Benefit of Recreational activities and recent changes in the recreational activities
- 2.3. - Responsibilities of a recreational manager
- 2.4. - Arrangement of recreation centers and Recreation providing agencies

**UNIT-III : CAMPING PROGRAM**

- 3.1. - Concept and meaning of camp, aims, objectives and importance of camping programme
- 3.2. - Organization and types of camp
- 3.3. - Agencies promoting camp and criteria of selection and lay-out of camp site.
- 3.4. - Educative value of camp.

**UNIT-III : PHYSICAL FITNESS**

- 3.1 Physical Fitness- Meaning, definition and importance of Physical Fitness.
- 3.2 Components of Physical Fitness- Health and performance related Physical Fitness.
- 3.3 Importance of Physical Fitness in modern perspective.



**PRACTICAL PART: Total marks -15 (Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)**

1. Practice of Rhythmic Exercise – Aerobics exercises / Callisthenic Exercises (With Music)
2. Practice of Suryanamaskar
3. Practice of Bratachari – Satya Brata & Gyanobrata
4. Practice of five Recreational Game in a group as facilities available and interest of the student.
5. One day cycle expedition or Hiking programme.

**QUESTION PATTERN**

END SEMESTER EXAMINATION			Practical Marks	Internal Marks	Total Marks
Descriptive Type					
NUMBER OF QUESTION TO BE ANSWERED			TOTAL		
01 Mark Question	05 Marks Question	10 Marks Question			
5 Out of 8	2 Out of 4	1 Out of 2	25	15	10
01X5 = 05	05X2 = 10	10X1 = 10			

**SUGGESTED READINGS:**

- Jensen C. and Naylor J. (2005). "Opportunities in Recreation and Leisure Sports" McGraw Hill. Publishers. New York.U.S.A.
- V.V. Hunt, "Recreation for the Handicapped" Prentice Hall inc., 1974
- Chelladurai. P (1999) "Human Resource Management in sport and Recreation", Human kinetics.
- K. Chandrashekar "Sports Administration", VinekThaniKnelSahitya Kendra pub., ( 2004)
- Willgoose, C.E. (1979). "Curriculum in Physical Education" 3rd Ed. Englewood Cliffs.: N.J. Prentice Hall, Inc
- "Greenbelt Recreation Activity Guide-Fall 2018" (Aug 17, 2018 ), City of Greenbelt
- Mood Dale, Frank Musker, Judith Rink, (February 23, 2011), "Sports and Recreational Activities" McGraw-Hill Education; 15 edition, ISBN-10: 0078022487



## B.A Program in Physical Education

### SEMESTER - V

Generic Elective (GE-1)

Course Code: AP/PHE /503/GE-1(B)

### Course Title: First Aid and Personal Hygiene

Total Marks:= 50

({Theory Marks: 25 :: Practical Marks:15 :: Internal Assessment ( Theory + Practical): 10 }

Contact Hours per week: 6

Examination Duration- 1:15 Hours

#### COURSE OUTCOMES-

- 1) *Learn how to prevent medical emergencies from occurring.*
- 2) *Learn all of the steps that need to be taken prior to delivering care during a medical emergency.*
- 3) *Learn the normal functions of the human body to know when the body is not functioning properly.*
- 4) *Learn how to assess a victim during a medical emergency to determine what care is needed*

### THEORY PART: (Total Marks -25 )

#### **UNIT-I : INTRODUCTION TO FIRST AID**

- 1.1. – Meaning and Definition of First Aid
- 1.2. - Aims and objectives of First Aid
- 1.3. – Need and Importance of First Aid in Present day.
- 1.4. – Golden Rules of First Aid

#### **UNIT-II : CONCEPT OF SPORTS INJURIES AND OTHER OCCURRENCE AND FIRST AID**

- 2.1. – Sports Injuries and their First Aid – Sprain, Strain, Fracture, Dislocation, wound and Bleeding
- 2.2. – Other Occurrence and First Aid – Electric Shock, Snake Bite, Drown, Heart Attack, Burn and Sugar fall (hypoglycemia)
- 2.3. – Immediate care of injuries – P.R.I.C.E.
- 2.4. – Concept of Postural Deformities and their First Aid – Lordosis, Kyphosis, Scoliosis, Bow Leg, Knock Knee, Flat Foot

#### **UNIT-III : HYGIENE, PERSONAL HYGIENE, MENTAL HYGIENE**

- 3.1. – Meaning and Concept of Hygiene, Personal Hygiene and Mental Hygiene
- 3.2. – Importance of Hygiene for healthy life, desirable hygienic habits.
- 3.3. – Personal Hygiene: - Care of Skin, Eye, Teeth, Ear and Hair, Sports hygiene.
- 3.4. – Mental Hygiene and its procedure



**PRACTICAL PART: Total marks -15 (Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)**

1. Use of Triangular Bandage, Roller Bandages, Tube Bandages, Adhesive bandages, Liquid Bandages
2. Concept and Practice of Slings with Bandage - Arm Sling, Collar & Cuff Sling
3. Practice of Bandaging - Simple Spiral, Reverse Spiral, Figure of Eight, Spica.
4. Practice of knot – Square knot & Reef Knot
5. Practice of Bandaging on Finger (Hand), Wrist, Elbow, Knee, Ankle, Head

**QUESTION PATTERN**

END SEMESTER EXAMINATION			Practical Marks	Internal Marks	Total Marks	
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	15	10	50
01 Mark Question	05 Marks Question	10 Marks Question				
5 Out of 8	2 Out of 4	1 Out of 2	25	15	10	50
01X5 = 05	05X2 = 10	10X1 = 10				

**SUGGESTED READINGS:**

- Pandey, P.K., (1987). Outline of sports medicine, New Delhi: J.P. Brothers Pub.
- Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003
- Nemir, A. (n.d.). The school health education. New York:Harber and Brothers.
- Ghosh, B.N. A Treaties of Hygiene and Public Health, Scientific Publishing Co., Kolkata.
- Thakur, S. Krira Chikitsa, Paschimanga Rajya Pustak Parsad.
- Kar, S. (2018). Mahavidyalayer Sarirsiksha : Health Education and First Aid: Classique Books, Kalkata
- First Aid Manual, (6 Jul 2016), DK; Tenth - Revised edition, ISBN-10: 0241241235





## B.A Program in Physical Education

### SEMESTER - VI

Discipline Specific Elective (DSE-2) Course Code: AP/PHE /601/DSE-2(A)

### Course Title: Sports Psychology

**Total Marks:= 50 (Theory Marks:40 :: Internal Marks(Theory: 10)**

Contact Hours per week: 6

Examination Duration: 2 Hours

#### COURSE OUTCOMES-

- 1) *Effectively develop and apply health, physical activity, and psychological principles as they relate to human performance*
- 2) *Design, conduct, and evaluate research that address psychological questions*
- 3) *Demonstrate effective written and oral skills in various formats and for various purposes*
- 4) *Explain the major perspectives of psychology (e.g. biological, cognitive, behavioral, sociocultural, etc.)*

### THEORY PART: (Total Marks -40 )

#### **UNIT –I: INTRODUCTION**

- 1.1 Meaning, Definition, nature and scope of General and Sports Psychology.
- 1.2 Need for knowledge of Sports Psychology in the field of Physical Education and Coaching.
- 1.3 Role of Sports Psychology in the Growth and Development of body and mind.
- 1.4 Meaning and nature of Stress and Anxiety, types of Stress and Anxiety, Stress and Anxiety Management and effects of Stress and Anxiety on Sports performance.

#### **UNIT-II: LEARNING AND PERSONALITY CONCEPTS**

- 2.1 Meaning, Definition and principles of Learning.
- 2.2 Theories of Learning Transfer of Learning.
- 2.3 Meaning of Personality, factors affecting Personality. Theories of Personality.
- 2.4 Development of Personality, Relationship of Personality with Sports Performance.

#### **UNIT- III: MOTIVATION AND EMOTIONS**

- 3.1 Meaning, Definition and types of Emotion,
- 3.2 Importance of emotion in the field of Physical Education and Sports.
- 3.3 Meaning, Definition and types of Motivation.
- 3.4 Development of Motivation, Role of Motivation in Sports performance.

**UNIT –IV: PSYCHO-SOCIAL ASPECT OF SPORTS.**

- 4.1 Psycho-Social aspect of man in relation to Physical Education and Sports.  
 4.2 Heredity and Environment – meaning, definition and role in the field of Sports.  
 4.3 Meaning and definition of Interest, role of Interest in Sports performance.  
 4.4 Meaning definition of arousal and aggression and their role in Sports performance.

**QUESTION PATTERN**

END SEMESTER EXAMINATION Descriptive Type			Internal Marks	Total Marks
NUMBER OF QUESTION TO BE ANSWERED				
02 Mark Question	05 Marks Question	10 Marks Question		
5 Out of 8	4 Out of 6	1 Out of 2	40	10
02X5 = 10	05X4 = 20	10X1 = 10		

**SUGGESTED READINGS:**

- John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc
- Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
- Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
- Leunes, A. and I.R. Nation (2001) Sports Psychology (with InfoTrac). Wadsworth.
- Martin, G.L. (2003) Sports Psychology-Practical Guidelines from Behaviour Analysis. Sports Press, Winnipeg, Canada.
- Puni, A.T. "Sports psychology", Chanduga NIS.



## **B.A Program in Physical Education SEMESTER - VI**

Discipline Specific Elective (DSE-2) Course Code: AP/PHE /601/DSE-2(B)

### **Course Title: Management of Sports and Physical Education**

**Total Marks:= 50 (Theory Marks:40 :: Internal Marks(Theory: 10)**

Contact Hours per week: 6

Examination Duration: 2 Hours

#### **COURSE OUTCOMES-**

- 1) *Know sports management and employ principles of strategic planning, and financial and human resource management.*
- 2) *Assess marketing needs and formulate short term and long term solutions.*
- 3) *Develop critical thinking in analysing sport management issues and in managerial planning and decision making.*
- 4) *Able to organize recreational camp and activities.*

### **THEORY PART: (Total Marks -40 )**

#### **UNIT-I: INTRODUCTION**

- 1.1 Meaning, Definition and concept of Sports Management.
- 1.2 The purpose and scope of Sports Management, Principles of Sports Management.
- 1.3 Qualities and Competencies required for the Sports Management.
- 1.4 Event Management in Physical Education, Equipment and Ground Maintenance.

#### **UNIT-II: LEADERSHIP IN SPORTS AND PHYSICAL EDUCATION**

- 2.1 Meaning, Definition and Elements of Leadership.
- 2.2 Forms of Leadership: Autocratic, Laisser-faire, Democratic, Benevolent Dictator.
- 2.3 Qualities of Administrative Leader.
- 2.4 Principles of Leadership activities.

#### **UNIT-III: MANAGEMENT OF SPORTS AND TOURNAMENTS**

- 3.1 Sports Management in School, College, and University. Importance and method of organizing Intramural and Extramural programs.
- 3.2 Concept of Planning for management, Factors affecting planning.
- 3.3 Meaning, Definition, Importance and types of Tournaments.
- 3.4 Procedure of Drawing Fixture, merits and demerits of Knock-out and League Tournaments.

**UNIT-IV: FINANCIAL MANAGEMENT**

- 4.1 Financial Management in Physical Education and Sports in School, College and University.  
 4.2 Objective and scope of Financial Planning.  
 4.3 Budget, criteria of good Budget.  
 4.4 Importance of good Budget.

**QUESTION PATTERN**

END SEMESTER EXAMINATION			Internal Marks	Total Marks	
Descriptive Type					
NUMBER OF QUESTION TO BE ANSWERED			TOTAL		
02 Mark Question	05 Marks Question	10 Marks Question			
5 Out of 8	4 Out of 6	1 Out of 2	40	10	50
02X5 = 10	05X4 = 20	10X1 = 10			

**SUGGESTED READINGS:**

- Nanda, S.M. Sports Management, Friend Publications, New Delhi.
- Paul, A. Sarirshikshay Management, Classic Publishers, Kolkata.
- Bucher, C. A. Administration of Physical Education and Athletic Programme. St. Louis: The C.V. Mosby Co.
- Broyles, F. J. & Robert, H. D. Administration of Sports, Athletic Programme: A Managerial Approach. New York: Prentice Hall Inc
- Pandey, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depo.
- Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication
- Kar, S. & Santra, D.C. (2018): Snatak Sarirshiksha Porichaya (Vol.-1), Santra Publication, Kolkata



## B.A Program in Physical Education

### SEMESTER - VI

Skill Enhancement Course (SEC-4) Course Code: AP/PHE /604/SEC-4

### **Course Title: Adapted Physical Education and Computer Application in Physical Education**

**Total Marks:= 50** (*{Theory Marks: 25 :: Practical Marks:15 :: Internal Marks(Practical: 10}*)

Contact Hours per week: 2

Examination Duration- 1:15 Hours

#### **COURSE OUTCOMES-**

- 1) *The knowledge would enable the students to understand the activity requirements of various levels of physically challenged persons.*
- 2) *The knowledge would thus enable the students to prepare and organize worthwhile activity programs for various levels of physically challenged persons.*
- 3) *The student will be oriented with the basic knowledge of computer applications.*
- 4) *The student will be able to apply the knowledge in the framing of training programs.*
- 5) *The outcome of this course will help him in gathering, storage and processing of huge information in relation to inputs, outputs and feedback of sports training programs.*

### **THEORY PART: (Total Marks -25 )**

#### **UNIT-I: INTRODUCTION TO ADAPTED PHYSICAL EDUCATION AND SPORTS**

1. Meaning, Definition and Objectives of Adapted Physical Education.
2. Otherwise Equally Ability: Meaning, Definition and Type
3. Otherwise Equally Ability and Health Related Condition
4. Physical exercise program for different type of Otherwise Equally Abled Person
5. Risk factors and preventive measures of Physical Exercise Program for Otherwise Equally Abled.
6. Otherwise Equally Ability and Sports – Para Olympics

#### **UNIT-II: COMPUTER APPLICATION IN PHYSICAL EDUCATION**

1. Computer and its accessories, Function of various accessories.
2. Concept of Hardware, Software, Operating System and Anti Virus
3. Function of Key Board – Ctrl Key, Shift Key, Cap Lock, Enter, Delete, Backspace, Arrow Key, Esc Key
4. Function of Mouse – Right Click, Left Click, Single Click, Double Click, Scrolling.
5. Need of Computer Application and internet browsing in Physical Education at modern society.
6. **MS Word – Concept and use**
  - 6.1 New File Create, File save, File Open, File Rename, File Delete
  - 6.2 Copy, Paste, Cut, Clipart, word art, Insert table & Image



7. **MS Excel – Concept and Use**
  - 7.1 Details concept of Spread Sheet – Row, Column, Sheet
  - 7.2 Input of Graph, Formula, Table
8. **MS Power Point – Concept and use**
  - 8.1 New Slide Create, Slide Format, Slide delete, Slide rearrange
  - 8.2 Slide Design, Slide Animation, Slide show
9. Concept of Network, Internet, Wi-Fi, E-mail, Web Page

### **PRACTICAL PART: Total marks -15**

1. Turn on and Shut down of Computer and Monitor.
2. **MS Word :** (i) Formatting Text – Font Style, Font Size, Colour, Bold, Italic, Underline, Sub/ Super Script, Alignment.  
(ii) Insert of Page numbering, Word art, Clip Art, Print option.
3. **MS Excel :** (i) Addition, Subtraction, Multiplication, Division - row and Column wise, Calculate Average & Percentage.  
(ii) Input the same number, alternative number, continuous number in spread sheet, input and Editing Graph and Table, Concept of inserting various formulas.
4. **MS Power Point :** (i) New Slide Creating, Slide deleting, Slide rearrangement, Slide Formatting, Slide Design  
(ii) Insert table, image, clip art, word art at the slide, slide animation, Slide show.
5. **Internet & Email** (i) Web Browsing, Downloading image/ File, save file from web, create new email account.

### **EXERCISES :**

**( Any one from MS word, Any one from MS Excel, Any one from MS Power point and any one from Information Technology)**

- a) Draw various court & Track and Field Arena through Paint.
- b) Write an Application to Principal for purchasing sports goods (with table) for your college students.
- c) Prepare Score Sheet by MS word – High Jump, Broad Jump, Throwing Event.
- d) Prepare a Sample Project Work Book through MS Word.
- e) Calculate Average Speed of College Student by MS Excel.
- f) Calculate BMI of Students by MS Excel
- g) Calculate percentage of marks of your Mark sheet through MS Excel.
- h) Prepare a power point presentation on Annual Sports Day.
- i) Open your College Website, download syllabus from university website.
- j) Email your friend regarding world Cup final match with photo attachment.

### **QUESTION PATTERN**

END SEMESTER EXAMINATION			Practical Marks	Internal Marks	Total Marks	
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	15	10	50
01 Mark Question	05 Marks Question	10 Marks Question				
5 Out of 8	2 Out of 4	1 Out of 2	25	15	10	50
01X5 = 05	05X2 = 10	10X1 = 10				



**SUGGESTED READINGS:**

- Sinha, P. K. & Sinha, P. (n.d.). Computer fundamentals. 4th edition, BPB Publication.
- Milke, M. (2007). Absolute beginner's guide to computer basics. Pearson Education Asia.
- Haggery, T., The Administrative use of computers in professional Sport Organization, New York.
- Vikas Gupta, (1995) Computer Course, Delhi: Pustak Mahal.
- Kadu, Ravindra Mahadeorao, (2016), Computer Applications in Physical Education, Sports Publications, ISBN-13:9788178799827
- Chavan, Uday, (2016), Computer Applications in Physical Education, Khel Sahitya Kendra Publisher, New Delhi
- Kumar, Sandeep (2019) Computer Applications in Physical Education, Sports Publication; First edition, ASIN: B07S81YD55
- H.H. Clark & "Development and Adapted Physical Education" Englewood, Prentice Hall 1964.
- D.H. Clark, A.S. Daniels "Adapted physical Education" New York Harpers & Brothers 1972.
- G.T. Stafford, "Prevention & Corrective Physical Education" 4.J.L. Rathoone, "Corrective Physical Education" Philadelphia W.B. Saunders Co. 1968.
- V.V. Hunt, "Recreation for the Handicapped" Prentice Hall inc., 1974
- B.J. Cratty, Adapted Physical Education in the main stream love Publishing Company, Denver Colorado 80222. 1989



## B.A Program in Physical Education SEMESTER - VI

Generic Elective (GE-2)

Course Code: AP/PHE /603/GE-2(A)

**Course Title: Complete Fitness and Therapeutic Value of Physical Education****Total Marks:= 50**

{Theory Marks: 25 :: Practical Marks:15 :: Internal Assessment ( Theory + Practical): 10 }

Contact Hours per week: 6

Examination Duration- 1:15 Hours

**COURSE OUTCOMES-**

- 1) *Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes.*
- 2) *Demonstrate the basics of sport first aid during and after game situation.*
- 3) *Recognise and appropriately treat common sports injuries and conditions from onset through rehabilitation.*
- 4) *Identify and apply knowledge of fitness through various activities and practices.*

**THEORY PART: (Total Marks -25 )****UNIT- I: COMPLETE FITNESS**

- 1.1 Meaning and Concept of Complete Fitness and wellness.
- 1.2 Need, Components and significance of Complete Fitness.
- 1.3 Factors affecting Complete Fitness.
- 1.4 Special emphasis on Physical Fitness: Meaning, definition and modern concept of Physical Fitness.
- 1.5 Physical Fitness Components and their developmental Training methods: Health-Related and Skill-related Physical Fitness.
- 1.6 Means of Fitness development – Aerobic and Anaerobic Exercise, Target Heart Rate, Warming Up, Conditioning, Cooling Down.

**UNIT- II: INTRODUCTION OF THERAPY**

- 2.1 Meaning, definition, Aim and Scope of Therapy
- 2.2 Types of Therapy
- 2.3 Explanation of the Term – Physiotherapy, Exercise-Therapy, Massage-Therapy and Yoga Therapy

**UNIT- III: THERAPEUTIC ASPECTS OF PHYSICAL EXERCISE**

- 3.1 Therapeutic value of Exercise: Definition, Principles and Importance of Therapeutic Exercises .
- 3.2 Classification, Effects and uses of Therapeutic exercise – Passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints – Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.



**UNIT – IV: PHYSIOTHERAPY: METHODS AND TECHNIQUES**

4.1 Physiotherapy and its use in the treatment and rehabilitation in sports injuries.

4.2 Electrotherapy : Meaning, Technique and safety precaution - Short-wave Diathermy, Electric Muscle Stimulation

4.3 Hydrotherapy: Meaning, Technique and safety precaution – Whirlpool, Contrast bath

4.4 Thermotherapy: Meaning, Technique and safety precaution – Hot Pack, Wax Bath

4.5 Cryotherapy: Meaning, Technique and safety precaution – Ice Pack, Cold Compress

4.6 Massage Therapy : Types, Techniques, Indications and Contra indications.

**PRACTICAL PART: Total marks -15 ( Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)**

1. Calculation of Body Mass Index (BMI)
2. Skinfold Measurement – Biceps, Triceps, Subscapular, Supra Iliac Sites ( Skinfold Calipers)
3. Measurement of Fitness Components –
  - Muscular Strength** – (Minimal Strength) – TEST - Leg-Raise
  - (Leg Explosive Strength) – TEST – Standing Broad Jump
  - Muscular Endurance-** ( Abdominal Muscle Strength) – TEST - Sit-ups
  - Cardiovascular Endurance** – TEST- Harvard Step Test or Run and Walk Test
  - Flexibility** – ( Lower Back Flexibility) – TEST - Sit and Reach Test
  - Standing Balance** - TEST – Stork Stand Test
4. Measurement of Pulse Rate / Heart Rate at Radial Artery and Carotid Artery
5. Measurement of Vital capacity by spirometer.

**QUESTION PATTERN**

END SEMESTER EXAMINATION			Practical Marks	Internal Marks	Total Marks	
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	15	10	50
01 Mark Question	05 Marks Question	10 Marks Question				
5 Out of 8	2 Out of 4	1 Out of 2	25	15	10	50
01X5 = 05	05X2 = 10	10X1 = 10				

**SUGGESTED READINGS:**

- Brukner P and Sydney KK. Clinical sports medicine, McGraw-Hill Co., 2011
- Fox J and Sharp T. Practical Electrotherapy: A Guide to Safe Application. Churchill Livingstone, 2007.
- Petty NJ and Moore AP. Neuromusculoskeletal examination and assessment: a handbook for therapies. Foreword by GD Maitland Edinburgh, Churchill Livingstone, 4th edition 2011.
- Pandey, P.K., (1987). Outline of sports medicine, New Delhi: J.P. Brothers Pub.
- James, A. Gould & George J. Davies.(1985). Physical Therapy. Toronto: C.V. Mosby Company.
- Smith, Mandy, (2005),Cardiovascular/Respiratory Physiotherapy, Elsevier Health - INR;UK.
- Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
- Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
- Giam, C.K & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.



# B.A Program in Physical Education

## SEMESTER - VI

Generic Elective (GE-2)

Course Code: AP/PHE/603/GE-2(B)

### **Course Title: Health Education and Safety Education**

**Total Marks:= 50**

{Theory Marks: 25 :: Practical Marks:15 :: Internal Assessment ( Theory + Practical): 10 }

Contact Hours per week: 6

Examination Duration: 1:15 Hours

**COURSE OUTCOMES-**

- 1) *The student will be able to identify and synthesize the factors that influence health*
- 2) *The student will be able to recognize the health related challenges in current time and able to apply the preventive measures.*
- 3) *The student will be able to identify the role of peers, community and media in health promotion and protection.*
- 4) *The student will be able to demonstrate the expertise in above stated domains in a college setup.*
- 5) *The student will be able to value the knowledge and skills required to preserve community health and well-being.*

### **THEORY PART: (Total Marks -25 )**

#### **UNIT I : INTRODUCTION**

- 1.1 Meaning and Definition of Health & Health Education
- 1.2 Dimensions of Health
- 1.3 Aim , Objectives and Principles of Health Education
- 1.4 Need & Importance of Health Education.

#### **UNIT II : HEALTH SCHEME AND HEALTH SERVICES**

- 2.1 Health Agencies – (i) WHO (ii) UNESCO (iii) UNICEF
- 2.2 National Health Scheme - Rashtriya Bal Swasthya Karyakram (RBSK), Pradhan Mantri Swasthya Suraksha Yojana (PMSSY), Rashtriya Swasthya Bima Yojana, Integrated Child Development Service
- 2.3 School Health Program: Health Service, Health Instruction, Health Supervision; Personal Hygiene and Health Records
- 2.4 Importance and Type of Health Services in India.

**UNIT III : HEALTH PROBLEM IN INDIA**

- 3.1 Causes, Prevention and Control of Communicable Diseases: Malaria, Dengue, Corona virus.  
 3.2 Causes, Prevention and Control Non-Communicable Diseases: Heart Attack, Asthma, arthritis  
 3.3 Hypokinetic Disorders: Meaning, Definition and Causes; Management of Obesity, Diabetes  
 3.4 Nutritional Disorders:  
 3.4.1. Nutrients and their Functions and Daily Requirements  
 3.4.2. Health disorders for deficiency of Protein, Vitamins and Minerals

**UNIT IV : SAFETY EDUCATION**

- 4.1 Meaning and definition of Safety and Safety Education  
 4.2 Relationship between Health and Safety  
 4.3 Need and importance of Safety Education in daily life  
 4.4 Safety measures in Home, Street, Play Ground, and Gymnasium.

**PRACTICAL PART( Any Five): Total marks -15 ( Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)**

1. Measurement of Standing Height
2. Measurement of Weight
3. Measurement of BMI (Body Mass Index)
4. Measurement of BMR (Basal Metabolic Rate)
5. Measurement of Blood Pressure – Resting Condition
6. Measurement of Heart Rate – Resting Condition
7. Measurement of Peak Expiratory Flow Rate
8. Determination of Caloric Value of Food

**QUESTION PATTERN**

END SEMESTER EXAMINATION			Practical Marks	Internal Marks	Total Marks	
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	15	10	50
01 Mark Question	05 Marks Question	10 Marks Question				
5 Out of 8	2 Out of 4	1 Out of 2	25	15	10	50
01X5 = 05	05X2 = 10	10X1 = 10				

**SUGGESTED READINGS:**

- Anspaugh DJ Ezell G and Goodman KN (2006). Teaching Today's Health. Mosby Publishers. Chicago. USA. Balayan D (2007).
- Swasthya Shiksha Evam Prathmik Chikitsa. Khel Sahitya. Delhi.
- Dewan AP (1996). School Health Manual. Nature Cure and Yoga Health Centre. New Delhi.
- Dixit Suresh (2006). Swasthya Shiksha. Sports Publication. Delhi.
- Uppal A.K & Gautam GP (2008). Health & Physical Education. Friends Publication. New Delhi.
- Park K (2007). Park's Text Book of Preventive & Social Medicine. Banarsi Das Bhanot & Company. Delhi.
- Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
- Hoeger, W W K and S.A. Hoeger (2004). Principles and Labs for Fitness and Wellness, Thomson Wadsworth, California, USA.
- Ghosh, B.N. A Treaties of Hygiene and Public Health, Scientific Publishing Co., Kolkata.



**AT A GLANCE (Only Physical Education Course)**

Course Code	Semester	Course Title	Course Type	Theory	Practical	ESE Total	Internal	Total Marks
AP/PHE/101/C-1	1 <sup>st</sup>	Foundation & History of Physical Education	C-1	25	15	<b>40</b>	<b>10</b> (Theo-5+Prac-5)	<b>50</b>
AP/PHE/201/C-2	2 <sup>nd</sup>	Anatomy, Physiology & Physiology of Exercise and Sports	C-2	40	-	<b>40</b>	<b>10</b> (Theo)	<b>50</b>
AP/PHE/301/C-3	3 <sup>rd</sup>	Track & field and Its Rules regulations	C-3	25	15	<b>40</b>	<b>10</b> ( Theo-5+Prac-5)	<b>50</b>
<b>AP/PHE/304/ SEC-1</b>	<b>3<sup>rd</sup></b>	<b>Yoga and Gymnastics</b>	SEC-1	-	40	<b>40</b>	<b>10</b> (Prac)	<b>50</b>
AP/PHE/401/C-4	4 <sup>th</sup>	Health, Fitness & Wellness	C-4	40	-	<b>40</b>	<b>10</b> (Theo)	<b>50</b>
<b>AP/PHE/404/ SEC-2</b>	<b>4<sup>th</sup></b>	<b>Ball Game and Racket Game</b>	SEC-2		40	<b>40</b>	<b>10</b> (Prac)	<b>50</b>
AP/PHE/501/DSE-1	5 <sup>th</sup>	1. Test, Measurement & Evaluation 2. Sports Training	Any One DSE-1	40	-	<b>40</b>	<b>10</b> (Theo)	<b>50</b>
AP/PHE/503/GE-1	5 <sup>th</sup>	1. First Aid & Personnel Hygiene 2. Recreation, Physical Activity & Physical Fitness	Any One GE-1	25	15	<b>40</b>	<b>10</b> ( Theo-5+Prac-5)	<b>50</b>
<b>AP/PHE/504/ SEC-3</b>	<b>5<sup>th</sup></b>	<b>Indigenous and Minor Game and Excursion-Camping Program</b>	SEC-3	-	40	<b>40</b>	<b>10</b> (Prac)	<b>50</b>
AP/PHE/601/DSE-2	6 <sup>th</sup>	1. Sports Psychology 2. Management of Sports and Physical Education	Any One DSE-2	40	-	<b>40</b>	<b>10</b> (Theo)	<b>50</b>
AP/PHE/603/GE-2	6 <sup>th</sup>	1. Health Education and Safety Edu. 2. Complete Fitness and Therapeutic values of Physical Education	Any One GE-2	25	15	<b>40</b>	<b>10</b> ( Theo-5+Prac-5)	<b>50</b>
<b>AP/PHE/604/ SEC-4</b>	<b>6<sup>th</sup></b>	<b>Adapted Physical Education and Computer Application in Physical Education</b>	SEC-4	25	15	<b>40</b>	<b>10</b> (Prac)	<b>50</b>
		<b>TOTAL</b>		<b>285</b>	<b>195</b>	<b>480</b>	<b>120</b> ( Theo-60+Prac-60)	<b>600</b>
				<b>-50(GE) =235</b>	<b>-30 (GE) =165</b>	<b>-80(GE) =400</b>	<b>-20 (Theo-10+Prac-10) =100 (Theo-50+Prac-50)</b>	<b>-100(GE) =500</b>

