



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

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

**SYLLABUS IS DEVELOPED BY:**

S. N.	Name	Designation	Department	College/ University
1	Dr. GunjanShahi	Assistant Professor	Physical Education	MBP Govt. PG Collage Lucknow
2	Dr. Parveen	Assistant Professor	Physical Education	Govt. Degree Collage BUDAUN
3	Dr. Sheel Dhar Dubey	Assistant Professor	Physical Education	DDU Govt. PG Collage Lucknow
1	1	E020201T	SPOTS ORGNISATION	4

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**OF THE PAPERS IN PHYSICAL EDUCATION**

				AND MANAGEMENT		
1	II	2	E02020 2P	SPORTS EVENT AND TRACK & FIELD	PRACTIAL	2
2	III	1	E02030 1T	ANATOMY & EXERCISE PHYSIOLOGY	THEORY	4
2	III	2	E02030 2P	HEALTH AND PHYSIOLOGY	PRACTIAL	2
2	IV	1	E02040 1T	SPORTS PSYCHOLOGY AND RECREATIONAL ACTIVITIES	THEORY	4
2	IV	2	E02040 2P	SPORTS PSYCHOLOGY	PRACTIAL	2
3	V	1	E02050 1T	ATHLETIC INJURIES AND REHABILITATIO N	THEORY	4
3	V	2	E02050 2T	KINESIOLOGY AND BIOMECHANIC S IN SPORTS	THEORY	4
3	V	3	E02050 3P	REHABILITATI ON& SPORTS	PRACTIAL	2
3	V	4	E02050 4P	RESEARCH PROJECT	PROJECT	3
3	VI	1	E02060 1T	RESEARCH METHODS	THEORY	4
3	VI	2	E02060 2T	PHYSICAL EDUCATION FOR DIVYANG	THEORY	4
3	VI	3	E02060 3P	RESEARCH AND SPORTS	PRACTIAL	2
3	VI	4	E02060 4P	RESEARCH PROJECT	PROJECT	3

## **PROGRAMME OUTCOMES**

Physical Education is a very wide subject in which biological, psychological, physical, health and functional aspects of sports and body are studied. It is noteworthy that it is such a subject with the help of which human body both internally and externally can be kept healthy. Students will definitely be able to discharge duties towards themselves and society through this subject. Under this subject, the students can demonstrate excellently their skills and perfection particularly in sports ability, management, leadership, health plan, event management, sports budgeting, physiology, teaching methods, sports psychology and research along with getting information regarding to the importance of Physical Education for DIVYANG.

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

<b>Program /Class: Certificate</b>	<b>Year: First</b>	<b>Semester: First</b>
<b>SUBJECT: PHYSICAL EDUCATION- THEORY</b>		

<b>Course code: E020101T</b>	<b>Course Title: Elementals of Physical Education</b>	
<p><b>Course Outcomes:</b> The physical education is very wide concept and this subject teaches about introduction and Sociological concept of Physical Education and this also teaches about historical development of physical education in India and other countries. Its introduce a general concept of good health and wellness. This program will also help a student to promote healthy way of living and they will also be able to make fitness and health plan.</p>		
<b>Credits:4</b>	<b>Max. Marks:25+75</b>	<b>Min. Passing Marks:10+25</b>
<b>Total no. of lectures-tutorials-practical (in hours per week):4-0-0</b>		
<b>Unit</b>	<b>TOPIC</b>	<b>NO. OF LECTURES</b>
<b>I</b>	<p><b><u>Ancient Wisdom in Physical Education, Sports and voga:</u></b></p> <ul style="list-style-type: none"> <li>• Patanjli yoga sutra.</li> <li>• GhrandSanhita</li> </ul> <p><b><u>Introduction:</u></b></p> <ul style="list-style-type: none"> <li>• Meaning, definition and concept of physical education.</li> <li>• Scope, aim and objective of Physical education.</li> <li>• Importance of Physical education in Modern era.</li> <li>• Relationship of physical education with general education</li> </ul>	07
<b>II</b>	<p><b><u>Sociological Foundation:</u></b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition and importance of sports Sociology</li> <li>• Culture and sports</li> <li>• Socialization and sports</li> <li>• Gender and sports.</li> </ul>	07
<b>III</b>	<p><b><u>History:</u></b></p> <ul style="list-style-type: none"> <li>• History and development of Physical education in India: pre- and post independence.</li> <li>• History of physical education in ancient Greece, Rome and Germany.</li> <li>• Eminent person of physical education, awards, schemes</li> </ul>	06
<b>IV</b>	<p><b><u>Olympic Games , Asian Games and Commonwealth Games:</u></b></p> <ul style="list-style-type: none"> <li>• Olympics Movement: Ancient Olympic, modern Olympic, Revival, aim, objectives, spirit, torch, flag, motto,</li> </ul>	08

	opening closing ceremonies. • Asian Games. • Commonwealth Games.	and	
V	<b><u>Health Education:</u></b> • Meaning, Definition and Dimensions of Health. • Meaning, Definition objectives, Principals and importance of Health Education. • Role of Different Agencies in Promoting Health (WHO, UNICEF). • Meaning of Balance Diet and Nutrition and its elements. • Health and drugs		08

VI	<b><u>Wellness's Life Style</u></b> • Importance of wellness and life style. • Role of Physical Activity Maintaining Healthy Life Style. • Stress Management. • Obesity and Weight Management. • Prevention of Disease through Behavioral Modifications.		08
VII	<b><u>Fitness :</u></b> • Meaning & Definition and types of fitness • Component of physical fitness • Factor affecting physical fitness • Development and maintenances of fitness		08
VII I	<b><u>Posture:</u></b> • Meaning, Definition of Posture. • Importance of Good Posture. • Causes of Bad Posture. • Postural Deformities (causes and remedial exercise). • Fundamental Movements of Body Parts • Anatomical standing position.		08

**Suggested readings:**

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

Education”, 1978.

- Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.
- Dynamics of fitness. Madison: W.C.B Brown.
- General methods of training. by - Hardayal Singh
- Giam, C.K &The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book. Mcglynn, G., (1993)
- Kamlesh M.L., “Physical Education, Facts and foundations”, Faridabad P.B. Publications. 7. Krishana Murthy V. and Paramesara Ram, N. “Educational Dimensions of Physical. Education”, 2nd Revised edition, Print India, New Delhi 1990.
- Methodology of training. by – Harre
- पांडेय , प्रीति, शारीरिक शिक्षा संकलन , " खेल संस्कृति प्रकाशन " ,कानपुर
- पटेल, श्री कृष्णा ,शारीरिक शिक्षा, " अग्रवाल पब्लिशर ", आगरा, 2014-15
- Ravanes R.S., “Foundation of Physical Education”, Houghton Millin Co. Boston USA (1978)
- Science of sports training. by - Hardayal Singh
- Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.
- सिंह, अजमेर, शारीरिकशिक्षाऔरओलंपिकअभियान, " कल्याणीपब्लिशर" , नईदिल्ली, संशोधित2006.
- Track & Field. by – Gerhardt schmolinsky, Leipzig college of physical culture (DHFk)
- सिंह, होशियार, शारीरिकशिक्षाकाइतिहास, " लक्ष्यपब्लिकेशन " , नईदिल्ली, 2013
- सिंह, बलजीत, शारीरिक शिक्षा के आधार, " स्पोर्ट्सपब्लिकेशन", नई दिल्ली, 2008
- कमलेश, एम्पल, शारीरिक शिक्षा के मूलाधार, " स्पोर्ट्सपब्लिकेशन", नई दिल्ली , तृतीय संस्करण 2014

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

- **Open for all**

**Continuous Evaluation Methods: (CIE)**

**INTERNAL ASSESMENT (25 Marks)**

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

**Suggested equivalent online courses:**

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

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

Program/Class: <b>Certificate</b>	Year: <b>First</b>	Semester: <b>First</b>
Subject: <b>Physical Education- Practical</b>		
Course Code: <b>E020102P</b>	Course Title: <b>Fitness and Yoga</b>	
<b>Course Outcomes:</b> Yogais very helpful in prevention of many diseases and students will learn about it.This subject deals with basic knowledge about and Aerobics and Gymnasium classes which will help students to excel in the fitness industry.		
Credits: <b>02</b>	Elective	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
<b>Unit</b>	<b>Topics</b>	<b>No. of Hours</b>
	<b>Part-A</b>	
<b>I</b>	<ul style="list-style-type: none"> <li>• Learn and demonstrate the techniques of warm-up, general exercise and cooling down</li> <li>• Lean and demonstrate physical fitness through aerobic, circuit training and</li> </ul>	15



	<p>calisthenics.</p> <ul style="list-style-type: none"> <li>• Diet chart &amp; measurement of BMI</li> </ul>	
	<b>Part-B</b>	
<b>II</b>	<p><b><u>INTRODUCTION OF YOGA:</u></b></p> <ul style="list-style-type: none"> <li>• Historical aspect of yoga.</li> <li>• Definition, types scopes &amp; importance of yoga.</li> <li>• Yoga relation with 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, Bhujang asana, Naukasana, Halasana, Vajrasan, Padmasana, Shavasana, Makrasana, Dhanurasana, Tad asana.</li> </ul> <p><b><u>PRANAYAMA:</u></b></p> <ul style="list-style-type: none"> <li>• Difference and classification of pranayama.</li> <li>• Difference between pranayama and deep breathing.</li> <li>• Anulom, Vieam.</li> </ul>	15
<p>Suggested Readings:</p> <ol style="list-style-type: none"> <li>1. ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.</li> <li>2. Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)</li> <li>3. Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.</li> <li>4. Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.</li> </ol>		
<p>This course can be opted as an elective by the students of following subjects: <b>Open for all</b></p>		

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

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

**PRACTICAL ASSESSMENT (75 Marks)**

Practical – 50

VIVA – 15

Record book charts etc - 10

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

**Suggested equivalent online courses:**

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

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

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

<b>Course Outcomes: This course is designed to give real time exposure to students in the area of organising an event/ sports. The students will also learn about store management, purchasing and budget making.</b>		
<b>Credits:4</b>	<b>Max. Marks:25+75</b>	<b>Min. Passing Marks:10+25</b>
<b>Total no. of lectures-tutorials-practical (in hours per week):4-0-0</b>		
<b>Unit</b>	<b>TOPIC</b>	<b>NO. OF LECTURES</b>
<b>I</b>	<b><u>Introduction:</u></b> <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
<b>II</b>	<b>Event Management</b> <ul style="list-style-type: none"> <li>• Meaning and concept event</li> <li>• Planning and management of sports event.</li> <li>• Role of sports event manager.</li> <li>• Steps in event management: <ul style="list-style-type: none"> <li>• Planning,</li> <li>• Executing</li> <li>• Evaluating</li> </ul> </li> </ul>	08
<b>III</b>	<b>Budget</b> <ul style="list-style-type: none"> <li>• Meaning, Definition, Preparation, Principals of making Budget. • Financial Management Opportunities and Challenges. • Basics of Sports Event Accounting.</li> </ul>	07
<b>IV</b>	<ul style="list-style-type: none"> <li>• The Budget Cycle and Budget Preparation Format.</li> <li>• Preparing the Departmental Financial Plan and estimate. • Expenditure management.</li> <li>• Financial Reporting.</li> </ul>	08

<b>V</b>	<b>Organization</b> <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
<b>VI</b>	<b>Supervision</b> <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
<b>VII</b>	<b>Facilities Equipment</b> <ul style="list-style-type: none"> <li>• Purchasing Equipment.</li> <li>• Care and maintenance of Equipment.</li> </ul>	08

	<ul style="list-style-type: none"> <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>	
<b>VII I</b>	<b>Job Opportunities</b> <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>	08

**Suggested readings:**

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

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

**Open for all**

Suggested Continuous Evaluation Methods:

**INTERNAL ASSESSMENT (25 Marks)**

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

**Suggested equivalent online courses:**

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

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

Programme/Class: <b>Certificate</b>	Year: <b>First</b>	Semester: <b>second</b>
Subject: <b>Physical Education- practical</b>		
Course Code: <b>E020202P</b>	Course Title: <b>Sports Event and Track &amp; Field</b>	
Credits: <b>02</b>	Elective	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
<b>Unit</b>	<b>Topics</b>	<b>No. of Hours</b>
	<b>Part-A</b>	

<b>I</b>	<ul style="list-style-type: none"> <li>● To make a plan for organizing an event.</li> <li>● To organize an Interclass Competition of any games with in the wall.</li> <li>● To prepare a budget plane for interclass competition with in the wall</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
	<b>Part-B</b>	
<b>II</b>	<p><b><u>Track &amp; Field :</u></b></p> <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

**Suggested Readings:**

- Author Sir Name, Lnitials, “Book Title”,Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any.
- Author Sir Name, Lnitials, “Book Title”,Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any.
- Author Sir Name, Lnitials, “Book Title”,Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any.
- Suggestive digital platforms web links-
- Parkhouse, Bonnie L., “The management of Sports – if foundation and application,” Mosby publication, St. Louis (US), 1991
- Bucher, Charles A. and Krotee, March L., “Management of Physical Education and Sport,” MC Grow Hill publication, Now York (US) 2002
- Horine, Larry,” Administration of Physical Education and Sport programs. WM-C Brown Publishers
- Dubuque (US) 1991
- Kotler,P and G Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo.
- Hert, Renis(1961) New Patterns of Management, McGraw Hill,.
- Sandhu, K. Sports Dynamics: Psychology, Sociology and Management.
- Sivia, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. DeenDayalUpadhyaya
- Marg.2005), Marketing: An Introduction, New York: Prentice Hall.

This course can be opted as an elective by the students of following subjects: <b>Open for all</b>
<p>Suggested Continuous Evaluation Methods:  <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 ASSESMENT (75 Marks)</b>  Practical – 50  VIVA – 15  Record book charts etc - 10</p>
Course prerequisites: <b>There is no any prerequisites only students physical and medically fit.</b>
<p><b>Suggested equivalent online courses:</b></p> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.</li> <li>• RajarshiTandon open University.</li> </ul>

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

Programme/Class: <b>Diploma</b>	Year: <b>Second</b>	Semester: <b>Third</b>
Subject: <b>Physical Education -Theory</b>		
Course Code: <b>E020301T</b>	Course Title: <b>Anatomy and Exercise Physiology</b>	
Course outcomes: students can be able to understand human structure and function as well as effects of exercise on various human body systems.		
Credits: 04	Elective	



Max. Marks: 25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	<b><u>INTRODUCTION :</u></b> <ul style="list-style-type: none"> <li>• Meaning Definition and Importance of Anatomy and Physiology in the field of Physical Education &amp; Sports</li> <li>• Brief introduction of Cell, Tissue, Organ and system</li> </ul>	6
II	<b><u>SKELETAL SYSTEM:</u></b> <ul style="list-style-type: none"> <li>• Structural and functional classification of bones.</li> <li>• Types of joints and major movements around them.</li> </ul>	8
III	<b><u>CIRCULATORY SYSTEM:</u></b> <ul style="list-style-type: none"> <li>• Structure and function of human heart</li> <li>• Circulation of blood</li> <li>• Effects of exercise on circulatory system</li> </ul>	8
IV	<b><u>RESPIRATORY SYSTEM :</u></b> <ul style="list-style-type: none"> <li>• 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>	8
V	<b><u>DIGESTIVE SYSTEM:</u></b> <ul style="list-style-type: none"> <li>• Structure and function of digestive system</li> <li>• Importance of Digestive system.</li> <li>• Mechanism of Digestive System.</li> <li>• Effects of exercise on digestive system.</li> </ul>	8
VI	<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>	8

<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>	7
<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>	7

**Suggested Readings:**

- ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)
- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.
- 4. Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
- Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health & Wellness Club, New York, U.S.A.
- Jain, J. (2004) Khel DawaonKa (New Delhi : Delhi University Press).
- Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA.
- Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).
- Koley, Shyamal (2007), Exercise Physiology — A Basic Approach (New Delhi: Friends Publications).
- 10. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
- Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India.
- 12. Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi.
- Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
- Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons.
- 15. William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin.
- Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill
- Livingstone
- गोपाल, उषा, मानव शरीर रचना एवम् क्रिया विज्ञान, "स्पोर्ट्सपब्लिकेशन", नई दिल्ली, 2012

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

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

Written Test – 10 marks  
Assignment/ Research Based Project - 10 marks  
Attendance – 5 marks  
Research Orientation of the student.

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

**Suggested equivalent online courses:**

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

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

Program/Class- <b>Diploma</b>	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>	
Credits: <b>02</b>	Elective	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
	<b>Topics</b>	<b>No. of hours</b>
	<b>Part-A</b>	
	<ul style="list-style-type: none"> <li>• Draw and label any two-body system.</li> <li>• Prepare an Model of any one System.</li> <li>• Measuring height, weight, waist circumference and hip circumference, calculation of <b>BMI(Body Mass Index)</b> and waist-Hip ratio.</li> <li>• Learn to Measure Blood Pressure by <b>Sphygmomanometer.</b></li> </ul>	15
	<b>Part-B</b>	
	<p><b>Chose any one individual sports and games as per given Annexure-A with following activity:</b></p> <ul style="list-style-type: none"> <li>• History and development of selected game/sports</li> <li>• Lay out and measurement of selected game/sports</li> <li>• Rules and regulation of selected games/sports</li> </ul>	15

	<ul style="list-style-type: none"> <li>• Specific exercise for selected game/sports</li> <li>• Techniques and skills of selected game/sports</li> </ul>	
<p>Suggested Readings:</p> <ul style="list-style-type: none"> <li>• ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.</li> <li>• Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)</li> <li>• Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. 4. Flyod, P.A.,S.E. MimmsandC.Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson,Wadsworth, Belmont, California, USA.</li> <li>• Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health &amp; Wellness Club, New York, U.S.A.</li> <li>• Jain, J. (2004) Khel DawaonKa (New Delhi : Delhi University Press).</li> <li>• Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA.</li> <li>• Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).</li> <li>• Koley, Shyamal (2007), Exercise Physiology — A Basic Approach (New Delhi: Friends Publications). 10. Jain AK (2002). Anatomy &amp; Physiology for Nurses. Arya Publishers, Delhi.</li> <li>• Moried EN (2007). Essential of Human Anatomy &amp; Physiology. Ed. 8th Dorling Kindersley, India. 12. Prives M and Others (2004). Human Anatomy Vol. I &amp; II Paragon, Delhi.</li> <li>• Seeley &amp; Others (2008). Anatomy &amp; Physiology. McGraw Hill, Boston.</li> <li>• Tortora (2003). Principles of Anatomy &amp; Physiology, New York: John Willy &amp; Sons. 15. William CS (2000). Essentials of Human Anatomy &amp; Physiology, Benjamin.</li> <li>• Wilson and Waugh (1996). Anatomy &amp; Physiology in Health &amp; Illness. Churchill</li> <li>• Livingstone</li> <li>• गोपाल,उषा, मानव शरीर रचना एवम् क्रिया विज्ञान,"स्पोर्ट्सपब्लिकेशन", नई दिल्ली, 2012</li> <li>• जेसवाल, दिलीप, स्वास्थ्य शिक्षा," स्पोर्ट्सपब्लिकेशन", नई दिल्ली, 2013</li> </ul>		
<p>This course can be opted as an elective by the students of following subjects: <b>Open for all</b></p>		

**Continuous Evaluation Methods (CIE)**

**INTERNAL ASSESSMENT (25 Marks)**

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

**PRACTICAL ASSESSMENT (75 Marks)**

Practical – 50

VIVA – 15

Record book charts etc – 10

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

**Suggested equivalent online courses:**

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

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

Program/Class: <b>Certificate</b>	Year: <b>Second</b>	Semester: <b>Fourth</b>
Subject: <b>Physical Education- Theory</b>		
Course Code: <b>E020401T</b>	Course Title: <b>Sports Psychology And Recreational Activities</b>	
Course outcomes: students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.		
Credits: <b>04</b>	Elective	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	<b><u>INTRODUCTION:</u></b> <ul style="list-style-type: none"> <li>• Meaning, Importance and scope of sports psychology</li> <li>• General characteristics of various stages of growth and development.</li> <li>• Psycho-sociological aspects of human behaviour in relation to physical education.</li> </ul>	6
<b>II</b>	<b><u>LEARNING:</u></b> <ul style="list-style-type: none"> <li>• Nature of learning, theories of learning.</li> <li>• Law of learning, plateau in learning, transfer of learning</li> <li>• Meaning and definition of personality, characteristics of personality.</li> <li>• Dimensions of personality, personality and sports performance.</li> </ul>	8
<b>III</b>	<b><u>MOTIVATION :</u></b> <ul style="list-style-type: none"> <li>• Nature of motivation, factors influencing motivation.</li> <li>• Motivational techniques and its impact on sports performance.</li> <li>• Mental preparation strategies: attention, focus, self-talk, relaxation and imaginary.</li> </ul>	8

<b>IV</b>	<p><b><u>ANXIETY AND AGGRESSION:</u></b></p> <ul style="list-style-type: none"> <li>• Aggression and sports, meaning and nature of anxiety, kind of anxiety.</li> <li>• Meaning and nature of stress, types of stress</li> <li>• Anxiety, stress arousal and their effects on sports performance.</li> <li>• Concept of incentives and achievements.</li> </ul>	8
<b>V</b>	<p><b><u>PLAY:</u></b></p> <ul style="list-style-type: none"> <li>• Meaning of Play</li> <li>• Definition of play</li> <li>• Various Theories of play</li> <li>• Significance of Theories of play in Physical Education and Sports.</li> <li>• Significance of play for a Child.</li> </ul>	8
<b>VI</b>	<p><b><u>RECREATION :</u></b></p> <ul style="list-style-type: none"> <li>• Meaning and importance of recreation in physical education</li> <li>• Principles of recreation in physical education <ul style="list-style-type: none"> <li>• Areas, classification and ways of recreation.</li> </ul> </li> <li>• Use of leisure time activities and their educational values.</li> </ul>	8
<b>VII</b>	<p><b><u>TRADITIONAL GAMES OF INDIA:</u></b></p> <ul style="list-style-type: none"> <li>• Meaning.</li> <li>• Types of Traditional Games-</li> <li>• Gilli- Danda, Kanche, Stapu, Gutte, etc.</li> <li>• Importance/ Benefits of Traditional Games.</li> <li>• How to Design Traditional Games.</li> <li>• Development of Personalities by the help of Traditional Games.</li> </ul>	7
<b>VIII</b>	<p><b><u>INTRAMURALS:</u></b></p> <ul style="list-style-type: none"> <li>• Meaning.</li> <li>• Importance.</li> <li>• Conducting Extramural Competitions.</li> </ul>	7

**Suggested Readings:**

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



Administration of Physical Education and Athletics, Delhi: Universal Book.  
 5. Gangwar, B.R. (1999). Organisation Admn. & Methods of Physical education, Jalandhar: A.P. Pub. 6. Gangwar, B.R. (1999). Sharirik Shiksha Ka Prabandh Prashashan Avam Vidhiya, Jalandhar: A.P. Pub. 7. Gupta R. Kumar P. & Sharma D.P. (1999). Lesson Plan in Physical Education & Sports. R.D.P. Publication. New Delhi.  
 8. Gupta R. Kumar P. & Sharma. D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. Sahyog Prakashan. New Delhi.  
 9. Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.  
 10. Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi. 11. Kamlesh ML (2005). Sharirik Shiksha Ki Vidhiyan. Friends Publication. Delhi.  
 12. Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi. 13. Shaw D & Kaushik S (2001). Lesson Planning- Teaching Methods and Classman in Physical Education. K.S.K. Delhi.  
 13. नारंग, प्रियंका, परम्परागत भारतीय खेल, "स्पोर्ट्स पब्लिकेशन", नई दिल्ली, 2007

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.

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

Program/Class: <b>Diploma</b>	Year: <b>Second</b>	Semester: <b>Fourth</b>
Subject: <b>Physical Education- Practical</b>		
Course Code: <b>E020402P</b>	Course Title: <b>SportsPsychology</b>	
Credits: <b>02</b>	Elective	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
	<b>Part-A</b>	
	<ul style="list-style-type: none"> <li>• Make a Model/ Chart of any one Traditional games</li> <li>• Organize a recreational activity at college level and write a report on it.</li> <li>• Design a Traditional/ Recreational games with new ideas.</li> </ul>	15

	<b>Part-B</b>	
	<p><b>Chose any one Team Games as per given Annexure-A with following activity:</b></p> <ul style="list-style-type: none"> <li>• History and development of selected game/sports</li> <li>• Lay out and measurement of selected game/sports</li> <li>• Rules and regulation of selected games/sports</li> <li>• Specific exercise for selected game/sports</li> <li>• Techniques and skills of selected game/sports</li> </ul>	15
<p>Suggested Readings:  1. Anand OP(2001) YogDwara Kaya kalp, SewasthSahityaparakashan, Kanpur  2. Martin, GL(2003) Sports Psychology-Practical Guidelines from Behaviour Analysis. Sports Press, Winnipeg, Canada</p>		
<p>This course can be opted as an elective by the students of following subjects: <b>Open for all</b></p>		
<p><b>Continuous Evaluation Methods (CIE)</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 charts etc - 10</p>		
<p>Course prerequisites: <b>There is no any prerequisites only students physical and medically fit.</b></p>		
<p><b>Suggested equivalent online courses:</b></p> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>• RajarshiTandon open University.</li> </ul>		

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

Program/Class: <b>Certificate</b>	Year: <b>Third</b>	Semester: <b>Fifth</b>
Subject: <b>Physical Education-Theory</b>		
Course Code: <b>E020501T</b>	Course Title: <b>Athletic Injuries and Rehabilitation</b>	
Course outcomes: students can be able to understand Athletic Injuries and Athletic Care and Rehabilitation.		
Credits: <b>04</b>	Elective	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	<b>Athletic Injuries and Athletic Care.</b> i) Concept and Significance. ii) Factors causing Injuries.	6

	iii) General Principles of Prevention of Injuries. .	
<b>II</b>	<b>Common Sports Injuries</b> (Strain and Muscle and Ligament Sprain, Frozen Shoulder, Lower Back Strain, Tennis and Golfer's Elbow, Runner's Knee, Shin Pain, Blister, Concussion, Abrasion, Laceration, Hematoma, Fracture, Dislocation)	8
<b>III</b>	<ul style="list-style-type: none"> <li>• <b>First aid</b> – meaning, definition.</li> <li>• Importance of First aid.</li> </ul> <b>Postural Deformities.</b> Types, Causes and respective corrective exercises of: - <ul style="list-style-type: none"> <li>➤ Kyphosis.</li> <li>➤ Scoliosis.</li> <li>➤ Lordosis.</li> <li>➤ Knock Knees.</li> <li>➤ Bowlegs.</li> <li>➤ Flat Foot</li> </ul> <b>Disorders due to Improper Posture.</b> <ul style="list-style-type: none"> <li>• Back Pain, Neck Pain and their preventive Exercises.</li> </ul>	8
<b>IV</b>	<b>Rehabilitation-</b> <ul style="list-style-type: none"> <li>• <b>RICE-</b> Rest, Ice, Compression, Elevation.</li> <li>• <b>DRABC-</b> Danger, Response, Airways, Breathing, Circulation.</li> </ul> <b>Bandage-</b> <ul style="list-style-type: none"> <li>• Types of Bandages.</li> <li>• Taping and Supports.</li> </ul>	8
<b>V</b>	<b>Physiotherapy-</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Guiding principles of physiotherapy.</li> <li>• Importance of physiotherapy.</li> </ul> <b>Massage-</b> <ul style="list-style-type: none"> <li>• Meaning</li> <li>• Types and Importance.</li> </ul>	8
<b>VI</b>	<b>Hydrotherapy-</b> <ul style="list-style-type: none"> <li>• Meaning and Methods.</li> <li>• Cryotherapy, Thermotherapy, Contrast bath, Whirlpool bath, Steam bath, Sauna bath, Hot</li> </ul>	8

	Water Fomentation.	
<b>VII</b>	<b>Treatment modalities-</b> • Electrotherapy, Infrared rays, Ultraviolet rays, short wave diathermy, ultra sound.	7
<b>VIII</b>	<b>Therapeutic Exercise-</b> • Meaning, Definition. • Importance. • Muscle Strengthening through Active and Passive Exercise. • Therapeutic value with Yoga asanas for rehabilitation and strengthening of the muscles.	7

#### **RECOMMENDED READINGS**

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

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.
- RajarshiTandon open University.

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

Program/Class: <b>Certificate</b>	Year: <b>Third</b>	Semester: <b>Fifth</b>
Subject: <b>Physical Education - Theory</b>		
Course Code: <b>E020502T</b>	Course Title: <b><i>Kinesiology and Biomechanics in Sports</i></b>	
Course outcomes: students can be able to understand various aspects of Kinesiology and Biomechanics in Sports and able to apply in sports activities.		
Credits: <b>04</b>	Elective	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
<b>I</b>	<b><u>INTRODUCTION:</u></b> <ul style="list-style-type: none"><li>• Meaning, Definitions, Aims, Objective.</li><li>• Importance of Kinesiology for games and sports.</li></ul>	6
<b>II</b>	<ul style="list-style-type: none"><li>• Kinesiological Fundamental Movements.</li><li>• Center of Gravity.</li></ul>	8

	<ul style="list-style-type: none"> <li>• Line of Gravity.</li> </ul>	
<b>III</b>	<ul style="list-style-type: none"> <li>• Axis and Planes</li> <li>• Classification of joints and Muscles</li> <li>• Types of muscles contraction.</li> </ul>	8
<b>IV</b>	<p><b>Location &amp; Action of Muscles at Various Joints:</b></p> <p>-</p> <p>i) Upper extremity – shoulder girdle, shoulder joints, elbow joint. ii) Neck, trunk (Lumbar thoracic region).</p> <p>iii) Lower extremity – Hip joint, knee joint, ankle joint.</p>	8
<b>V</b>	<p><b>Biomechanical Concept:</b></p> <p><b>INTRODUCTION:</b></p> <ul style="list-style-type: none"> <li>• Newton's Law of Motion</li> </ul> <p><b>Friction:</b></p> <ul style="list-style-type: none"> <li>• Meaning, Definitions and Types.</li> </ul>	8
<b>VI</b>	<p><b>FORCE AND LEVERS:</b></p> <p><b>FORCE:</b></p> <ul style="list-style-type: none"> <li>• Meaning</li> <li>• Definitions</li> <li>• Types</li> <li>• Application to sports activities.</li> </ul> <p><b>LEVERS:</b></p> <ul style="list-style-type: none"> <li>• Meaning</li> <li>• Definition</li> <li>• Uses of them in the Human body.</li> </ul>	8
<b>VII</b>	<p><b>KINENIAMTICS:</b></p> <ul style="list-style-type: none"> <li>• Meaning of Kinematics.</li> <li>• Types- Linear and Angular</li> <li>• Speed, Velocity, Acceleration, Distance, Displacement.</li> </ul>	7

<b>VIII</b>	<p><b>KINETICS:</b></p> <ul style="list-style-type: none"> <li>• Meaning of Kinetics</li> <li>• Types- Linear and Angular.</li> <li>• Mass, Weight, Force, Momentum and Pressure.</li> </ul>	7
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**RECOMMENDED READINGS**

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

आगासे, राजाराम संजय, बायोमैकेनिक्स तथा किंसियोलॉजी, "स्पोर्ट्सपब्लिकेशन" नई दिल्ली, 2013

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

**Open for all**

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

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

Course prerequisites: **There is not any prerequisites only students physical and medically fit.**

**Suggested equivalent online courses:**

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

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

Program/Class: <b>Certificate</b>	Year: <b>Third</b>	Semester: <b>Fifth</b>
Subject: <b>Physical Education- Practical</b>		
Course Code: <b>E020503P</b>	Course Title: <b>Rehabilitation and sports</b>	
Credits: <b>02</b>	Elective	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
<b>Unit</b>	<b>Topics</b>	<b>No. of</b>

		<b>Hours</b>
	<b>Part-A</b>	
<b>I</b>	<ul style="list-style-type: none"> <li>• Practice for Bandaging.</li> <li>• Practice for massage techniques.</li> <li>• Demonstration of Therapeutic Exercise.</li> <li>• A visit to Physiotherapy lab.</li> <li>• Write a Brief Report on the visit of the lab.</li> </ul>	15
	<b>Part-B</b>	
<b>II</b>	<p><b>Chose any one Individual Games as per given Annexure-A with following activity:</b></p> <ul style="list-style-type: none"> <li>• History and development of selected game/sports</li> <li>• Lay out and measurement of selected game/sports</li> <li>• Rules and regulation of selected games/sports</li> <li>• Specific exercise for selected game/sports</li> <li>Techniques and skills of selected game/sports</li> </ul>	15
<p><b>Suggested Readings:</b></p> <ol style="list-style-type: none"> <li>1. ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.</li> <li>2. Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago, USA.</li> <li>3. Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.</li> <li>4. Fahey, T.D., M.P. Insel and W.T. Rath (2006), Fit &amp; Well: Core Concepts and Labs in Physical Fitness, Mgraw Hill, New York.</li> <li>5. Koley, Shymlal(2007) Exercise Physiology – A basic Approach, friends publication New Delhi</li> <li>6. Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers).</li> <li>7. Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA.</li> <li>8. Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).</li> </ol>		
<p>This course can be opted as an elective by the students of following subjects: <b>Open for all</b></p>		
<p><b>Continuous Evaluation Methods (CIE)</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.</p> <p><b>PRACTICAL ASSESSMENT (75 Marks)</b>  Practical – 50  VIVA – 15  Record book charts etc - 10</p>		

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

**Suggested equivalent online courses:**

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

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

<b>Program/Class –Degree</b>	<b>Year: Third</b>	<b>Semester: Fifth</b>
<b>Subject Physical Education Project</b>		
Course Code : E0205 04P	<b>Course Title Research Project</b>	
<b>COURSE OUTCOMES:</b>		
<ul style="list-style-type: none"> <li>• Learn to Prepare Questionnaire.</li> <li>• Learn to write research report.</li> </ul>		
<b>Credits : 03</b>	<b>Compulsory</b>	
<b>Max: marks 25+75</b>	<b>Min Passing Marks:</b>	

Unit	Topic	No. of Lectures
I	<ul style="list-style-type: none"> <li>➤ Chose a topic from your theory syllabus and Prepare a Questionnaire with 20 Questions for your collage students.</li> <li>➤ Chose any one sports/ games for your syllabus and conduct an interview for your collage students</li> <li>➤ Student has to learn to prepare research report.</li> </ul>	<b>45</b>
<b>Suggested readings:</b> <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>		
This course can be opted as an elective by the students of following subjects: <b>only for physical education students</b>		
<b>Suggested Continuous Evaluation Methods:</b> <ul style="list-style-type: none"> <li>➤ Seminar/Assignment/ report.</li> <li>➤ Test</li> <li>➤ Research orientation of the student.</li> <li>➤ Quiz</li> <li>➤ Attendance</li> </ul>		

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

Program/Class: <b>Certificate</b>	Year: <b>Third</b>	Semester: <b>Sixth</b>
Subject: <b>Physical Education - Theory</b>		
Course Code: <b>E020601T</b>	Course Title: <b>Research methods</b>	
Course outcomes: students can be able to understand <b>Research methods</b> in Sports and Physical Education.		
Credits: <b>04</b>	Elective	
Max. Marks: 25+75	Min. Passing Marks: 10+25	

Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	<b>INTRODUCTION:</b> <ul style="list-style-type: none"> <li>• Definition, Meaning of Research.</li> <li>• Need and Importance of Research in Physical Education and sports.</li> <li>• Scope of Research in Physical Education and sports.</li> </ul>	6
II	<b>Type of research</b> <ul style="list-style-type: none"> <li>• Basic Research</li> <li>• Applied Research</li> <li>• Action Research</li> </ul>	8
III	<b>Research Problem:</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>Hypothesis:</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>Survey of Related Literature:</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>Survey Studies:</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>Questionnaire and Interview:</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>Research Report:</b> <ul style="list-style-type: none"> <li>• Meaning of Research Report.</li> <li>• Qualities of a good research report.</li> </ul>	7
<b>RECOMMENDED READINGS</b>		
> Author's guide: Research Methods applied to Health Physical and Recreation, Washington, D.C. 1991. > Best John & Kahni, J.V. 1992). Research in Education, New Delhi. Prentice Hall of India (Pvt.) Ltd. > Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall. > Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc. > Garrett, H.E. (1981). Statistics in psychology and education. New York: VakilsFeffer and Simon Ltd. > Koul, L. (2002). Methodology of Educational Research, Vikas Publishing House, New Delhi. > Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). Introduction to research: A guide for the health science professional. Landon: J.B. Lippincott Company.		

<p>➤ Thomas, J.R., &amp; Nelson J.K. (2005). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.</p> <p>➤ Thomas, J.R., Nelson, J.K. &amp; Silverman, S.J. (2011). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.</p> <p>➤ Verma, J. P. (2000). A textbook on sports statistics. Gwalior: Venus Publication</p>
<p>This course can be opted as an elective by the students of following subjects:</p> <p style="text-align: center;"><b>Open for all</b></p>
<p><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.</p>
<p>Course prerequisites: <b>There is not any prerequisites only students physical and medically fit.</b></p>
<p><b>Suggested equivalent online courses:</b></p> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>• RajarshiTandon open University.</li> </ul>

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

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

adapted people.			
Credits: <b>04</b>		Elective	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-2			
Unit	Topics	No. of Lectures	
<b>I</b>	<b>INTRODUCTION:</b>	6	
	<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>		
	<b>Physical Disabilities:</b>		8
	<ul style="list-style-type: none"> <li>• Causes.</li> <li>• Functional Limitations.</li> <li>• Characteristics.</li> </ul>		
<b>III</b>	<b>Mental Retardation:</b>	8	
	<ul style="list-style-type: none"> <li>• Causes.</li> <li>• Characteristics.</li> <li>• Functional Limitations.</li> </ul>		
<b>IV</b>	<b>Outdoor Activities:</b>	8	
	<ul style="list-style-type: none"> <li>• Outdoor program for the disabled.</li> <li>• Rhythmic and Dance Activities.</li> </ul>		
<b>V</b>	<ul style="list-style-type: none"> <li>• Aquatic Activity Program for disables.</li> </ul>	8	
<b>VI</b>	<b>Rehabilitation:</b>	8	
	<ul style="list-style-type: none"> <li>• Functional and Occupational rehabilitation.</li> <li>• Psychological Rehabilitation.</li> </ul>		
<b>VII</b>	<b>Programs:</b>	7	
	<ul style="list-style-type: none"> <li>• Personality Development Program for DIVYANG.</li> <li>• Social Welfare Program for Disabled.</li> </ul>		
<b>VIII</b>	<b>Inclusion in sports for Adapted People:</b>	7	
	<ul style="list-style-type: none"> <li>• Recreational sports/ games.</li> <li>• Competitive sports/ games.</li> </ul>		
<b>RECOMMENDED READINGS</b>			
<p>➤ C, Blauwet, (2007). Promoting the Health and Human Rights of Individuals with a Disability through the Paralympic Movement. (ICSSPE,) at 21. (Blauwet-Promoting the Health).</p> <p>➤ Barton, L. (1993) „Disability, empowerment and physical education“, in J. Evans (ed.), Equality, Education and Physical Education. London: The Falmer Press.</p> <p>➤ Guttman, L. (1976) Textbook of Sport for the Disabled. Oxford: HM &amp; M Publishers.</p> <p>➤ K, DePauw &amp; S. Gavron, (2005). Disability and Sport. (2n.d Ed) Illinois: Human Kinetics.</p> <p>➤ R, Metts. (2000). Disability Issues, Trends and Recommendations for the World Bank (Washington D.C.:World Bank,).</p> <p>➤ Oliver, M. (1990). The Politics of Disablement. Basingstoke: Macmillan.</p> <p>➤ Sport England (2000) Young People with a Disability and Sport. London: Sport England.</p>			
This course can be opted as an elective by the students of following subjects:			
<b>Open for all</b>			

<p>Suggested Continuous Evaluation Methods:  <b>INTERNAL ASSESSMENT (25 Marks)</b>  Written Test – 10 marks  Assignment - 10 marks  Attendance – 5 marks</p>
<p>Course prerequisites: <b>There is no any prerequisites only students physical and medically fit.</b></p>

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

<p>Program/Class:  <b>DEGREE</b></p>	<p>Year: <b>Third</b></p>	<p>Semester: <b>Sixth</b></p>
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<p><b>Suggested equivalent online courses:</b></p> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>• RajarshiTandon open University.</li> </ul>
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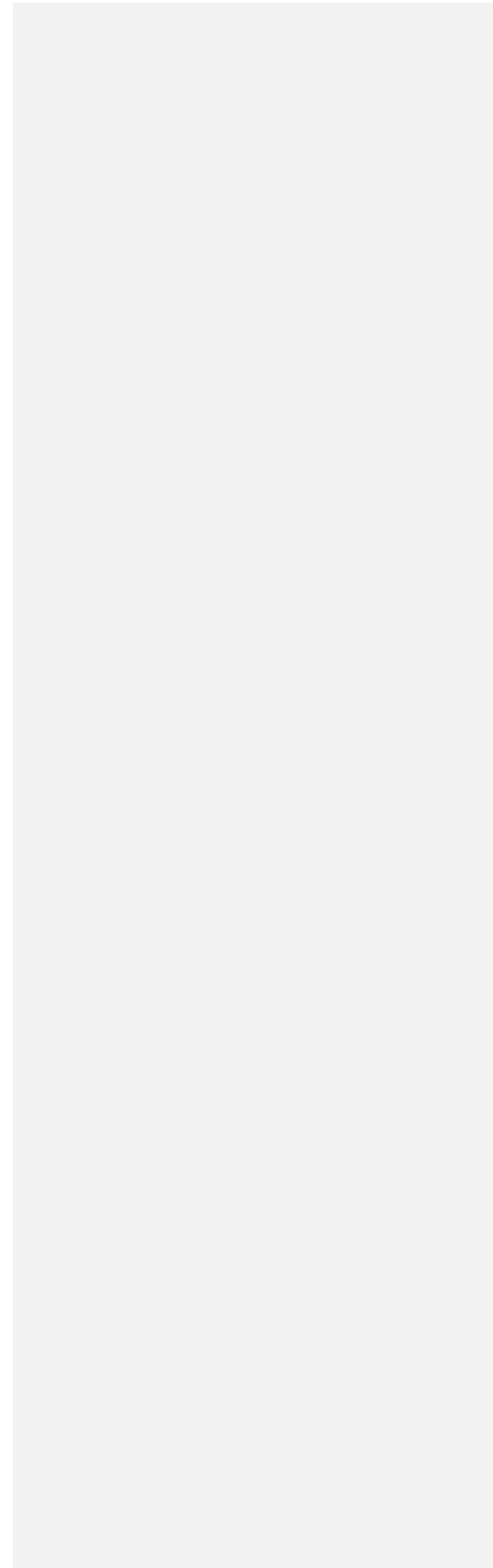
<b>Subject: Physical Education- Practical</b>	
Course Code: <b>E020603P</b>	Course Title: <b>Research and Sports</b>
Course outcomes:	
Credits: 02	Elective
Max. Marks: 25+75	Min. Passing Marks: 10+25

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

<b>Unit</b>	<b>Topics</b>	<b>No. of Hours</b>
	<b>Part-A</b>	

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

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

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

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

Suggested Continuous Evaluation Methods:

**INTERNAL ASSESSMENT (25 Marks)**

Written Test – 10 marks

Assignment - 10 marks

Attendance – 5 marks

**PRACTICAL ASSESSMENT (75 Marks)**

Practical – 50

VIVA – 15

Record book charts etc - 10

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

Suggested equivalent online courses:

Further Suggestions:

**Suggested equivalent online courses:**

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

Program/Class: <b>DEGREE</b>	Year: <b>Third</b>	Semester: <b>Sixth</b>
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**B. A. Physical Education/ Semester VI/Research Project/ Paper IV**



Subject: <b>Physical Education- Project</b>		
Course Code:E020604P	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.		
Credits: 03	Compulsory	
Max. Marks: 25+75	Min. Passing Marks:	
Unit	Topics	No. of Hours
<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>	45
<b>Suggested Readings:</b> Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>		
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>		
<b>Suggested Continuous Evaluation Methods:</b> <ul style="list-style-type: none"> <li>➤ Making a video of survey or interview and present it.(20 marks)</li> <li>➤ Attendance (5marks)</li> </ul>		
Course prerequisites: <b>There is no any prerequisites only students physical and medically fit.</b>		