



JAN NAYAK CHANDRA SHEKHAR UNIVERSITY (JNCU) BALLIA (U.P.)

Syllabus

BACHELOR OF ARTS (PHYSICAL EDUCATION)

B.A.-1st Year

		Paper No.	Name of Paper	Marks
Part-A	Theory	1	FOUNDATAL OF PHYSICAL EDUCATION	80
		2	SCIENTIFIC BASIS OF PHYSICAL EDUCATION	80
Part-B	Practical* Internal Assessment.			40
Total :				200

* Out of 15 different sports a college has to choose only five sports depending on administrative feasibilities and exam will be taken out of only 5 sports.

B.A.-2nd Year

		Paper No.	Name of Paper	Marks
Part-A	Theory	1	OFFICIATING & COACHING	80
		2	HEALTH AND SPORTS REHABILITATION : CONCEPTS AND ISSUES.	80
Part-B	Practical* Internal Assessment.			40
Total :				200

* Out of 5 selected sports in BA-Ist Year any two sports.

B.A.-3rd Year

		Paper No.	Name of Paper	Marks
Part-A	Theory	1	FOUNDATION OF SPORTS TRAINING	80
		2	SPORTS MANAGEMENT	80
		3	SPORTS PSYCHOLOGY	80
Part-B	Practical* External Evaluation.			50
Part-C	Tour/Camp			10
Total :				300

* Out of two selected sports in BA-IIInd Year any one sports.

Year	BA-1st Year	BA-2nd Year	BA-3rd Year
Total Marks	200	200	300
Grand Total of Three years = 700			

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B.A. PART-I

Theory Paper-1: FOUNDATION OF PHYSICAL EDUCATION

- UNIT-I** Meaning, definition and importance of education in present e-age.
 Meaning and definition of Physical Education
 Aims and objectives of Physical Education
 Need and Importance of Physical Education
 Relationship of Physical Education and other subjects.
- UNIT-II** Ancient History of Physical Education
 Medieval History of Physical Education in India
 Physical Education after independence in India (after 1947)
- UNIT-III** Scope of sociology in Physical Education, Meanings and Definition of
 Sociology and Sports sociology.
 Socialization through Sports at Home, Institution and Community
 Characteristics at different stages of growth & development
- UNIT-IV** Philosophies of Physical Education (Idealism, Naturalism, Humanism &
 Pragmatism) Olympic Movements
 Sports Association, schemes & awards

Paper- 2: SCIENTIFIC BASIS OF PHYSICAL EDUCATION

- UNIT-I** Anatomy – Meaning, concept and relevance of anatomy in the field of
 physical education.
 Cell
 Tissue
 organs and its structures
- UNIT-II** Physiology-
 Different body Systems and its functions, difference between boys and
 girls during the period of adolescence.
- UNIT-III** Application of Mechanical concept –
 Force
 Motion (Newton’s laws of motion)
 levers,
 equilibrium
- UNIT-IV** Food & Nutrition-
 Balanced diet
 elements of Diet
 Component of Diet
 Role of diet on performance

References:

- Bunn. John. W. **Scientific Principles of Coaching** , Englewood Cliffs, N.J. Printice Hall
Inc. 1972
- Khan. Eraj Ahmed. **History of Physical Education** , Patna: Scientific Book Co.
- Majumdar D.C **Encyclopedia of India Physical Culture**, Baroda Good Companions,
1952.
- Mathew, D.K. and Fox Ed.L. **Physiological Basis of Physical Education and Athletics**
, Philadelphia: W.G. Saunders Company 1976.

Mohan, V.M. : **Principles of Physical education, Metropolitan**, Book Depot., Delhi-1969.

Ruhela, S.P. : **Philosophical and Sociological, foundation of education**, Agrawal Publication, Agra, 2016.

Singh Ajmer,et.al. **Modern Text Book of Physical Education Health & Sports**, Kalyani Publisher

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B.A. PART-II

Theory Paper-1: OFFICIATING & COACHING

UNIT-I Meaning, Definition and Principles of Officiating & Coaching.
Teaching, Training & Coaching

UNIT-II Qualities of Coach
Responsibilities of Coach
Qualification
Coaching of Individual and Dual Sports

UNIT-III Principles of Officiating
Interpretation
Duties
Officials
Signals
Positional play

UNIT-IV Rules of Games & Sports, Interpretation of rules.
Coaching components for Physical Education.

References:

Lawther, J.D. **Psychology of coaching**, Newyork : Prentice Hall, 1965

Chauhan, S.S. : **Advanced Educational Psychology**, Vikas Publishing house, New Delhi, 1994.

**Paper- 2: CONCEPTS AND PRACTICES OF HEALTH AND SPORTS
REHABILITATION**

UNIT-I Concept of Health Education
Meaning ,Definition, Principal Health Education
Need and importance Health Education
Role of teacher in Health education Programme in ICT age.

UNIT-II Communicable diseases
T.B, Chicken Pox, Malaria, AIDS , Hepatitis
Non communicable diseases
Heart disease, Cancer , Diabetes, Personal Hygeine, cleanliness

UNIT-III Therapeutic Modalities
Cold therapy ,Wax bath, Hot therapy, Contrast bath
Therapeutic Exercises

UNIT-IV Active exercises & passive exercises
Posture and concepts, Fatigue and Rest

Common Sports injuries and its prevention
First Aid, Equipment of first Aid Box.
Yoga Education for Rehabilitation.

References:

Kamlesh and Sangral, **Method in Physical Education** , Vinod Publication, Ludhiana, 20014
Park, J.E. and Park, K. **Preventive and Social Medicine:** Jabalpur
Walia J.S. **Principles and Methods of Education** , Paul Publisher, Jalandhar 1999
Sukhia, S.P. **Health education, concepts practices and Issues**, Agrawal Publication, Agra, 2015.

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**(PHYSICAL EDUCATION SYLLABUS)
B.A. PART-III**

Paper-1: FUNDAMENTALS OF SPORTS TRAINING

- UNIT-I** Meaning & Definition of Sports Training : Conditioning, training and coaching.
 Aims of Sports training
 Principles of sports training
 Characteristics of sports training
- UNIT-II** Definition of Training Load, principles of training load.
 Type of training load, Recovery & Adaptation,
 Overload & Judgment of training load
- UNIT-III** Physical Fitness components and its training programme
 Speed, Strength , Endurance, Flexibility, Coordination abilities
- UNIT-IV** Planning
 Periodization
 Talent identification
 Role of Physical education teacher in sports training in electronic age.

Paper- 2: SPORTS MANAGEMENT

- UNIT-I** Meaning & definition of Administration and management
 Phases of management
 Planning, organization and supervision
 Staffing & budgeting (POSDCORB)
- UNIT-II** Sports Organizational structure of
 School, college, universities
 Districts, state and national bodies
- UNIT-III** Facilities & Equipment
 Care and maintenance of outdoor facilities
 Care and maintenance of outdoor facilities
- UNIT-IV** Recent advancement in Physical Education
 Computer & Internet
 Role of Information and communication Technology in Sports
 Management process.

Adapted physical education
Fitness, yoga and recreation/camping

Paper- 3: SPORTS PSYCHOLOGY

- UNIT-I** Definition and Scope of Psychology
Definition and meaning of sports psychology
Need and importance of sports psychology
Motor learning, Mobile Learning (M Learning), Conditions of Learning (Gagne)
- UNIT-II** Motivation (meaning, definition, types, need and importance)
Achievement Motivation
Personalities (meaning, definition, type, need and importance)
Introvert, extrovert and Ambivert : Characteristics
- UNIT-III** Emotion and its role in sports. EQ, IQ and SQ in Sports Psychology.
Type of emotion
Anxiety and aggression
- UNIT-IV** Psychological aspects of competition
Preparation for competition and Causes of disturbance before competition

References

- Bucher, Charles A. **Administration of Physical Education and Athletic Programme**, London: The C.V. Mosby Company, 1983. 8th Ed.
- Dick W Frank, **Sports Training Principles** 4th ed. London: A&C Ltd Gangopadhyay S.R., **Sports Psychology**, (published by S.R. Gangopadhyay, 2002)
- Roger C. Glyn, **Learning Experiences in Sports Psychology** (Champaign Illionosis : Human Kinetic Publishers, 1981)
- Singh, Hardyal, **Science of Sports Training**, New Delhi: DVS Publication
- Uppal, A.K. **Principles of Sports Training**, Delhi: Friends Publication, 2001
- Xilport W. Gurden, **Personality: A Psychological Interpretation** (New York: Holt, 1973)
- S.S. Chauhan : **Advanced Educational Psychology**, Vikas publishing House, New Delhi.
- Panda, P.K. : **Perspectives of Educational Psychology**, Agrawal Publication, Agra, 2016.

Evaluation Pattern :

BA. Part-I Paper-I MCQ (Multiple choice question)

External Evaluation: (Theory Papers)

The format for the marking scheme for question papers in the theory courses (Maximum marks = 80) in external written examination shall be as follows:

Q.-1 Short answers (about 200 words) Ten questions of 4 marks each = $10 \times 4 = 40$

Q.-2 to 9 (unitwise - A, B, C, D)

Four questions with internal choices. (500 words) $4 \times 10 = 40$ marks.

Maximum Marks = 80

Pass Marks = 35

Grand Total : B.A. Part-I, II, III = 200+200+300 = 700

मॉडल प्रश्न-पत्र
बी0ए0 प्रथम वर्ष शारीरिक शिक्षा
प्रथम प्रश्न-पत्र
शारीरिक शिक्षा के आधार

1. शिक्षा एक त्रिमुखी प्रक्रिया है, ऐसा कहा है—
(अ) जॉन डीवी (ब) बी.ओ. स्मिथ
(स) बी.एस. ब्लूम (द) उपरोक्त में से कोई नहीं।
1. Education is tripolar process as stated by-
A. John Dewey B. B.O. Smith
C. B.S. Bloom D. None of the above.
2. शारीरिक शिक्षा शिक्षक की योग्यता होनी चाहिए—
(अ) स्वास्थ्य शिक्षण (ब) योग शिक्षण
(स) शारीरिक शिक्षण (द) उपरोक्त सभी।
2. The ability of Physical Education teacher is:-
A. Health teaching B. Yoga teaching
C. Physical teaching D. All the above.
3. शारीरिक शिक्षक की भूमिका होती है—
(अ) दार्शनिक (ब) मित्र
(स) निर्देशक (द) उपरोक्त सभी।
3. The Role of Physical Teacher is-
A. Philosopher B. Friend
C. Director D. All the above.
4. निम्नलिखित में से कौन थार्नडाइक द्वारा प्रतिपादित सीखने के नियम में नहीं आता है?
(अ) तत्परता का नियम (ब) विपरीतता का नियम
(स) अभ्यास का नियम (द) प्रभाव का नियम।
4. Which one of the following is not a law of learning as propounded by thorndike-
A. Law of readiness B. Law of Contrast
C. Law of exercise D. Law of effect.
5. शारीरिक शिक्षा योग है—
(अ) दो शब्द (ब) एक शब्द
(स) तीन शब्द (द) उपरोक्त में से कोई नहीं।
5. Physical Education is combination of:-
A. Two words B. One word
C. Three words D. None of the above.
6. फ्राबेल का सम्बन्ध है—
(अ) योजना विधि (ब) व्यायाम विधि
(स) खेल विधि (द) उपरोक्त सभी।

6. Frobel is associated with:-
 A. Project method
 B. Lecture method
 C. Play method
 D. All the above.
7. जब कोई समाज वर्ग के आधार पर गठित होता है तो इसे माना जाता है—
 (अ) पाश्चात्यीकरण
 (ब) सामाजीकरण
 (स) सामाजिक परिवर्तन
 (द) सामाजिक स्तरीकरण
7. When a society is organised on the basis of class, it is an example of-
 A. Westernisation
 B. Socialisation
 C. Social change
 D. Social stratification.
8. 'एमिल' नामक पुस्तक के लेखक कौन थे?
 (अ) रूसो
 (ब) डीवी
 (स) प्लेटो
 (द) किलपैट्रिक
8. Who was the author of the book "emile"?
 A. Rousseau
 B. Dewey
 C. Plauto
 D. Kilpatric.
9. आदर्शवाद आधारित है—
 (अ) आदर्श
 (ब) विचार
 (स) मूल्य
 (द) उपरोक्त सभी।
9. Idealism is based on-
 A. Ideal
 B. Idea
 C. Value
 D. All the above.
10. अर्जुन पुरस्कार सम्बन्धित है—
 (अ) शान्ति
 (ब) साहित्य
 (स) विज्ञान
 (द) खेल।
10. Arjun Award is related to-
 A. Peace
 B. Literature
 C. Science
 D. Sports.

उत्तर

1. A 2. D 3. D 4. B 5. A
 6. C 7. D 8. A 9. D 10. D