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

<table>
<thead>
<tr>
<th>Year</th>
<th>Sem</th>
<th>Paper no.</th>
<th>Course code</th>
<th>Paper title</th>
<th>Theory/Practical</th>
<th>Credits</th>
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<tbody>
<tr>
<td>1</td>
<td>I</td>
<td>1</td>
<td>E020101T</td>
<td>ELEMENTALS OF PHYSICAL EDUCATION</td>
<td>THEORY</td>
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<tr>
<td>1</td>
<td>I</td>
<td>2</td>
<td>E020102P</td>
<td>FITNESS AND YOGA</td>
<td>PRACTICAL</td>
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<td>1</td>
<td>II</td>
<td>1</td>
<td>E020201T</td>
<td>SPORTS ORGANIZATION AND MANAGEMENT</td>
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<td>1</td>
<td>II</td>
<td>2</td>
<td>E020202P</td>
<td>SPORTS EVENT AND TRACK &amp; FIELD</td>
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<td>E020301T</td>
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<td>THEORY</td>
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<td>2</td>
<td>III</td>
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<td>E020302P</td>
<td>HEALTH AND PHYSIOLOGY</td>
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<td>2</td>
<td>IV</td>
<td>1</td>
<td>E020401T</td>
<td>SPORTS PSYCHOLOGY AND RECREATIONAL ACTIVITIES</td>
<td>THEORY</td>
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<td>E020402P</td>
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<td>E020501T</td>
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<td>THEORY</td>
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<td>3</td>
<td>V</td>
<td>2</td>
<td>E020502T</td>
<td>KINESIOLOGY AND BIOMECHANICS IN SPORTS</td>
<td>THEORY</td>
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<tr>
<td>3</td>
<td>V</td>
<td>3</td>
<td>E020503P</td>
<td>PHYSIOTHERPY &amp; SPORTS</td>
<td>PRACTICAL</td>
<td>2</td>
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<tr>
<td>3</td>
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<td>4</td>
<td>E020504P</td>
<td>RESEARCH PROJECT</td>
<td>PROJECT</td>
<td>3</td>
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<tr>
<td>3</td>
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<td>1</td>
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<td>RESEARCH METHODS</td>
<td>THEORY</td>
<td>4</td>
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<td>3</td>
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<td>2</td>
<td>E020602T</td>
<td>PHYSICAL EDUCATION FOR DIVYANG</td>
<td>THEORY</td>
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<td>VI</td>
<td>3</td>
<td>E020603P</td>
<td>RESEARCH AND SPORTS</td>
<td>PRACTICAL</td>
<td>2</td>
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<tr>
<td>3</td>
<td>VI</td>
<td>4</td>
<td>E020604P</td>
<td>RESEARCH PROJECT</td>
<td>PROJECT</td>
<td>3</td>
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</tbody>
</table>
SYLLABUS DEVELOPED BY:

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Name</th>
<th>Designation</th>
<th>Department</th>
<th>College/ University</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Dr. Gunjan Shahi</td>
<td>Assistant Professor</td>
<td>Physical Education</td>
<td>Govt. PG College Lucknow</td>
</tr>
<tr>
<td>2</td>
<td>Dr. Parvez Samim</td>
<td>Assistant Professor</td>
<td>Physical Education</td>
<td>Degree College BUDAUN</td>
</tr>
<tr>
<td>3</td>
<td>Dr. Sheel Dhar Dubey</td>
<td>Assistant Professor</td>
<td>Physical Education</td>
<td>Govt. PG College Lucknow</td>
</tr>
</tbody>
</table>

PROGRAMME OUTCOMES

Physical Education is a very wide subject in which biological, psychological, physical, health and functional aspects of human body, wherein effect of sporting performance is studied as per various levels. It is noteworthy that it is such a subject with the help of which human body both internally and externally can be kept healthy and fit. 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.
### Subject: Physical Education - Theory

<table>
<thead>
<tr>
<th>Program / Class:</th>
<th>Certificate</th>
<th>Year: First</th>
<th>Semester: First</th>
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</thead>
<tbody>
<tr>
<td><strong>SUBJECT:</strong> Physical Education - Theory</td>
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</tr>
<tr>
<td><strong>Course code:</strong></td>
<td>E020101T</td>
<td><strong>Course Title:</strong> Elementals of Physical Education</td>
<td></td>
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</tbody>
</table>

#### Course Outcomes:
The physical education is a very wide concept and this subject teaches about introduction and Sociological concept of Physical Education. This program also teaches about historical development of physical education in India and other countries. It introduces a general concept of good health and wellness. This program will also help a student to promote healthy living and they will also be able to make fitness and health plans.

**Credits:** 4  
**Max. Marks:** 25 + 75  
**Min. Passing Marks:** 10 + 25  
**Total no. of lectures-tutorials-practical (in hours per week):** 4-0-0

#### Unit I: Ancient Wisdom in Physical Education, Sports and Yoga:
- Patanjali Yoga Sutra.
- Ghrand Sanhita

**Introduction:**
- Meaning, definition and concept of physical education.
- Scope, aim and objective of Physical education.
- Importance of Physical education in Modern era.
- Relationship of physical education with general education

<table>
<thead>
<tr>
<th>No. of Lectures</th>
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<tbody>
<tr>
<td>07</td>
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</table>

#### Unit II: Sociological Foundation:
- Meaning, Definition and importance of sports Sociology
- Culture and sports
- Socialization and sports
- Gender and sports.

<table>
<thead>
<tr>
<th>No. of Lectures</th>
</tr>
</thead>
<tbody>
<tr>
<td>07</td>
</tr>
</tbody>
</table>

#### Unit III: History:
- History and development of Physical education in India: pre-and post-independence.
- History of physical education in ancient Greece, Rome and Germany.
- Eminent personalities of physical education, awards and schemes.

<table>
<thead>
<tr>
<th>No. of Lectures</th>
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</thead>
<tbody>
<tr>
<td>06</td>
</tr>
</tbody>
</table>

#### Unit IV: Olympic Games, Asian Games and Commonwealth Games:
- Olympics Movement: Ancient Olympic, modern Olympic, Revival, aim, objectives, spirit, torch, flag, motto, opening and closing ceremonies.
- Asian Games.
- Commonwealth Games.

<table>
<thead>
<tr>
<th>No. of Lectures</th>
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</thead>
<tbody>
<tr>
<td>08</td>
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</tbody>
</table>

#### Unit V: Health Education:
- Meaning, Definition objectives, Principals and importance of Health Education, Dimensions of Health.
- Foods and Nutrition- Misconceptions about food, essential body nutrients-functions, food sources, balanced diet, diet prescription, Health and Drugs
- Communicable and Non-communicable diseases-Distinction between communicable and Non-communicable diseases.
  a) Communicable diseases- Definition, mode of spread and prevention, Cause, Mode of spread and prevention of diarrhea diseases, typhoid, malaria, STD Respiratory disease;
  b) Non-communicable diseases-- Meaning, causes and prevention of diabetes, CVD, cancers, renal diseases and respiratory diseases.
- Internationals health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health.

<table>
<thead>
<tr>
<th>No. of Lectures</th>
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</thead>
<tbody>
<tr>
<td>08</td>
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</tbody>
</table>
**Wellness’s Life Style**
- 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.

**Fitness**
- Meaning and Definition and types of fitness
- Component of physical fitness
- Factor affecting physical fitness
- Development and maintenance of fitness

**Posture**
- 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.

### Suggested readings:
1. Swasthya Evam Sharirik Shiksha by Dr. Rajesh Pratap Singh, by Rishab Books New Delhi
2. Sharirik Shiksha ki Adunik Prawatiya by Dr. Rajesh Pratap Singh, by University publication, New Delhi
8. General methods of training. by - Hardayal Singh
9. Sharirik Shiksha, Dr. Rajesh Pratap Singh, Yogesh Kumar & Sunee Kumar by Khel Shahitay Kendra, New Delhi
12. Methodology of training. by – Harre
16. Track & Field. by – Gerhardt schmolinsky, Leipzig college of physical culture (DHFK)
17. Fitness and Health Education, by Dr. Rajesh Pratap Singh, Shree Publisher and Distributer, New Delhi.

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.

### 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 I/ PAPER II

<table>
<thead>
<tr>
<th>Program/Class:</th>
<th>Certificate</th>
<th>Year: First</th>
<th>Semester: First</th>
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<table>
<thead>
<tr>
<th>Subject: Physical Education- Practical</th>
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<table>
<thead>
<tr>
<th>Course Code:</th>
<th>Course Title: Fitness and Yoga</th>
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<tbody>
<tr>
<td>E020102P</td>
<td></td>
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</table>

**Course Outcomes:** Yogas 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.

<table>
<thead>
<tr>
<th>Credits:</th>
<th>Elective</th>
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<td>02</td>
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</table>

| Max. Marks: | 25+75 |
| Min. Passing Marks: | 10+25 |

<table>
<thead>
<tr>
<th>Total No. of Lectures-Tutorials-Practical (in hours per week):</th>
<th>L-T-P: 0-0-2</th>
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</table>

<table>
<thead>
<tr>
<th>Unit</th>
<th>Topics</th>
<th>No. of Hours</th>
</tr>
</thead>
</table>

#### Part-A

- Learn and demonstrate the techniques of warm-up, general exercise and cooling down
- Lean and demonstrate physical fitness through aerobic, circuit training and calisthenics.
- Strength Training and Physical Conditioning
- Diet chart & measurement of BMI

| No. of Hours | 15 |

#### Part-B

**INTRODUCTION OF YOGA:**

- Historical aspect of yoga.
- Definition, types scopes & importance of yoga.
- Yoga relation with mental health and value education.
- Yoga relation with Physical Education and sports.

**ASANAS:**

- Definition of Asana, differences between asana and physical exercise.
  Suraya-namaskar, Bhujang asana, Naukasana, Halasana, Vajrasan, Padmasana, Shivasana, Markasana, Dhanurasana, Tad asana.

| No. of Hours | 15 |

**PRANAYAMA:**

- Difference and classification of pranayama.
- Difference between pranayama and deep breathing.
  - Anulom, Vilom.
Suggested Readings:

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

Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)
Written Test – 10 marks
Assignment/ Research Based Project - 10 marks
Attendance – 5 marks
Research Orientation of the student.

PRACTICAL ASSESSMENT (75 Marks)
Practical – 50
VIVA – 15
Record book charts etc - 10

Course prerequisites: There are no any prerequisites for the students other than that he/she must be physically, mentally 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. / B.Sc. PHYSICAL EDUCATION SEMESTER II/PAPER I

<table>
<thead>
<tr>
<th>Program/Class:Certificate</th>
<th>Year: First</th>
<th>Semester: Second</th>
</tr>
</thead>
</table>

Subject: Physical Education- Theory

Course code: E020201T Course Title: Sports organization and Management

Course Outcomes: This course is designed to give real time exposure to students in the area of organising an event/ sports. The students will also learn about store management, purchasing and budget making.

<table>
<thead>
<tr>
<th>Credits:4</th>
<th>Max. Marks:25+75</th>
<th>Min. Passing Marks:10+25</th>
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</thead>
</table>

Total no. of lectures-tutorials-practical (in hours per week):4-0-0

<table>
<thead>
<tr>
<th>Unit</th>
<th>TOPIC</th>
<th>NO. OF LECTURES</th>
</tr>
</thead>
</table>
| I    | **Introduction:**  
  • Meaning, concept and definition of sports management.  
  • Nature and scope of sports management.  
  • Aims and objectives of sports management.  
  • Guiding principles of sports management. | 07 |
| II   | **Event Management**  
  • Meaning and concept event  
  • Planning and management of sports event.  
  • Role of sports event manager.  
  • Steps in event management:  
    • Planning.  
    • Executing  
    • Evaluating | 08 |
| III  | **Budget**  
  • Meaning, Definition, Preparation, Principles of making Budget.  
  • Financial Management Opportunities and Challenges.  
  • Basics of Sports Event Accounting. | 07 |
| IV   |  
  • The Budget Cycle and Budget Preparation Format.  
  • Preparing the Departmental Financial Plan and estimate.  
  • Expenditure management.  
  • Financial Reporting. | 08 |
| V    | **Organization**  
  • Meaning and definition of Organization.  
  • Need and importance of Organization.  
  • Guiding principles of Organization.  
  • Structure and functions of S.A.I., University Sports Council and A.I.U. | 07 |
### VI Supervision
- Meaning and Definition
- Principals of Supervision
- Techniques of supervision in sports management.
- Methods of supervision.
- Role of a coach/manager.

### VII Facilities Equipment
- Purchasing Equipment.
- Care and maintenance of Equipment.
- Procedure to purchase sports goods and equipment.
- Stock entry.
- Storing and distribution.
- List of Consumable and Non-Consumable sports goods and equipment.

### VIII Job Opportunities
- Job specification of sports manager in professional and state regulated sports bodies.
- Physical Educational professional, career avenues and professional preparation.
- Clients and Sponsorship.

### Suggested readings:

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

**Open for all**

### Suggested Continuous Evaluation Methods:

**INTERNAL ASSESMENT (25 Marks)**
- Written Test – 10 marks
- Assignment/ Research Based Project - 10 marks
- Attendance – 5 marks
- Research Orientation of the student.

### Suggested equivalent online courses:

**IGNOU**
Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
Rajarshi Tandon open University.
<table>
<thead>
<tr>
<th>Unit</th>
<th>Topics</th>
<th>No. of Hours</th>
</tr>
</thead>
</table>
| Part-A | To make a plan for organizing an event.  
To organize Intramural Competition.  
To prepare a budget plan for interclass competition with in the wall.  
Make a Sample Time Table for college.  
Prepare the list of Consumable and Non-Consumable items.  
Prepare a Bio data/ curriculum vitae/ Covering Letter. | 15 |
| Part-B | Track & Field:  
History.  
Measurements.  
Marking.  
Rules.  
Officials.  
Regulatory Governing Bodies.  
Tournaments- National and International.  
World and National Records. | 15 |

Suggested Readings:

2. Louis (US), 1991
5. Dubuque (US) 1991
This course can be opted as an elective by the students of following subjects: **Open for all**

<table>
<thead>
<tr>
<th>Suggested Continuous Evaluation Methods:</th>
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<tbody>
<tr>
<td><strong>INTERNAL ASSESSMENT (25 Marks)</strong></td>
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<tr>
<td>Written Test – 10 marks</td>
</tr>
<tr>
<td>Assignment/ Research Based Project - 10 marks</td>
</tr>
<tr>
<td>Attendance – 5 marks</td>
</tr>
<tr>
<td>Research Orientation of the student.</td>
</tr>
<tr>
<td><strong>PRACTICAL ASSESSMENT (75 Marks)</strong></td>
</tr>
<tr>
<td>Practical – 50</td>
</tr>
<tr>
<td>VIVA – 15</td>
</tr>
<tr>
<td>Record book charts etc - 10</td>
</tr>
</tbody>
</table>

Course prerequisites: There are no any prerequisites for the students other than that he/she must be physically, mentally 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.
<table>
<thead>
<tr>
<th>Unit</th>
<th>Topics</th>
<th>No. of Lectures</th>
</tr>
</thead>
</table>
| I    | INTRODUCTION:  
- Meaning Definition and Importance of Anatomy and Physiology in the field of Physical Education & Sports  
- Brief introduction of Cell, Tissue, Organ and various systems of human body | 6 |
| II   | MUSKULOSKELETAL SYSTEM:  
  a) Skeletal System  
  - Structural and functional classification of bones.  
  - Types of joints and major movements around them.  
  - Function of Skeletal System  
  b) Muscular System  
  - Muscular System - Classification, Structure, functions & properties of Skeletal Muscle, Smooth Muscle & Cardiac Muscle.  
  - Types of muscular contractions, Name of various muscles acting on various joints.  
  c) Effect of Exercise on Muscular and Skeletal System | 8 |
| III  | CIRCULATORY SYSTEM:  
  - Cardio-vascular system: Structure and function of human heart, cardiac cycle, blood pressure, cardiac output, Athlete’s heart.  
  - Types of Circulation  
  - Effects of exercise on circulatory system | 8 |
| IV   | RESPIRATORY SYSTEM:  
  - Structure and function of respiratory system  
  - Effects of exercise on respiratory system  
  - The effects of altitude on the respiratory system. | 8 |
| V    | DIGESTIVE SYSTEM:  
  - Structure and function of digestive system  
  - Importance of Digestive system.  
  - Mechanism of Digestive System.  
  - Effects of exercise on digestive system. | 8 |
### VI  NERVOUS SYSTEM:
- Introduction to nervous system
- Organs and their parts.
- Functional Classification of Nervous System.
- Reflex Action.

### VII  ENDOCRINE SYSTEM AND BLOOD:
- Composition and function of blood.
- Meaning of Endocrine System.
- Meaning of glands.
- Endocrine Glands their Locations and Functions.

### VIII  GENERAL PHYSIOLOGICAL CONCEPTS :
- Vital Capacity-VC
- Second Wind
- Oxygen Debt
- Fatigue
- Types of Fatigue
- Blood Pressure

### Suggested Readings:

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 are no any prerequisites for the students other than that he/she must be physically, mentally and medically fit. **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.
Program/Class-Diploma | Year: Second | Semester: Third
---|---|---
Subject: Physical Education-practical
Course Code: E020302P | Course Title: Health and Physiology | 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

<table>
<thead>
<tr>
<th>Topics</th>
<th>No. of hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Part-A</strong></td>
<td></td>
</tr>
<tr>
<td>Draw and label any two-body system.</td>
<td></td>
</tr>
<tr>
<td>Prepare a Model of any one System.</td>
<td></td>
</tr>
<tr>
<td>Measuring height, weight, waist circumference and hip circumference, calculation of BMI (Body Mass Index) and Waist-Hip ratio.</td>
<td></td>
</tr>
<tr>
<td>Learn to Measure Blood Pressure by Sphygmomanometer.</td>
<td>15</td>
</tr>
<tr>
<td><strong>Part-B</strong></td>
<td></td>
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<tr>
<td><strong>First Aid &amp; Rehabilitation</strong></td>
<td></td>
</tr>
<tr>
<td>• Definition of first aid, DRABCH of first aid, CPR,</td>
<td></td>
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<tr>
<td>• first aid for, hemorrhage, fractures, sprain and strain</td>
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<tr>
<td>• (PRICER),</td>
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<tr>
<td>• School Health Service, Components of school health.</td>
<td></td>
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<tr>
<td>• Rehabilitation – definition, physical and mental rehabilitation.</td>
<td></td>
</tr>
<tr>
<td>• Rehabilitation Modalities – cold, heat, water,</td>
<td>15</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Continuous Evaluation Methods (CIE)</th>
<th>INTERNAL ASSESSMENT (25 Marks)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Written Test – 10 marks</td>
<td>Assignment/ Research Based Project - 10 marks, Attendance – 5 marks</td>
</tr>
<tr>
<td></td>
<td>Research Orientation of the student.</td>
</tr>
</tbody>
</table>

**PRACTICAL ASSESSMENT (75 Marks)**
- Practical – 50
- VIVA – 15
- Record book charts etc - 10

Course prerequisites: There are no any prerequisites for the students other than that he/she must be physically, mentally 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.
Course outcomes: students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.

<table>
<thead>
<tr>
<th>Unit</th>
<th>Topics</th>
<th>No. of Lectures</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>INTRODUCTION: • Meaning, Importance and scope of sports psychology • General characteristics of various stages of growth and development. • Psycho-sociological aspects of human behaviour in relation to physical education.</td>
<td>6</td>
</tr>
<tr>
<td>II</td>
<td>LEARNING: • Nature of learning, theories of learning. • Law of learning, plateau in learning, transfer of learning • Meaning and definition of personality, characteristics of personality. • Dimensions of personality, personality and sports performance.</td>
<td>8</td>
</tr>
<tr>
<td>III</td>
<td>MOTIVATION: • Nature of motivation, factors influencing motivation. • Motivational techniques and its impact on sports performance. • Mental preparation strategies: attention, focus, self-talk, relaxation and imaginary.</td>
<td>8</td>
</tr>
<tr>
<td>IV</td>
<td>ANXIETY AND AGGRESSION: • Aggression and sports, meaning and nature of anxiety, kind of anxiety. • Meaning and nature of stress, types of stress • Anxiety, stress arousal and their effects on sports performance. • Concept of incentives and achievements.</td>
<td>8</td>
</tr>
<tr>
<td>V</td>
<td>PLAY: • Meaning of Play • Definition of play • Various Theories of play • Significance of Theories of play in Physical Education and Sports. • Significance of play for a Child.</td>
<td>8</td>
</tr>
</tbody>
</table>
### VI  RECREATION:
- Meaning and importance of recreation in physical education
- Principles of recreation in physical education
- Areas, classification and ways of recreation.
- Use of leisure time activities and their educational values.

### VII  Personality:
- approaches to personality – Trait,
- types and psychodynamic theories, determinants of personality,
- Assessment of personality.

### VIII  TRADITIONAL GAMES OF INDIA:
- Meaning.
- Types of Traditional Games-
  - Gilli- Danda, Kanche, Stapu, Gutte, etc.
- Importance/ Benefits of Traditional Games.
- How to Design Traditional Games.
- Development of Personalities by the help of Traditional Games.

### Suggested Readings:

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 are no any prerequisites for the students other than that he/she must be physically, mentally 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.
<table>
<thead>
<tr>
<th>Program/Class: Diploma</th>
<th>Year: Second</th>
<th>Semester: Fourth</th>
</tr>
</thead>
</table>

**Subject:** Physical Education - Practical

**Course Code:** E020402P  
**Course Title:** Sports Psychology

<table>
<thead>
<tr>
<th>Credits: 02</th>
<th>Elective</th>
</tr>
</thead>
</table>

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

**Part-A**

- Measurement of Personality and Personality Profile (Questionnaire – EPQ-R)
- Types, Assessment of Sports Anxiety (STAI by Spielberger, Martens, SCAT)
- Measurement of Motivation (Incentive Motivation and Achievement Motivation)
- Goal setting techniques (Task and Ego Orientation)
- Happiness Scale
- Self-esteem scale

15

**Part-B**

- Reaction Time
- Hand eye co-ordination,
- Foot-Eye Coordination,
- Hand-Foot Eye Coordination.
- Measurement of aggression.
- Assessment of Leadership style
- Team Building Games

15

**Suggested Readings:**


*Note: This course is not restricted to students of specific subjects.*

Suggested Readings:  
Open for all

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**Opted as an elective by the students of followingsubjects:**

Open for all
**Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)**
- Written Test – 10 marks
- Assignment/ Research Based Project - 10 marks
- Attendance – 5 marks

**Research Orientation of the student.**

**PRACTICAL ASSESSMENT (75 Marks)**
- Practical – 50
- VIVA – 15
- Record book charts etc - 10

**Course prerequisites:** There are no any prerequisites for the students other than that he/she must be physically, mentally 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.
<table>
<thead>
<tr>
<th>Unit</th>
<th>Topics</th>
<th>No. of Lectures</th>
</tr>
</thead>
</table>
| I    | Athletic Injuries and Athletic Care.  
- Concept and Significance.  
- Factors causing Injuries.  
- General Principles of Prevention of Injuries. | 6 |
| II   | Common Sports Injuries  
- (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 |
| III  | First aid – meaning, definition.  
- Importance of First aid.  
Postural Deformities.  
- Types, Causes and respective corrective exercises of:  
  - Kyphosis.  
  - Scoliosis.  
  - Lordosis.  
  - Knock Knees.  
  - Bowlegs.  
  - Flat Foot  
Disorders due to Improper Posture.  
- Back Pain, Neck Pain and their preventive Exercises. | 8 |
| IV   | Rehabilitation-  
- RICE- Rest, Ice, Compression, Elevation.  
Bandage-  
- Types of Bandages.  
- Taping and Supports. | 8 |
Physiotherapy-
• Definition
• Guiding principles of physiotherapy.
• Importance of physiotherapy.

Massage-
• Meaning
• Types and Importance.

Hydrotherapy-
• Meaning and Methods.
• Cryotherapy, Thermotherapy, Contrast bath, Whirlpool bath, Steam bath, Sauna bath, Hot Water Fomentation.

Treatment modalities-
• Electrotherapy, Infrared rays, Ultraviolet rays, short wave diathermy, ultra sound.

Therapeutic Exercise-
• Meaning, Definition.
• Importance.
• Muscle Strengthening through Active and Passive Exercise.
• Therapeutic value with Yoga asanas for rehabilitation and strengthening of the muscles.

RECOMMENDED READINGS
11. Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA.

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 are no any prerequisites for the students other than that he/she must be physically, mentally 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. / B.Sc. Physical Education/ Semester V/ Paper II

## Program/Class: Certificate  
Year: Third  
Semester: Fifth

Subject: Physical Education - Theory

Course Code: E020502T  
Course Title: Kinesiology and Biomechanics in Sports

Course outcomes: students can be able to understand various aspects of Kinesiology and Biomechanics in Sports and able to apply in sports activities.

<table>
<thead>
<tr>
<th>Credits</th>
<th>Elective</th>
</tr>
</thead>
<tbody>
<tr>
<td>Max. Marks: 25+75</td>
<td>Min. Passing Marks: 10+25</td>
</tr>
</tbody>
</table>

| Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0 |

## Unit | Topics | No. of Lectures |
|-------|--------|-----------------|
| **I** | INTRODUCTION:  
• Meaning, Definitions, Aims, Objective.  
• Importance of Kinesiology for games and sports. | 6 |
| **II** |  
• Kinesiological Fundamental Movements.  
• Center of Gravity.  
• Line of Gravity. | 8 |
| **III** |  
• Axis and Planes  
• Classification of joints and Muscles  
• Types of muscles contraction. | 8 |
| **IV** | Location & Action of Muscles at Various Joints:  
  i) Upper extremity – shoulder girdle, shoulder joints, elbow joint.  
  ii) Neck, trunk (Lumbar thoracic region).  
  iii) Lower extremity – Hip joint, knee joint, ankle joint. | 8 |
| **V** | Biomechanical Concept:  
• Newton’s Law of Motion  
Friction:  
• Meaning, Definitions and Types. | 8 |
| **VI** | FORCE AND LEVERS:FORCE:  
• Meaning  
• Definitions  
• Types  
• Application to sports activities.  
LEVERS:  
• Meaning  
• Definition  
• Uses of them in the Human body. | 8 |
| **VII** | KINEMATICS:  
• Meaning of Kinematics.  
• Types- Linear and Angular  
• Speed, Velocity, Acceleration, Distance, Displacement. | 7 |
### KINETICS:
- Meaning of Kinetics
- Types- Linear and Angular.
- Mass, Weight, Force, Momentum and Pressure.

### RECOMMENDED READINGS
8. Khel Kaushal Sanchalan evam Prashikshan by Dr. Rajesh Pratap Singh, by University Publication, New Delhi

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 are no any prerequisites for the students other than that he/she must be physically, mentally 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. / B.Sc. PHYSICAL EDUCATION/ SEMESTER V/ PAPER III

Program/Class: Certificate  
Year: Third  
Semester: Fifth

Subject: Physical Education- Practical

Course Code: E020503P  
Course Title: Rehabilitation and sports

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

<table>
<thead>
<tr>
<th>Unit</th>
<th>Topics</th>
<th>No. of Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Part-A</td>
<td></td>
</tr>
</tbody>
</table>
| I    | Practice for Bandaging.   
      | Practice for massage techniques.  
      | Demonstration of Therapeutic Exercise.  
      | A visit to Physiotherapy lab.  
      | Write a Brief Report on the visit of the lab. | 15 |
|      | Part-B                                                                 |
| II   | Techniques of Therapeutic Exercises:  
      | (a) Muscles Strengthening Exercises.  
      | (b) General Principles of Muscle Strengthening.  
      | (c) Manual-Muscle testing: A Method of assessing  
      | Muscle-strength.  
      | Stretching and Mobilizing Exercises :  
      | (a) Factors causing Limitation of joint Range,  
      | (b) General mobilizing methods, and  
      | (c) practical demonstration of exercises to mobilizing the shoulder,  
      | elbow, wrist, hip knee, ankle and foot. | 15 |

Suggested Readings:

This course can be opted as an elective by the students of following subjects:  
Open for all
<table>
<thead>
<tr>
<th>Continuous Evaluation Methods (CIE)</th>
<th>INTERNAL ASSESSMENT (25 Marks)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Written Test – 10 marks</td>
<td></td>
</tr>
<tr>
<td>Assignment/ Research Based Project - 10 marks</td>
<td>Attendance – 5 marks</td>
</tr>
<tr>
<td>Research Orientation of the student.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PRACTICAL ASSESSMENT (75 Marks)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practical – 50</td>
</tr>
<tr>
<td>VIVA – 15</td>
</tr>
<tr>
<td>Record book charts etc - 10</td>
</tr>
</tbody>
</table>

Course prerequisites: There are no any prerequisites for the students other than that he/she must be physically, mentally 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.
### Subject: Physical Education Project

**Course Code:** E020504P  
**Course Title:** Research Project

#### COURSE OUTCOMES:
- Learn to Prepare Questionnaire.
- Learn to write research report.

#### Credits:
- **03**

#### Max: marks 25+75  
**Min Passing Marks:**

<table>
<thead>
<tr>
<th>Unit</th>
<th>Topic</th>
<th>No. of Lectures</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td></td>
<td>45</td>
</tr>
</tbody>
</table>

- Choose a topic from your theory syllabus and prepare a Questionnaire with 20 Questions for your collage students.
- Choose any one sports/games for your syllabus and conduct an interview for your college students
- Student has to learn to prepare research report.

#### Suggested Continuous Evaluation Methods:
- Seminar/Assignment/report.
- Test
- Research orientation of the student.
- Quiz
- Attendance

#### Suggested readings:
http://heecontent.upsdc.gov.in/Home.aspx

This course can be opted as an elective by the students of following subjects: only for physical education students
## Syllabus for B. A. / B.Sc. Physical Education/ Semester VI/ PAPER I

<table>
<thead>
<tr>
<th>Program/Class: Certificate</th>
<th>Year: Third</th>
<th>Semester: Sixth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subject: Physical Education - Theory</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Course Code:** E020601T  
**Course Title:** Research methods

Course outcomes: students can be able to understand Research methods in Sports and Physical Education.

**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

<table>
<thead>
<tr>
<th>Unit</th>
<th>Topics</th>
<th>No. of Lectures</th>
</tr>
</thead>
</table>
| I    | INTRODUCTION:  
- Definition, Meaning of Research.  
- Need and Importance of Research in Physical Education and sports.  
- Scope of Research in Physical Education and sports. | 6 |
| II   | Type of research  
- Basic Research  
- Applied Research  
- Action Research | 8 |
| III  | Research Problem:  
- Meaning of the term  
- Formation of Research problem  
- Limitation and D Limitation  
- Location and Criteria of Selection of Problem. | 8 |
| IV   | Hypothesis:  
- Meaning of research Hypothesis.  
- Meaning of Null Hypothesis.  
- Importance of research and Null hypothesis. | 8 |
| V    | Survey of Related Literature:  
- Literature sources & Library Reading.  
- Meaning of Survey, Need for Surveying related literature.  
- Tool of survey Research. | 8 |
| VI   | Introduction to basic Statistics  
- Statistics – Meaning, Definition, Types.  
- Variable: Types of variables – Organizing data and its types;  
- Descriptive Measures: Need, Purpose and Kinds  
- Hypothesis testing: one sample and two sample tests for means of small samples (t-test) | 8 |
| VII  | Questionnaire and Interview:  
- Meaning of Questionnaire and Interview.  
- Construction and development of Questions.  
- Procedure of conducting Interview. | 7 |
| VIII | Research Report:  
- Qualities of a good research report. | 7 |

**RECOMMENDED READINGS**

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

**Open for all**

<table>
<thead>
<tr>
<th>Continuous Evaluation Methods (CIE)</th>
<th>INTERNAL ASSESSMENT (25 Marks)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Written Test – 10 marks</td>
<td></td>
</tr>
<tr>
<td>Assignment/ Research Based Project - 10 marks</td>
<td>Attendance – 5 marks</td>
</tr>
<tr>
<td>Research Orientation of the student.</td>
<td></td>
</tr>
</tbody>
</table>

Course prerequisites: There are no any prerequisites for the students other than that he/she must be physically, mentally 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. / B.Sc. Physical Education/ Semester VI/ PAPER II

<table>
<thead>
<tr>
<th>Program/Class: Degree</th>
<th>Year: Third</th>
<th>Semester: Sixth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subject: Physical Education - Paper 2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Course Code:** E020602T  
**Course Title:** Physical education for DIVYANG

Course outcomes: This subject will help the students to understand the needs of the disabled (DIVYANG) people and make them ready to tackle any situation which comes in front of them while dealing disabled people. This subject can also teach Inclusion in sports for adapted people.

<table>
<thead>
<tr>
<th>Credits</th>
<th>Elective</th>
</tr>
</thead>
<tbody>
<tr>
<td>04</td>
<td></td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Unit</th>
<th>Topics</th>
<th>No. of Lectures</th>
</tr>
</thead>
</table>
| I    | INTRODUCTION:  
Meaning and Definition.  
Aims and Objective.  
Need and Importance of Physical Education.  
Historical Review. | 6 |
| II   | Physical Disabilities:  
Causes.  
Functional Limitations.  
Characteristics. | 8 |
| III  | Mental Retardation:  
Causes.  
Characteristics.  
Functional Limitations. | 8 |
| IV   | Outdoor Activities:  
Outdoor program for the disabled.  
Rhythmic and Dance Activities. | 8 |
| V    | Aquatic Activity Program for disables. | 8 |
| VI   | Rehabilitation:  
Functional and Occupational rehabilitation.  
Psychological Rehabilitation. | 8 |
| VII  | Programs:  
Personality Development Program for DIVYANG.  
Social Welfare Program for Disabled. | 7 |
| VIII | Inclusion in sports for Adapted People:  
Recreational sports/ games.  
Competitive sports/ games. | 7 |

**RECOMMENDED READINGS**


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

Course prerequisites: There are no any prerequisites for the students other than that he/she must be physically, mentally 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.
### Program/Class:
DEGREE

### Year:
Third

### Semester:
Sixth

### Subject:
Physical Education- Practical

### Course Code:
E020603P

### Course Title:
Research and Sports

### Course outcomes:

<table>
<thead>
<tr>
<th>Credits</th>
<th>Elective</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Max. Marks:</th>
<th>25+75</th>
<th>Min. Passing Marks:</th>
<th>10+25</th>
</tr>
</thead>
</table>

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

<table>
<thead>
<tr>
<th>Unit</th>
<th>Topics</th>
<th>No. of Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Part-A

<table>
<thead>
<tr>
<th>I</th>
<th>Research Perspective to learn the advanced skill of selected team games and</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Major historical researches used to develop selected game/sports</td>
</tr>
<tr>
<td></td>
<td>• Lay out and measurement of selected game/sports</td>
</tr>
<tr>
<td></td>
<td>• Rules and regulation of selected games/sports</td>
</tr>
<tr>
<td></td>
<td>• Specific research problems for selected game/sports</td>
</tr>
<tr>
<td></td>
<td>• Research Techniques used to train skills of selected game/sports</td>
</tr>
</tbody>
</table>

15

#### Part-B

<table>
<thead>
<tr>
<th>II</th>
<th>Paralympic Committee of India (PCI)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• History</td>
</tr>
<tr>
<td></td>
<td>• Aims and Objective</td>
</tr>
<tr>
<td></td>
<td>• Learn about any one para-sports.</td>
</tr>
<tr>
<td></td>
<td>• Para-competition.</td>
</tr>
</tbody>
</table>

15

### Suggested Readings:

- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.
- Test and Measurement & Evaluation in Physical Education & Sports by B.R. Gangawar, Published by Ashoka Publication.

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 are no any prerequisites for the students other than that he/she must be physically, mentally 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.
- Rajarshi Tandon open University.
Program/Class: DEGREE
Year: Third Semester: Sixth

Subject: Physical Education- Project
Course Code:E020604P Course Title: Research Project

Course outcomes: It will help the learner to understand the basic problems of school going students related to sports and Physical Education and finding their solution with the help of analyzed data.

Credits: 03 Compulsory
Max. Marks: 25+75 Min. Passing Marks:

<table>
<thead>
<tr>
<th>Unit</th>
<th>Topics</th>
<th>No. of Hours</th>
</tr>
</thead>
</table>
| I    | • To conduct a survey or interview of primary or secondary government school students for the interest towards physical education and sports programs.  
      • Analyze the data and submit a detailed report and presentation.  
      • The student will work in groups in completing the project but will write the final paper individually | 45           |

Suggested Readings:

ed as an elective by the students of following subjects: Open for all

Suggested Continuous Evaluation Methods:
Making a video of survey or interview and present it.(20 marks)  
Attendance (5 marks)

Course prerequisites: There are no any prerequisites for the students other than that he/she must be physically, mentally and medically fit.