



CHHATRAPATI SHAHUJI MAHARAJ UNIVERSITY, KANPUR, (U.P.)

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

NATIONAL EDUCATION POLICY-2020

COURSE EFFECTIVE (w.e.f. 2025-26)

SEMESTER-WISE PAPERS FOR B.A. / B.Sc. PHYSICAL EDUCATION (04 YEARS UG PROGRAM)



Year	Sem.	Paper No.	Course code	Paper Title	Theory/Tutorial/ Practical	Credits
1	I	1	E020101T	ELEMENTS OF PHYSICAL EDUCATION	THEORY	4
1	I	2	E020102P	FITNESS AND YOGA	PRACTIAL	2
1	II	1	E020201T	SPORTS ORGANIZATION AND MANAGEMENT	THEORY	4
1	II	2	E020202P	SPORTS EVENT AND TRACK&FIELD	PRACTIAL	2
2	III	1	E020301T	ANATOMY&EXERCISE PHYSIOLOGY	THEORY	4
2	III	2	E020302P	HEALTH AND PHYSIOLOGY	PRACTIAL	2
2	IV	1	E020401T	SPORTS PSYCHOLOGY AND RECREATIONAL ACTIVITIES	THEORY	4
2	IV	2	E020402P	SPORTS PSYCHOLOGY	PRACTICAL	2
2	IV		E020403R	RESEARCH PROJECT	PROJECT	3
3	V	1	E020501T	ATHLETIC INJURIES AND PHYSIOTHERAPY	THEORY	4
3	V	2	E020502T	CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS & WELLNESS	THEORY	4
3	V	3	E020503P	PHYSIOTHERAPY& SPORTS	PRACTICAL	2
3	VI	1	E020601T	COMPUTER APPLICATION IN PHYSICAL EDUCATION	THEORY	4
3	VI	2	E020602T	PHYSICAL EDUCATION FOR DIVYANG	THEORY	4
3	VI	3	E020603P	RESEARCH IN SPORTS	PRACTICAL	2
GROUP-I: FOR UG HONORS						
4	VII	1	E020701T	RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES	THEORY	4
4	VII	2	E020702T	TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	THEORY	4
4	VII	3	E020703T	YOGIC SCIENCES	THEORY	4
4	VII	4	E020704T	OFFICIATING AND COACHING	THEORY	4
4	VII	5	E020705P	SPORTS AND GAMES-I	PRACTICAL	4
4	VIII	1	E020801T	SPORTS NUTRITION AND WEIGHT MANAGEMENT	THEORY	4

Prabhat *Prabhat* *Prabhat* *Prabhat* *Prabhat* *Prabhat* *Prabhat*

4	VIII	2	E020802T	SPORTS TRAINING	THEORY	4
4	VIII	3	E020803T	OLYMPIC MOVEMENT	THEORY	4
4	VIII	4	E020804T	EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION	THEORY	4
4	VIII	5	E020805P	SPORTS AND GAMES-II	PRACTICAL	4
GROUP-II: UG HONORS WITH RESEARCH (FOR STUDENTS WHO SECURED 75% MARKS IN FIRST SIX SEMESTERS)						
4	VII	1	E020701T	RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES	THEORY	4
4	VII	2	E020702T	TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	THEORY	4
4	VII	3	E020703T	YOGIC SCIENCES	THEORY	4
4	VII	4	E020704P	SPORTS AND GAMES-I	PRACTICAL	4
4	VII	5	E020705R	RESEARCH PROJECT/DISSERTATION (progressive)	PROJECT	4
4	VIII	1	E020801T	APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS	THEORY	4
4	VIII	2	E020802T	SPORTS TRAINING	THEORY	4
4	VIII	3	E020803T	OLYMPIC MOVEMENT	THEORY	4
4	VIII	4	E020804P	SPORTS AND GAMES-II	PRACTICAL	4
4	VIII	5	E020805R	RESEARCH PROJECT/DISSERTATION (Submitted)	PROJECT	4



PROGRAMME OUTCOMES

Physical Education is a very wide subject in which biological, psychological, physical, health and functional aspects of the human body are studied, wherein the effect of sporting performance is studied at various levels. It is noteworthy that it is such a subject with the help of which the 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 the importance of Physical Education.

SYLLABUS FOR B. A./B.Sc. PHYSICAL EDUCATION 04 Year UG Program/ SEMESTER I/ PAPER I

Program /Class: Certificate	Year: First	Semester: First
SUBJECT: PHYSICAL EDUCATION- THEORY		
Course code: E020101T	Course Title: Elements of Physical Education	
Course Outcomes: Physical education is a very wide concept, and this subject teaches about the introduction and Sociological concept of Physical Education, and it also teaches about the 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 a healthy way of living, and they will also be able to make a fitness and health plan.		
Credits:4	Max. Marks:25+75	Min. Passing Marks: As Per Rules
Total no. of lectures-tutorials-practical (in hours per week):4-0-0		
Unit	TOPIC	NO. OF LECTURES
I	<u>Ancient Wisdom in Physical Education, Sports and yoga:</u> • Patanjali Yoga Sutra. • Ghrand Sanhita <u>Introduction:</u> • 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	12
II	<u>Sociological Foundation:</u> • Meaning, definition, and importance of sports Sociology • Culture and sports • Socialisation and sports • Gender and sports.	12
III	<u>History:</u> • 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.	12

Prabhakar *[Signature]* *[Signature]* *[Signature]* *[Signature]* *[Signature]* *[Signature]*

IV	Olympic Games , Asian Games and Commonwealth Games: • Olympic Movement: Ancient Olympics, modern Olympics, Revival, aim, objectives, spirit, torch, flag, motto, opening and closing ceremonies. • Asian Games. • Commonwealth Games.	12
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 diarrheal diseases, typhoid, malaria, STD, respiratory disease; b) Non-communicable diseases-- Meaning, causes and prevention of diabetes, CVD, cancers, renal diseases and respiratory diseases. • International health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health.	12

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
3. **Uppal AK & Gautam GP (2008). Health & Physical Education. Friends Publication. New Delhi**
4. **Balayan D (2007). Swasthya Shiksha Evam Prathmik Chikitsa. Khel Sahitya. Delhi.**
5. Barrow Harold M., "Man and movements principles of Physical Education", 1978.
6. Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.
7. Dynamics of fitness. Madison: W.C.B Brown.
8. General methods of training. by - Hardayal Singh
9. Sharirik Shiksha, Dr. Rajesh Pratap Singh, Yogesh Kumar & Suneel Kumar by Khel Shahitay Kendra, New Delhi
10. Giam, C.K &The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G.Medical Book. McGlynn, G., (1993)
11. Kamlesh M.L., "Physical Education, Facts and foundations", Faridabad Publications
12. Krishana Murthy V. and Paramesara Ram, N. "Educational Dimensions of Physical. Education", 2nd Revised edition, Print India, New Delhi 1990.
13. Methodology of training. by – Harre
14. Ravanes R.S., "Foundation of Physical Education", Houghton Millin Co.Boston USA (1978)
15. Science of sports training. by - Hardayal Singh
16. Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.
17. Track & Field. by – Gerhardt schmolinsky, Leipzig college of physical culture (DHFK)
18. Fitness and Health Education, by Dr. Rajesh Pratap Singh, Shree Publisher and Distributer, New Delhi.
19. Health Education, Hygeine, First Aid & Sports Injuries by Dr. Neeraj Pratap Singh & Dr. Ajay Dubey, Sports 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 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.

Prabhaty *meeta* *Supriya* *Julie* *S* *nsa* *!!*

SYLLABUS FOR B. A. PHYSICAL EDUCATION 04 Year UG Program/ SEMESTER I/ PAPER II

Program/Class: Certificate	Year: First	Semester: First
Subject: Physical Education- Practical		
Course Code: E020102P	Course Title: Fitness and Yoga	
Course Outcomes: Yoga is very helpful in the 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: 02	Elective	
Max. Marks: 25+75	Min. Passing Marks: As Per Rules	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Hours
	Part-A	
I	• Learn and demonstrate the techniques of warm-up, general exercise and cooling down • Learn and demonstrate physical fitness through aerobic, circuit training and callisthenics. • Strength Training and Physical Conditioning • Diet chart & measurement of BMI	15
	Part-B	
II	<u>INTRODUCTION OF YOGA:</u> • 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. <u>ASANAS:</u> • Definition of Asana, differences between asana and physical exercise. Suraya-namaskar, Bhujang asana, Naukasana, Halasana, Vajrasan, Padmasana, Shavasana, Makrasana, Dhanurasana, Tad asana.	15



This course can be opted as an elective by the students of the 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 04 Year UG Program SEMESTER II/PAPER I

pogram/Class: Certificate		Year: First	Semester: Second
Subject: Physical Education- Theory			
Course code: E020201T		Course Title: Sports Organisation 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.			
Credits:4		Max. Marks:25+75	Min. Passing Marks: As Per Rules
Total no. of lectures-tutorials-practical (in hours per week):4-0-0			
Unit	TOPIC		NO. OF LECTURES
I	<u>Introduction:</u> • Meaning, concept and definition of sports management. • Nature and scope of sports management. • Aims and objectives of sports management. • Guiding principles of sports management.		12
II	Event Management • Meaning and concept of an event • Planning and management of sports events. • Role of sports event manager. • Steps in event management: • Planning, • Executing • Evaluating		12
III	Budget • Meaning, Definition, Preparation, Principles of making a budget. • Financial Management Opportunities and Challenges. • Basics of Sports Event Accounting.		12
IV	• The Budget Cycle and Budget Preparation Format. • Preparing the Departmental Financial Plan and estimate. • Expenditure management. • Financial Reporting.		12
V	Organization • Meaning and definition of Organisation. • Need and importance of Organisation. • Guiding principles of Organisation. • Structure and functions of S.A.I., University Sports Council and A.I.U.		12



Suggested readings:

1. Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," MC Grow Hill publication, New 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
5. Sandhu, K. Sports Dynamics: Psychology, Sociology and Management.
6. Sivya, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. Deen Dayal Upadhyaya Marg. 2005), Marketing: An Introduction, New York: Prentice Hall
7. Adhunik Khel Prabhandhan Evam Parshikshan by Dr. Rajesh Pratap Singh, University Publication New Delhi.
8. Sharirik Shiksha: Vidhyalaya Prashashan, by Dr. Rajesh Pratap Singh, University Publication New Delhi.
- 9.

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.

Rajarshi Tandon Open University.

Prabhat *msd* *Supriya* *Arushi* *S* *msd* *!!*

SYLLABUS FOR B. A. / B.Sc. PHYSICAL EDUCATION 04 Year UG Program SEMESTER II/PAPER II

Programme/Class: Certificate	Year: First	Semester: Second
Subject: Physical Education- Practical		
Course Code: E020202P	Course Title: Sports Event and Track & Field	
Credits: 02	Elective	
Max. Marks: 25+75	Min. Passing Marks: As Per Rules	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Hours
	Part-A	
I	- To make a plan for organising an event. - To organize Intramural Competition. - To prepare a budget plan for interclass competition within the walls. - Make a sample timetable for college. - Prepare the list of Consumable and Non-Consumable items. - Prepare a Bio data/ curriculum vitae/ Covering Letter.	15
	Part-B	
II	<u>Track & Field :</u> - History. - Measurements. - Marking. - Rules. - Officials. - Regulatory Governing Bodies. - Tournaments- National and International. - World and National Records.	15

This course can be opted as an elective by the students of the 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.

PRACTICAL ASSESSMENT (75 Marks)

Practical – 50

VIVA – 15

Record book charts etc – 10

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

Prabhat *modi* *Supriya* *Julie* *S* *NSR* *V*

Suggested equivalent online courses:

IGNOU

Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.

Rajarshi Tandon Open University.

Prabhakar modi Super June 5 NSR 11 h

SYLLABUS FOR B. A. / B.Sc. PHYSICAL EDUCATION 04 Year UG Program/ SEMESTER III/ PAPER I

Programme/Class: Diploma		Year: Second	Semester: Third
Subject: Physical Education -Theory			
Course Code: E020301T		Course Title: Anatomy and Exercise Physiology	
Course outcomes: students can be able to understand human structure and function as well as the effects of exercise on various human body systems.			
Credits: 04			Elective
Max. Marks: 25+75			Min. Passing Marks: As Per Rules
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics		No. of Lectures
I	<u>INTRODUCTION :</u> • 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		12
II	<u>MUSKULOSKELETAL SYSTEM:</u> a) Skeletal System • Structural and functional classification of bones. • Types of joints and major movements around them. • Functions of the 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		12
III	<u>CIRCULATORY SYSTEM:</u> • 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		12
IV	<u>RESPIRATORY SYSTEM :</u> • Structure and function of respiratory system • Effects of exercise on the respiratory system • The effects of altitude on the respiratory system.		12
V	<u>DIGESTIVE SYSTEM:</u> • Structure and function of Digestive system • Importance of Digestive system. • Mechanism of Digestive System. • Effects of exercise on Digestive system.		12



--	--	--

Suggested 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. 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. 4. Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health & Wellness Club, New York, U.S.A. 5. Jain, J. (2004) Khel Dawaon Ka (New Delhi : Delhi University Press). 6. Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA. 7. Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press). 8. Koley, Shyamal (2007), Exercise Physiology — A Basic Approach (New Delhi: Friends Publications). 10. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi. 9. 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. 10. Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston. 11. Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons. 15. William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin. 12. Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill Livingstone
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.: 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 04 Year UG Program / SEMESTER III/ PAPER II

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: As Per Rules
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
	Topics	No. of hours
	Part-A	
	Draw and label any two-body system. Prepare a Model of any one System. Measuring height, weight, waist circumference and hip circumference, calculation of BMI (Body Mass Index) and Waist-Hip ratio. Learn to Measure Blood Pressure by Sphygmomanometer .	15
	Part-B	
	First Aid & Rehabilitation • Definition of first aid, DRABCH of first aid, CPR, • first aid for haemorrhage, fractures, sprain and strain • (PRICER), • School Health Service, Components of school health. • Rehabilitation – definition, physical and mental rehabilitation. • Rehabilitation Modalities – cold, heat, water,	15

This course can be opted as an elective by the students of the 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 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.

Drabharaj *[Signature]* *[Signature]* *[Signature]* *[Signature]* *[Signature]* *[Signature]*

SYLLABUS FOR B. A. /B.Sc. PHYSICAL EDUCATION 04 Year UG Program / SEMESTER IV/ PAPER I

Program/Class: Diploma	Year: Second	Semester: Fourth
Subject: Physical Education- Theory		
Course Code: E020401T	Title: Sports Psychology And Recreational Activities	
Course outcomes: students can be able to understand various aspects of psychology applied to sports persons and how to organize sports and recreational activities.		
Credits: 04		Elective
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	<u>INTRODUCTION:</u>	12
	• 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.	
II	<u>LEARNING:</u>	12
	• 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.	
III	<u>MOTIVATION :</u>	12
	• Nature of motivation, factors influencing motivation. • Motivational techniques and its impact on sports performance. • Mental preparation strategies: attention, focus, self-talk, relaxation and imagery.	
IV	<u>ANXIETY AND AGGRESSION:</u>	12
	• 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.	
V	<u>PLAY:</u>	12
	• 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.	



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: UniversalBook. 4. Gangwar, B.R. (1999). Organisation Admn. & Methods of Physical education, Jalandhar: 5. 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. 6. Gupta R. Kumar P. & Sharma. D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. SahyogPrakashan. New Delhi. 7. Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & Friends Publication. India. New Delhi. 8. Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi. 11. Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan.Friends Publication. Delhi. 9. Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi. 10. Shaw D & Kaushik S (2001). Lesson Planning- Teaching Methods and Classman in Physical Education. K.S.K. Delhi.
This course can be opted as an elective by the students of the 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.

Prabhaty      

SYLLABUS FOR B. A. / B.Sc. PHYSICAL EDUCATION 04 Year UG Program / SEMESTER IV/ PAPER II

Program/Class: Diploma	Year: Second	Semester: Fourth
Subject: Physical Education- Practical		
Course Code: E020402P	Course Title: Sports Psychology	
Credits: 02		Elective
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
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 Speilberger, 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: 1. Cratty, Braynat. J., (1973) Movement Behaviour and Motor Learning, Philadelphia: Lea and Febiger, Edn. 2. Magill, Richard A (1993) Motor Learning Concepts and Application, 4thed WCB Brown and Benchmark Publishers. 3 Passer, M.W., Smith, R.E., Holt, N. and Bremner, A.(2008). Psychology: The Science of Mind and Behaviour.McGraw-Hill Education, UK 4. Oxendine, J.B. (1968) Psychology and Motor Learning, Englewood cliffs, : New Jersey 5. Cratty, B.J. (2000) Psychology of Contemporary sports, Human Kinetics Publishers, Champaign Illinois. 6. Carron, A.V., Hausenblas, H.A. Mark Eys (2005). Group Dynamics in Sport.organtown, WV: Fitness Information Technology, INC, US. 7. Cronbach J. Lec (1990) Essentials of Psychological Testing (Harper Collins Publishers).		
ed 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 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 04 Year UG Program / SEMESTER IV / PAPER III

Program/Class: Diploma	Year: Second	Semester: Fourth
Subject: Physical Education- PROJECT		
Course Code: E020403R	Course Title: RESEARCH PROJECT	
Credits: 03		Elective
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Topic Research Project: Students shall complete a research project through the stages of Research Proposal Submission, RDC (Research Degree Committee) Approval, Research Execution, and Final Dissertation Submission. The project will be evaluated based on the quality of research, data analysis, presentation, and successful final submission.		
Suggested Readings Kothari, C.R. (2004). <i>Research Methodology: Methods and Techniques</i> (2nd ed.). New Age International Publishers, New Delhi. Best, J.W., & Kahn, J.V. (2006). <i>Research in Education</i> (10th ed.). Pearson Education, New Delhi. Thomas, J.R., Nelson, J.K., & Silverman, S.J. (2015). <i>Research Methods in Physical Activity</i> (7th ed.). Human Kinetics, Champaign, Illinois. Singh, A.K. (2019). <i>Tests, Measurements and Research Methods in Behavioural Sciences</i>. Bharati Bhawan Publishers, New Delhi. Verma, J.P. (2019). <i>Data Analysis in Management with SPSS Software</i> (2nd ed.). Springer, New Delhi. Creswell, J.W., & Creswell, J.D. (2018). <i>Research Design: Qualitative, Quantitative, and Mixed Methods Approaches</i> (5th ed.). SAGE Publications. Kerlinger, F.N., & Lee, H.B. (2000). <i>Foundations of Behavioural Research</i> (4th ed.). Wadsworth/Thomson Learning. American Psychological Association. (2020). <i>Publication Manual of the American Psychological Association</i> (7th ed.). APA, Washington, DC.		



SYLLABUS FOR B. A. / B.Sc. PHYSICAL EDUCATION 04 Year UG Program / SEMESTER V/ PAPER I

Program/Class: Degree	Year: Third	Semester: Fifth
Subject: Physical Education-Theory		
Course Code: E020501T	Course Title: Athletic Injuries and Physiotherapy	
Course outcome: This course provides a fundamental understanding of the causes, symptoms, and immediate management of common sports injuries like strains, sprains, and fractures.		
Credits: 04		Elective
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	Athletic Injuries and Athletic Care. • Concept and Significance. • Factors causing Injuries. • General Principles of Prevention of Injuries.	12
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)	12
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.	12
IV	Rehabilitation- • RICE- Rest, Ice, Compression, Elevation. • DRABC- Danger, Response, Airways, Breathing, Circulation. Bandage- • Types of Bandages. • Taping and Supports.	12



V	Physiotherapy- • Definition • Guiding principles of physiotherapy. • Importance of physiotherapy. Massage- • Meaning • Types and Importance.	12
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 Dawaon Ka (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). - Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA. 11. Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press). 12. Sports Medicine by Dr. Neeraj Pratap Singh, Khel Shahitya Kendra, New Delhi.		
This course can be opted as an elective by the students of the 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 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. S c . PHYSICAL EDUCATION 04 Year UG Program / SEMESTER V/ PAPER II

Program/Class: Degree	Year: Third	Semester: Fifth
Subject: Physical Education – Theory		
Course Code: E020502T	Course Title: <i>Contemporary issues in physical education, fitness & wellness</i>	
Course outcomes: students can be able to understand various aspects <i>of contemporary issues in physical education, fitness & wellness</i>		



Credits: 04		Elective
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	Concept of Physical Education and Fitness • Definition, Aims and Objectives of Physical Education, Fitness and Wellness • Importance and Scope of fitness and Wellness • Modern concept of Physical fitness and Wellness	12
II	Fitness, Wellness and Lifestyle • Fitness – Types of Fitness and Components of Fitness • Understanding of Wellness • Modern Lifestyle and Hypokinetic Diseases – Prevention and Management	12
III	Principles of Exercise Program • Means of Fitness development – aerobic and anaerobic exercises • Exercises and Heart rate zones for various aerobic exercise intensities • Concept of free weight vs. machine, Sets and repetitions, etc..	12
IV	Safety Education and Fitness Promotion • Health and Safety in Daily Life • First Aid and Emergency Care • Common Injuries and their Management	12
V	Concept of Health Meaning and Concept of Health Dimensions of Health (Physical, Mental, Social, Emotional, Spiritual, Environmental, and Occupational) Spectrum of Health (Positive Health, Wellness, Illness, Disability, and Death) Determinants of Health	12
Recommended Readings: 1. Difiore, J. (1998). Complete guide to postnatal fitness. London: A & C Black. 2. Giam, C.K & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book. 3. McGlynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown. 4. Sharkey, B. J. (1990). Physiology of fitness, Human Kinetics Book.		
This course can be opted as an elective by the students of the 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.

SYLLABUS FOR B. A. / B.Sc. PHYSICAL EDUCATION 04 Year UG Program / SEMESTER V/ PAPER III

Program/Class: Degree	Year: Third	Semester: Fifth
Subject: Physical Education- Practical		
Course Code: E020503P	Course Title: Physiotherapy and Sports	
Credits: 02	Elective	
Max. Marks: 25+75	Min. Passing Marks: As per rules	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Hours
	Part-A	
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
This course can be opted as an elective by the students of the 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. 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 Indiaand Abroad. Rajarshi Tandon open University.

Syllabus for B. A. / B.Sc. Physical Education 04 Year UG Program / Semester VI/ PAPER I

Program/Class: Degree	Year: Third	Semester: Sixth
Subject: Physical Education - Theory		
Course Code: E020601T		Course Title: Computer Applications in Physical Education
Course outcomes: students can be able to understand computer applications in physical education.		
Credits: 04		Elective
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	• Introduction to Computer • Meaning, need and importance of information and communication technology (ICT). • Application of Computers in Physical Education • Components of a computer, input and output devices • Application software used in Physical Education and sports	12
II	• MS Word • Introduction to MS Word • Creating, saving and opening a document • Formatting, editing features, drawing table, page setup, paragraph alignment, spelling and grammar check, printing option, inserting page number, graph, footnote and notes	12
III	• MS Excel • Introduction to MS Excel • Creating, saving and opening spreadsheet • Creating formulas • Format and editing features adjusting columns width and row height • Understanding charts and Graphs.	12
IV	• MS PowerPoint • Introduction to MS PowerPoint • Creating, saving and opening a PPT. file • Format and editing features: slide show, design, inserting slide number, picture, graph, table • Preparation of PowerPoint presentations	12
V	• SPSS and Data Analysis • Introduction to SPSS • Data Entry, Coding, and Data Cleaning • Variable View and Data View • Data Management (Sorting, Filtering, Computing, and Recoding Variables) • Descriptive Statistics (Mean, Median, Mode, Standard Deviation) • Graphical Presentation of Data (Bar Chart, Histogram, Pie Chart, Box Plot) • Hypothesis Testing using SPSS • Independent and Paired <i>t</i>-Test • One-way ANOVA and Correlation Analysis • Interpretation of SPSS Output and Report Writing	12



RECOMMENDED READINGS

1. Irtegov, D. (2004). Operating system fundamentals. Firewall Media.
2. Marilyn, M.& Roberta, B.(n.d.), Computers in your future. 2nd edition, India: Prentice Hall.
3. Milke, M. (2007). Absolute beginner's guide to computer basics. Pearson Education Asia.
4. Sinha, P. K. & Sinha, P. (n.d.), Computer fundamentals. 4th edition, BPB Publication.

This course can be opted as an elective by the students of the 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 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 04 Year UG Program/ Semester VI/ PAPER II

Program/Class: Degree	Year: Third	Semester: Sixth
Subject: Physical Education -Paper 2		
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 that comes in front of them while dealing with disabled people. This subject can also teach Inclusion in sports for adapted people.		
Credits: 04		Elective
Max. Marks: 25+75		Min. Passing Marks As Per Rules
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-2		
Unit	Topics	No. of Lectures
I	INTRODUCTION: Meaning and Definition. Aims and Objectives. Need and Importance of Physical Education. Historical Review.	12
II	Physical Disabilities: Causes. Functional Limitations. Characteristics.	12
III	Mental Retardation: Causes. Characteristics. Functional Limitations.	12
IV	Outdoor Activities: Outdoor program for the disabled. Rhythmic and Dance Activities.	12

Drabharay *msa* *Super* *Julie* *S* *msa* *!!*

V	Aquatic Activity Program for the disabled.	12
RECOMMENDED READINGS ➤ 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). ➤ Barton, L. (1993) „Disability, empowerment and physical education“, in J. Evans (ed.), Equality, Education and Physical Education. London: The Falmer Press. Guttmann, L. (1976) Textbook of Sport for the Disabled. Oxford: HM & M Publishers. K, DePauw & S. Gavron, (2005). Disability and Sport. (2n.d Ed) Illinois: Human Kinetics. ➤ R, Metts. (2000). Disability Issues, Trends and Recommendations for the World Bank (Washington D.C.:World Bank.). Oliver, M. (1990). The Politics of Disablement. Basingstoke: Macmillan. Sport England (2000) Young People with a Disability and Sport. London: Sport England.		
This course can be opted as an elective by the students of the 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 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.

Syllabus for B. A. / B.Sc. Physical Education 04 Year UG Program/ Semester VI/ PAPER III

Program/Class: DEGREE	Year: Third	Semester: Sixth
Subject: Physical Education- Practical		
Course Code: E020603P	Course Title: Research in Sports	
Course outcomes: This course enables students to understand the fundamental concepts and importance of research in Physical Education and sports, equipping them to identify research problems, formulate hypotheses, and select appropriate research designs. Additionally, it develops practical skills in literature review, data collection, ethical research practices, and professional scientific report writing.		
Credits: 02		Elective
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Hours
	Part-A	

I	Research Perspective to learn the advanced skill of selected team games and • Major historical research used to develop selected game/sports • Lay out and measurement of selected game/sports • Rules and regulations of selected games/sports • Specific research problems for selected game/sports • Research Techniques used to train skills of selected game/sports	15
	Part-B	
II	Paralympic Committee of India (PCI) • History • Aims and Objectives. • Learn about any one para-sport. • Para-competition.	15
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 prerequisites for the students other than that he/she must be physically, mentally and medically fit.		
Suggested equivalent online courses:		
Further Suggestions:		



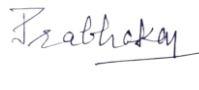
GROUP- I :FOR UG HONORS

Prabhat modi Sharma Sharma Sharma Sharma Sharma Sharma

B. A. / B.Sc. Physical Education 04 Year UG Program/ Semester VII// Paper I		
Subject: Physical Education- Theory		
Course Code: E020701T		Course Title: RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES
Course outcomes: It will help the learner to understand the RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES		
Credits: 04		Compulsory
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Unit	Topics	No. of Hours
I	• Introduction • Meaning and Definition of Research • Need, Nature and Scope • Classification of Research • Research Problem • Review of Literature • Qualities of Researcher	12
II	• Methods of Research • Descriptive Research • Survey & Case Study • Historical Research • Primary & Secondary Data • Internal & External Criticism	12
III	• Experimental Research • Variables • Experimental Designs - Sampling • Population & Sample • Probability & Non-Probability Sampling	12
IV	• Research Proposal and Report • Thesis/Dissertation • Proposal • Research Report • Abstract • Footnote & Bibliography • Conference Paper & Journal Writing	12
V	Advanced Research Methodology Research Ethics & Plagiarism • Hypothesis • Validity & Reliability • Pilot Study • Scaling Techniques • Data Processing • Basic Statistics (Mean, SD, Correlation, t-test, ANOVA) • SPSS (Introduction) • Citation Styles & Reference Management • AI Tools in Research • Research Publication & IPR	12
Suggested Readings:		
1. S. L. Gupta & Hitesh Gupta (2011), Research Methodology (Text and Cases with SPSS applications), International Book House Pvt. Ltd. Ansari Road, New Delhi. 2. Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, 3. New Jersey; Prentice Hall Inc. Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, 4. London! Routledge Press Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics:		



5.	Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi
6.	Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar, Pathippagam.
7.	Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
8.	Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication.
9.	Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi
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 (5marks)	
Course prerequisites: There are no any prerequisites for the students other than that he/she must be physically, mentally and medically fit.	









B. A. / B.Sc. Physical Education 04 Year UG Program / Semester VII/ / Paper II		
Program/Class: DEGREE	Year: Third	Semester: Sixth
Subject: Physical Education- Theory		
Course Code: E020702T	COURSE TITLE: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	
Course outcomes: IT WILL HELP THE LEARNER TO UNDERSTAND TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION		
Credits: 04		Compulsory
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Unit	Topics	No. of Hours
I	Introduction • Meaning and Definition of Test, Measurement and Evaluation. • Need and Importance of Measurement and Evaluation. • Criteria for Test Selection – Scientific Authenticity. • Meaning, Definition and Establishing Validity, Reliability and Objectivity. • Norms – Administrative Considerations.	12
II	• Motor Fitness Tests • Meaning and Definition of Motor Fitness. • Indiana Motor Fitness Test (Elementary & High School Boys, Girls and College Men). • Oregon Motor Fitness Test (Boys and Girls). • JCR Test. • Barrow Motor Ability Test. • Newton Motor Ability Test. • Kraus-Weber Minimum Muscular Fitness Test.	12
III	• Physical Fitness Tests • AAHPERD Health-Related Fitness Battery (Revised 1984). • ACSM Health-Related Physical Fitness Test. • Rogers Physical Fitness Index. • Harvard Step Test. • 12-Minute Run/Walk Test. • Multi-Stage Fitness Test (Beep Test)	12
IV	• Anthropometric and Aerobic-Anaerobic Tests • Aerobic Capacity: Bruce Treadmill Test Protocol, 1.5 Mile Run Test. • Anaerobic Capacity: Margaria-Kalamen Test, Wingate Anaerobic Test. • Anthropometric Measurements: Standing Height, Sitting Height. • Circumference Measurement: Arm, Waist, Hip, Thigh. • Skinfold Measurement: Triceps, Subscapular, Suprailiac •	12
V	• Advanced Fitness Assessment • Anthropometric Measurements • Body Composition Assessment • Flexibility Assessment • Functional Movement Screening (FMS) • Balance & Coordination Tests • Agility Tests • Speed & Reaction Time Tests • Strength & Power Tests • Field & Laboratory Fitness Tests • Fitness Test Interpretation • Test Administration & Safety • Fitness Assessment Software & Technology •	12
Suggested Readings: 1. Authors Guide (2013) ACSM’s Health Related Physical Fitness Assessment Manual, USA: ACSM Publications Collins, 2. R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: 3. Scarecrow Press Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: 4. The C. Mosby Company Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, 5. John Wiley and Sons, Inc Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publishing Co. Inc 6. Kansal D.K. (1996), “Test and Measurement in Sports and Physical Education, New Delhi: DVSPublications Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; 7. Ajay Verma Publication. Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research Wilmore JH and Costill		



DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaign IL: Human Kinetics Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports.New Delhi; Friends Publication.

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

Suggested Continuous Evaluation Methods:

Making a video of a survey or interview and presenting it.(20 marks) Attendance (5marks)

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

Drabharaj      

B. A. / B.Sc. Physical Education 04 Year UG Program / Semester VII/ Paper- III		
Program/Class: DEGREE	Year: Fourth	Semester: Seventh
Subject: Physical Education- Theory		
Course Code: E020703T	Course Title: Yogic Science	
Course outcomes: Upon successful completion of this course, students will understand the basic concepts and philosophy of Yogic Science, demonstrate fundamental yogic practices, explain the health benefits of yoga, apply yogic principles for physical and mental well-being, and promote a healthy lifestyle through the practice of yoga.		
Credits: 04		Compulsory
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Unit	Topics	No. of Hours
I	Introduction • Meaning and Definition of Yoga. • Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. • Concept of Yogic Practices. • Principles of Yogic Practice: Breathing, Awareness, Relaxation, Sequence, Counter Pose, Contra-indications, Inverted Asanas and Sunbathing. • Effect of Yoga on Diseases: Asthma, Jaundice, Blood Pressure and Stress	12
II	Asanas, Pranayama and Kriyas • Loosening Exercises: Techniques and Benefits. • Asanas: Types, Techniques and Benefits. • Surya Namaskar: Method and Benefits. • Pranayama: Types, Methods and Benefits. • Nadis: Meaning, Methods and Benefits. • Chakras: Major Chakras and Benefits of Clearing and Balancing Chakras. • Shat Kriyas: Meaning, Techniques and Benefits of Neti, Dhauti, Kapalabhati, Trataka, Nauli and Basti. • Bandhas: Meaning, Techniques and Benefits of Jalandhara Bandha, Jihva Bandha, Uddiyana Bandha and Mula Bandha	12



III	Mudras and Meditation • Mudras: Meaning, Techniques and Benefits. • Hasta Mudras. • Asamyukta Hastam and Samyukta Hastam. • Mana Mudra. • Kaya Mudra. • Bandha Mudra. • Adhara Mudra. • Meditation: Meaning, Techniques and Benefits. • Types of Meditation: Passive and Active Meditation, Saguna Meditation and Nirguna Meditation	12
IV	Applied Yoga • Yoga for Physical Fitness and Wellness • Yoga for Sports Performance Enhancement • Yoga for Women, Children and Senior Citizens • Yoga for Occupational Health • Yoga in Lifestyle Management	12
V	Yoga and Sports • Yoga as Supplemental Exercise, Yoga as Compensation Exercise, Yoga as Regeneration Exercise, Power Yoga. • Role of Yoga in Psychological Preparation of Athletes: Mental Well-being, Anxiety, Depression, Concentration, Self-Actualization. • Effect of Yoga on Physiological Systems: Circulatory System, Skeletal System, Digestive System, Nervous System, Respiratory System and Excretory System	12

1. Suggested Readings:

2. S George Feuerstein, (1975). Text Book of Yoga. London: MotilalBansaridass Publishers (P) Ltd. Gore, (1990), Anatomy and Physiology of Yogac Practices. Lonavata: KanchanPrkashan. (2000), Light on Helen Purperhart (2004),
3. The Yoga Adventure for Children. Netherlands: A Hunter House book. Iyengar, B.K.S. Yoga. Kenghe.C.T. (1976). Yoga New Delhi: Harper as Depth-Psychology Collins Publishers. KarbelkarN.V.(1993) and para-Psychology (Vol-I): Historical Background, Varanasi: BharataManishai. Kuvalyananada Swami & S.L. Vinekar, (1963),
4. Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau. Moorthy A.M. &Alagesan. S. (2004) Yoga Therapy.
5. Coimbatore: Teachers Publication House. Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal Swami Kuvalayanda, (1998),
6. Asanas. Lonavala: Kaivalyadhama. Swami SatyananadaSarasvati. (1989), Asana Pranayama Mudra Bandha.Munger: Bihar School of Yoga. Swami SatyanandaSaraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust. Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication. Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication. Tiwari O.P. (1998), Asanas-Why and How.Lonavala: Kaivalyadham.

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 (5marks)

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

B. A. / B.Sc. Physical Education 04 Year UG Program/ Semester VII/ Paper IV

Program/Class: DEGREE	Year: YOUTH	Semester: Seventh
Subject: Physical Education- Theory		
Course Code: E020704T	Course Title: OFFICIATING AND COACHING	
Course outcomes: It will help the learner to understand officiating and coaching		



Credits: 04		Compulsory
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Unit	Topics	No. of Hours
I	• Introduction to officiating and coaching • Concept of officiating and coaching • Importance and principles of officiating • Relation of official and coach with management, players and spectators • Measures of improving the standards of officiating and coaching	12
II	• Coach as a Mentor • Duties of coach in general, pre-, during and post-game • Philosophy of coaching • Responsibilities of a coach on and off the field • Psychology of competition and coaching	12
III	• Duties of Official • Duties of official in general, pre-, during and post-game. • Philosophy of officiating • Mechanics of officiating—position, singles and movement, etc. • Ethics of officiating.	12
IV	• : Qualities and Qualifications of Coach and Official • Qualities and qualifications of coach and official • General rules of games and sports	12
V	• Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA and DA bills • Integrity and values of sports	12
Suggested Readings: 1. Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall. 2. Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall. Dyson, G. H. (1963). 3. The mechanics of athletics. London: University of London Press Ltd. Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall. Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.		
Taught as an elective by the students of the following subjects: Open for all		
Suggested Continuous Evaluation Methods: Making a video of a survey or interview and presenting it.(20 marks) Attendance (5marks)		



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

B. A. / B.Sc. Physical Education 04 Year UG Program/ Semester VII/ Paper V		
Program/Class: DEGREE	Year: YOURTH	Semester: Seventh
Subject: Physical Education- Practical		
Course Code: E020705P	Course Title: Sports and games-I	
Course outcomes: It will help the learner to understand sports and games		
Credits: 04		Compulsory
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Unit	Topics	No. of Hours
I	The Candidate has a choice to select any two of the following games in 2nd Semester (Cricket/Volleyball/Basketball/ Football/Handball/ Hockey/Netball)	45
Suggested Readings: RULE BOOK		
Taught as an elective by the students of the following subjects: Open for all		
Suggested Continuous Evaluation Methods: Making a video of a survey or interview and presenting it.(20 marks) Attendance (5marks)		
Course prerequisites: There are no prerequisites for the students other than that he/she must be physically, mentally and medically fit.		

B. A. / B.Sc. Physical Education 04 Year UG Program/ Semester VIII /Paper I		
Program/Class: DEGREE	Year: FOURTH	Semester: Eight
Subject: Physical Education-Theory		
Course Code: E020801T	Course Title: SPORTS NUTRITION AND WEIGHT MANAGEMENT	
Course outcomes: It will help the learner to understand sports nutrition and weight management		
Credits: 04		Compulsory
Max. Marks: 25+75		Min. Passing Marks: As Per Rules



Unit	Topics	No. of Hours
I	• Introduction to Sports Nutrition • Meaning and Definition of Sports Nutrition • Basic Nutrition guidelines • Role of nutrition in sports • Factors to consider for developing a nutrition plan.	12
II	• Nutrients: Ingestion to energy metabolism • Carbohydrates, Protein, Fat–Meaning, classification and its function o Role of carbohydrates, Fat and protein during exercise • Vitamins, Minerals, Water–Meaning, classification and its function • Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.	12
III	• Nutrition and Weight Management • Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management • Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss • Obesity–Definition, meaning and types of obesity, • Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.	12
IV	Common Myths about Weight Loss • Obesity–Definition, meaning and types of obesity, • Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity	12
V	• Steps of planning weight management • Nutrition–Daily calorie intake and expenditure, Determination of desirable body weight • Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle • Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.	12
Suggested Readings: 1. Bessesen, D. H. (2008). Update on obesity. J Clin Endocrinol Metab. 93(6), 2027-2034. 2. Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity (Silver Spring). 15(12), 3091-3096. 3. Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a meta-analysis. Am J Obstet Gynecol, 197(3), 223-228. 4. DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. N Engl J Med, 356(21), 2176-2183. Dixon, J.B., O'Brien, P.E., Playfair, J. (N.D.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. JAMA. 299(3), 316-323.		
Taught as an elective by the students of the following subjects: Open for all		
Suggested Continuous Evaluation Methods: Making a video of a survey or interview and present it.(20 marks) Attendance (5marks)		
Course prerequisites: There are no any prerequisites for the students other than that he/she must be physically, mentally and medically fit.		

B. A. / B.Sc. Physical Education 04 Year UG program / Semester VIII/ Paper II



Program/Class: DEGREE		Year: FOURTH	Semester: Eight
Subject: Physical Education- Theory			
Course Code: E020802T		Course Title: Sports Training	
Course outcomes: It will help the learner to understand Sports training			
Credits: 04		Compulsory	
Max. Marks: 25+75		Min. Passing Marks: As Per Rules	
Unit	Topics		No. of Hours
I	Introduction to Sports Training: Definition – Aim, Characteristics, Principles of Sports Training, Overload: Definition, Causes of Overload, Symptoms of Overload, Remedial Measures – Supercompensation – Altitude Training – Cross Training.		12
II	Components of Physical Fitness: Strength: Methods to improve Strength: Weight Training, Isometric, Isotonic, Circuit Training; Speed: Methods to Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints; Endurance: Methods to Improve Endurance: Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training.		12
III	Flexibility: Methods to Improve Flexibility- Stretch and Hold Method, Ballistic Method, Special Type Training: Plyometric Training. Training for Coordinative abilities: Methods to improve Coordinative abilities: Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method, Types of Stretching Exercises.		12
IV	Advanced Sports Training - Sports Performance Analysis • Training Load Monitoring • Fatigue and Recovery Management • Detraining and Retraining • Tapering and Peaking • Monitoring of Heart Rate and Training Intensity • Sports Nutrition for Training • Hydration Strategies • Environmental Training (Heat & Cold) • Injury Prevention in Training • Technology in Sports Training (GPS, Wearables, Video Analysis)		12
V	Training Plan: Macro Cycle, Meso-Cycle. Short Term Plan and Long Term Plans - Periodisation: Meaning, Single, Double and Multiple Periodisation, Preparatory Period, Competition Period and Transition Period..		12
Suggested Readings: - Beotra Alka, (2000), Drug Education Handbook on Drug Abuse in Sports Delhi: - Sports Authority of India. Bunn, J.N. (1998) Scientific Principles of Coaching, - New Jersey Engle Wood Cliffs, Prentice Hall Inc. Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company Daniel, D. Arnheim (1991) Principles of Athletic Traning, St. Luis, Mosby Year Book David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University Gary, T. Moran (1997) – Cross Training for Sports, Canada: - Human Kinetics Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications YograjThani (2003), Sports Training, Delhi: Sports Publications			
Offered as an elective by the students of the following subjects: Open for all			



Suggested Continuous Evaluation Methods: Making a video of a survey or interview and presenting it.(20 marks) Attendance (5marks)
Course prerequisites: There are no prerequisites for the students other than that he/she must be physically, mentally and medically fit.

B. A. / B.Sc. Physical Education 04 Year UG Program/ Semester VIII / Paper III		
Program/Class: DEGREE	Year: FOURTH	Semester: Eight
Subject: Physical Education- Theory		
Course Code: E020803T	Course Title: OLYMPIC MOVEMENT	
Course outcomes: It will help the learner to understand Upon successful completion of this course, students will understand the history and values of the Olympic Movement, explain the organisation and conduct of the Olympic Games, apply Olympic values in sports and daily life, recognise the role of the Olympics in promoting global unity, and develop ethical and responsible sporting behaviour.		
Credits: 04		Compulsory
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Unit	Topics	No. of Hours
I	Origin of Olympic Movement • Philosophy of Olympic movement • The early history of the Olympic movement • The significant stages in the development of the modern Olympic movement • Educational and cultural values of Olympic movement	12
II	Modern Olympic Games • Significance of Olympic Ideals, Olympic Rings, Olympic Flag • Olympic Protocol for member countries • Olympic Code of Ethics • Olympism in action • Sports for All	12
III	Different Olympic Games o Para Olympic Games • Summer Olympics • Winter Olympics • Paralympics • Youth Olympic Games	12
IV	Committees of Olympic Games • International Olympic Committee - Structure and Functions • National Olympic committees and their role in Olympic movement.	12
V	National Olympic committees and their role in Olympic movement • Olympic commission and their functions • Olympic medal winners of India.	12
1. REFERENCES: 2. Osborne, M. P. (2004). Magictree house fact tracker: ancient greece and the Olympics: a nonfiction companion to magic tree house: hour of the Olympics. 3. New York: Random House Books for Young Readers. Burbank, J. M., Andranovich, G. D & Heying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner.		



Taught as an elective by the students of the following subjects: Open for all
Suggested Continuous Evaluation Methods: Making a video of a survey or interview and present it.(20 marks) Attendance (5marks)
Course prerequisites: There are no prerequisites for the students other than that he/she must be physically, mentally and medically fit.

B. A. / B.Sc. Physical Education 04 Year UG Program / Semester VIII /Paper IV		
Program/Class: DEGREE	Year: FOURTH	Semester: Eight
Subject: Physical Education- Theory		
Course Code: E020804T	Course Title: Educational technology and methods of teaching in physical education	
Course outcomes: It will help the learner to understand Educational technology and methods of teaching in physical education		
Credits: 04		Compulsory
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Unit	Topics	No. of Hours
I	Communication & Classroom Interaction Concept, Elements, Process & Types of Communication, Communication Barriers & Facilitators of communication Communicative skills of English - Listening, Speaking, Reading & Writing Concept & Importance of ICT Need of ICT in Education Scope of ICT: Teaching Learning Process, Publication Evaluation, Research and Administration Challenges in Integrating ICT in Physical Education	12
II	Fundamentals of Computers Characteristics, Types & Applications of Computer Hardware: Input, Output & Storage Devices Software of Computer: Concept & Types Computer Memory: Concept & Types Viruses & its Management Concept, Types & Functions of Computer Networks Internet and its Applications Web Browsers & Search Engines Legal & Ethical Issues	12
III	MS Office Applications MS Word: Main Features & its Uses in Physical Education MS Excel: Main Features & its Applications in Physical Education MS Access: Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its Uses in Physical Education MS Power Point: Preparation of Slides with Multimedia Effects MS Publisher: Newsletter & Brochure	12
IV	ICT Integration in Teaching Learning Process Approaches to Integrating ICT in Teaching Learning Process Project Based Learning (PBL) Co-Operative Learning Collaborative Learning ICT and Constructivism: A Pedagogical Dimension	12



V	Learning Management Systems (LMS) (Moodle, Google Classroom, Canvas) • E-Learning & MOOCs • Artificial Intelligence (AI) in Education • Cloud Computing • Mobile Learning (M-Learning) • Virtual & Augmented Reality (VR/AR) in Education • Digital Assessment Tools • Data Analytics in Education • Cyber Security & Data Privacy • Open Educational Resources (OER) • Digital Content Creation • Blended & Flipped Learning • Smart Classroom Technologies • Educational Apps in Physical Education	12
REFERENCE • ICT Integration in Teaching Learning Process • Approaches to Integrating ICT in Teaching Learning Process Project Based Learning (PBL) Co- • Operative Learning Collaborative Learning ICT and Constructivism: A Pedagogical Dimension Publications		
ed as an elective by the students of the following subjects: Open for all		
Suggested Continuous Evaluation Methods: Making a video of a survey or interview and presenting it. (20 marks) Attendance (5marks)		
Course prerequisites: There are no prerequisites for the students other than that he/she must be physically, mentally and medically fit.		

B. A. / B.Sc. Physical Education 04 Year UG Program/ Semester VIII /Paper V		
Program/Class: DEGREE	Year: FOURTH	Semester: Eight
Subject: Physical Education- Practical		
Course Code: E020805P	Course Title: Sports and games -II	
Course outcomes: It will help the learner to understand Sports and games		
Credits: 04		Compulsory
Max. Marks: 25+75		Min. Passing Marks:10+25
Unit	Topics	No. of Hours
	• The Candidate has a choice to select any two of the following games in 2nd Semester(Cricket/Volleyball/Basketball/ Football/Handball/ Hockey/Netball)	45
REFERENCES: RULE BOOK		
ed as an elective by the students of the following subjects: Open for all		
Suggested Continuous Evaluation Methods: Making a video of a survey or interview and present it.(20 marks) Attendance (5marks)		



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

Group II UG Honors With Research		
B. A. / B.Sc. Physical Education 04 Year UG Program/ Semester VII/ Paper I		
Subject: Physical Education- Theory		
Course Code: E020701T	Course Title: RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES	
Course outcomes: It will help the learner to understand the RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES		
Credits: 04		Compulsory
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Unit	Topics	No. of Hours
I	- Introduction • Meaning and Definition of Research • Need, Nature and Scope • Classification of Research • Research Problem • Review of Literature • Qualities of Researcher	12
II	- Methods of Research • Descriptive Research • Survey & Case Study • Historical Research • Primary & Secondary Data • Internal & External Criticism	12
III	- Experimental Research • Variables • Experimental Designs Sampling • Population & Sample • Probability & Non-Probability Sampling	12
IV	- Research Proposal • Thesis/Dissertation • Proposal/synopsis	12



V	• Report • Research Report • Abstract • Footnote & Bibliography • Conference Paper & Journal Writing	12
• Suggested Readings: • S. L. Gupta & Hitesh Gupta (2011), Research Methodology (Text and Cases with SPSS applications), International Book House Pvt. Ltd. Ansari Road, New Delhi. • Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, • New Jersey; Prentice Hall Inc. Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, • Londonl Routledge Press Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics; • Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi • Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar, Pathippagam. • Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall,Inc Subramanian, • R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication. • Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi		
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 (5marks)		
Course prerequisites: There are no any prerequisites for the students other than that he/she must be physically, mentally and medically fit.		



Prabhat modi super chick of new !! h

B. A. / B.Sc. Physical Education 04 Year UG Program / Semester VII/Paper II		
Program/Class: DEGREE	Year: Third	Semester: Sixth
Subject: Physical Education- Theory		
Course Code: E020702T	Course Title: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	
Course outcomes: It will help the learner to understand TESTS, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION		
Credits: 04		Compulsory
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Unit	Topics	No. of Hours
I	Introduction • Meaning and Definition of Test, Measurement and Evaluation. • Need and Importance of Measurement and Evaluation. • Criteria for Test Selection – Scientific Authenticity. • Meaning, Definition and Establishing Validity, Reliability and Objectivity. • Norms – Administrative Considerations.	12
II	• Motor Fitness Tests • Meaning and Definition of Motor Fitness. • Indiana Motor Fitness Test (Elementary & High School Boys, Girls and College Men). • Oregon Motor Fitness Test (Boys and Girls). • JCR Test. • Barrow Motor Ability Test. • Newton Motor Ability Test. • Kraus-Weber Minimum Muscular Fitness Test.	12
III	• Physical Fitness Tests • AAHPERD Health Related Fitness Battery (Revised 1984). • ACSM Health-Related Physical Fitness Test. • Rogers Physical Fitness Index. • Harvard Step Test. • 12-Minute Run/Walk Test. • Multi-Stage Fitness Test (Beep Test)	12
IV	• Anthropometric and Aerobic-Anaerobic Tests • Aerobic Capacity: Bruce Treadmill Test Protocol, 1.5 Mile Run Test. • Anaerobic Capacity: Margaria-Kalamen Test, Wingate Anaerobic Test. • Anthropometric Measurements: Standing Height, Sitting Height. • Circumference Measurement: Arm, Waist, Hip, Thigh. • Skinfold Measurement: Triceps, Subscapular, Suprailiac •	12
V	• Advanced Fitness Assessment • Anthropometric Measurements • Body Composition Assessment • Flexibility Assessment • Functional Movement Screening (FMS) • Balance & Coordination Tests • Agility Tests • Speed & Reaction Time Tests • Strength & Power Tests • Field & Laboratory Fitness Tests • Fitness Test Interpretation • Test Administration & Safety • Fitness Assessment Software & Technology •	12
1. Authors Guide (2013) ACSM’s Health Related Physical Fitness Assessment Manual, USA: ACSM Publications Collins, 2. R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: 3. Scarecrow Press Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: 4. The C. Mosby Company Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, 5. John Wiley and Sons, Inc Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical		



Education and Athletics, New York, Macmillan Publishing Co. Inc 6. Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVSPublications Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi: Ajay Verma Publication. Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research Wilmore JH and Costill
ed as an elective by the students of the following subjects: Open for all
Suggested Continuous Evaluation Methods: Making a video of survey or interview and present it.(20 marks) Attendance (5marks)
Course prerequisites: There are no any prerequisites for the students other than that he/she must be physically, mentally and medically fit.

B. A. / B.Sc. Physical Education 04 Year UG Program / Semester VII/Research Project/ Paper- III		
Program/Class: DEGREE	Year: Fourth	Semester: Seventh
Subject: Physical Education- Theory		
Course Code: E020703T	Course Title: Yogic Science	
Course outcomes: It will help the learner to understand yoga and its benefits		
Credits: 04		Compulsory
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Unit	Topics	No. of Hours
I	Introduction to Yoga • Meaning and Definition of Yoga. • Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. • Concept of Yogic Practices. • Principles of Yogic Practice: Breathing, Awareness, Relaxation, Sequence, Counter Pose, Contra-indications, Inverted Asanas and Sunbathing. • Effect of Yoga on Diseases: Asthma, Jaundice, Blood Pressure and Stress	12
II	Asanas, Pranayama and Kriyas • Loosening Exercises: Techniques and Benefits. • Asanas: Types, Techniques and Benefits. • Surya Namaskar: Method and Benefits. • Pranayama: Types, Methods and Benefits. • Nadis: Meaning, Methods and Benefits. • Chakras: Major Chakras and Benefits of Clearing and Balancing Chakras. • Shat Kriyas: Meaning, Techniques and Benefits of Neti, Dhauti, Kapalabhati, Trataka, Nauli and Basti. • Bandhas: Meaning, Techniques and Benefits of Jalandhara Bandha, Jihva Bandha, Uddjivana Bandha and Mula Bandha	12



III	Mudras and Meditation • Mudras: Meaning, Techniques and Benefits. • Hasta Mudras. • Asamyukta Hastam and Samyukta Hastam. • Mana Mudra. • Kaya Mudra. • Bandha Mudra. • Adhara Mudra. • Meditation: Meaning, Techniques and Benefits. • Types of Meditation: Passive and Active Meditation, Saguna Meditation and Nirguna Meditation	12
IV	Applied Yoga • Yoga for Physical Fitness and Wellness • Yoga for Sports Performance Enhancement • Yoga for Women, Children and Senior Citizens • Yoga for Occupational Health • Yoga in Lifestyle Management	12
V	Yoga and Sports • Yoga as Supplemental Exercise, Yoga as Compensation Exercise, Yoga as Regeneration Exercise, Power Yoga. • Role of Yoga in Psychological Preparation of Athletes: Mental Well-being, Anxiety, Depression, Concentration, Self-Actualization. • Effect of Yoga on Physiological Systems: Circulatory System, Skeletal System, Digestive System, Nervous System, Respiratory System and Excretory System	12
1. Suggested Readings: - S George Feuerstein, (1975). Text Book of Yoga. London: MotilalBansaridass Publishers (P) Ltd. - Gore, (1990), Anatomy and Physiology of Yogac Practices. Lonavata: KanchanPrkashan. (2000), Light on Helen Purperhart (2004), - The Yoga Adventure for Children. Netherlands: A Hunter House book. Iyengar, B.K.S. Yoga. Kenghe.C.T. (1976). Yoga New Delhi: Harper as Depth-Psychology Collins Publishers. - KarbelkarN.V.(1993) and para-Psychology (Vol-I): Historical Background, Varanasi: BharataManishai. Kuvalyananada Swami & S.L. Vinekar, (1963), - Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau. Moorthy A.M. &Alagesan. S. (2004) Yoga Therapy. - Coimbatore: Teachers Publication House. Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal Swami Kuvalayanda, (1998), - Asanas. Lonavala: Kaivalyadhama. Swami SatyananadaSarasvati. (1989), Asana Pranayama Mudra Bandha.Munger: Bihar School of Yoga. Swami SatyanandaSaraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust. Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication. Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication. Tiwari O.P. (1998), Asanas-Why and How.Lonavala: Kaivalyadham.		
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 (5marks)		
Course prerequisites: There are no any prerequisites for the students other than that he/she must be physically, mentally and medically fit.		

**B. A.
B.Sc.**

Physical Education 04 Year UG program/ Semester VII /Research Project/ Paper IV

Program/Class: DEGREE	Year: Fourth	Semester: Seventh
Subject: Physical Education- Practical		
Course Code: E020704P	Course Title: Sports and games-I	



Course outcomes: It will help the learner to understand sports and games		
Credits: 04		Compulsory
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Unit	Topics	No. of Hours
I	YOGA & INDIGENOUS ACTIVITIES (Lezium, Dumb- Bell, Umbrella, Tipri, Wands, Hoops/Malkhambh) AEROBICS/SELF DEFENCE TECHNIQUE- Martial Arts, Taekwondo/Karate/ Wushu(Yoga + Any one activity) YOGA- Asanas prescribed by Maharshi „Patanjali“, Shudhi Kriyas, jalneti, sutraneti, dugdhaneti,kunjai, Nauli, Bhastika, shatkriya, Pranayams, Anulom-vilom, Kapalbhathi,	45
Suggested Readings: RULE BOOK		
Selected as an elective by the students of the following subjects: Open for all		
Suggested Continuous Evaluation Methods: Making a video of a survey or interview and presenting it.(20 marks) Attendance (5marks)		
Course prerequisites: There are no prerequisites for the students other than that he/she must be physically, mentally and medically fit.		

B. A. / B.Sc. Physical Education 04 Year UG program / Semester VII/Research Project/ Paper V

Program/Class: DEGREE	Year: FOURTH	Semester: Eight
Subject: Physical Education- Project		
Course Code: E020705R	Course Title: RESEARCH PROJECT/DISSERTATION (PROGRESSIVE)	
Course outcomes: It will help the learner to understand PRACTICAL RESEARCH APTITUDE		
Research Project: Students shall complete a research project through the stages of Research Proposal Submission, RDC (Research Degree Committee) Approval, Research Execution, and Final Dissertation Submission . The project will be evaluated based on the quality of research, data analysis, presentation, and successful final submission.		
Credits: 04	Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Suggested Continuous Evaluation Methods: Making a video of a survey or interview and presenting it.(20 marks) Attendance (5marks)		
Course prerequisites: There are no prerequisites for the students other than that he/she must be physically, mentally and medically fit.		



B. A. / B.Sc. Physical Education 04 Year UG program / Semester VIII / Paper I

Program/Class: DEGREE	Year: FOURTH	Semester: Seventh
Subject: Physical Education- Theory		
Course Code: E020801T	Course Title: Applied Statistics in Physical Education and Sports	
Course outcomes: It will help the learner to understand Applied Statistics in Physical Education and Sports		
Credits: 04		Compulsory
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Unit	Topics	No. of Hours
I	Introduction: Meaning and Definition of Statistics. Functions, need and importance of Statistics. Types of Statistics: Parametric and non-parametric statistics. Meaning of the terms: Population, Sample, Data, types of data. Variables: Discrete, Continuous.	12
II	Data Classification, Tabulation and Measures of Central Tendency: meaning, uses and construction of a frequency table. Meaning, Purpose, calculation, and advantages of Measures of central tendency – Mean, median and mode.	12
III	Measures of Dispersion and Scale Meaning, Purpose, Calculation of Range, Quartile deviation, Mean Deviation, standard deviation; meaning, purpose, calculation and advantages of scoring scales; Sigma scale, Z Scale, t. scale etc.	12
IV	Probability Distributions and Graphs Normal Curve: Meaning of probability; principles of normal curve – Properties of normal curve. Divergence from normality – Skewness and Kurtosis. Graphical Representation in Statistics; Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve etc.	12
V	SPSS and Data Analysis Introduction to SPSS Data Entry, Coding, and Data Cleaning Variable View and Data View Data Management (Sorting, Filtering, Computing, and Recoding Variables) Descriptive Statistics (Mean, Median, Mode, Standard Deviation) Graphical Presentation of Data (Bar Chart, Histogram, Pie Chart, Box Plot) Hypothesis Testing using SPSS Independent and Paired <i>t</i> -Test One-way ANOVA and Correlation Analysis Interpretation of SPSS Output and Report Writing	12



1. Suggested Readings: 2. J.P.Verma, (2011), Statistical Methods for Sports and Physical Education, Tata McGraw Hill Education private Limited, New Delhi. 3. S. L. Gupta & Hitesh Gupta (2011), Research Methodology (Text and Cases with SPSS applications) International Book House Pvt. Ltd. Ansari Road, New Delhi. 4. Best J. W (1971) Research in Education, New Jersey; Prentice Hall, 5. Inc Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Englewood Cliffs, Prentice Hall, Inc. 6. Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics 7. Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, 8. Inc Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications
Taught as an elective by the students of the following subjects: Open for all
Suggested Continuous Evaluation Methods: Making a video of a survey or interview and presenting it.(20 marks) Attendance (5marks)
Course prerequisites: There are no any prerequisites for the students other than that he/she must be physically, mentally and medically fit.

B. A. / B.Sc. Physical Education 04 Year UG program / Semester VIII/ Paper II

Program/Class: DEGREE	Year: FOURTH	Semester: EIGHT
Subject: Physical Education- Theory		
Course Code: E020801T	Course Title: Sports Training	
Course outcomes: It will help the learner to understand sports training		
Credits: 04		Compulsory
Max. Marks: 25+75		Min. Passing Marks: 10+25
Unit	Topics	No. of Hours
I	Introduction to Sports Training: Definition – Aim, Characteristics, Principles of Sports Training, Overload: Definition, Causes of Overload, Symptoms of Overload, Remedial Measures – Supercompensation – Altitude Training – Cross Training.	12
II	Components of Physical Fitness: Strength: Methods to improve Strength: Weight Training, Isometric, Isotonic, Circuit Training; Speed: Methods to Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints; Endurance: Methods to Improve Endurance: Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training.	12



III	Flexibility: Methods to Improve Flexibility: Stretch and Hold Method, Ballistic Method, Special Type Training: Plyometric Training. Training for Coordinative abilities: Methods to improve Coordinative abilities: Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method, Types of Stretching Exercises.	12
IV	Coordination Training for Coordinative abilities: Methods to improve Coordinative abilities: Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method, Types of Stretching Exercises	12
V	Training Plan: Macro Cycle, Meso-Cycle. Short Term Plan and Long Term Plans - Periodisation: Meaning, Single, Double and Multiple Periodisation, Preparatory Period, Competition Period and Transition Period.	12
Suggested Readings: - BeotraAlka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India. - Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc. - Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosby Company Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University Gary, T. Moran (1997) – Cross Training for Sports, Canada: Human Kinetics Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications YograjThani (2003), Sports Training, Delhi: Sports Publications		
ed as an elective by the students of the following subjects: Open for all		
Suggested Continuous Evaluation Methods: Making a video of a survey or interview and presenting it.(20 marks) Attendance (5marks)		
Course prerequisites: There are no prerequisites for the students other than that he/she must be physically, mentally and medically fit.		

B. A. / B.Sc. Physical Education 04 Year UG Program/ Semester VIII/ Paper III

Program/Class: DEGREE	Year: FOURTH	Semester: Eight
Subject: Physical Education- Theory		
Course Code: E020803T	Course Title: OLYMPIC MOVEMENT	
Course outcomes: It will help the learner to understand the Olympic movement		
Credits: 04		Compulsory
Max. Marks: 25+75		Min. Passing Marks: As Per Rules
Unit	Topics	No. of Hours



I	Origin of Olympic Movement • Philosophy of Olympic movement • The early history of the Olympic movement • The significant stages in the development of the modern Olympic movement • Educational and cultural values of Olympic movement	12
II	Modern Olympic Games • Significance of Olympic Ideals, Olympic Rings, Olympic Flag • Olympic Protocol for member countries • Olympics Code of Ethics • Olympism in action • Sports for All	12
III	Different Olympic Games • Para Olympic Games • Summer Olympics • Winter Olympics • Paralympics • Youth Olympic Games	12
IV	Committees of Olympic Games • International Olympic Committee - Structure and Functions • National Olympic committees and their role in Olympic movement.	12
V	Olympic Games Olympic commission and their functions • Olympic medal winners of India	12
REFERENCES: - Osborne, M. P. (2004). Magictree house fact tracker: ancient greece and the Olympics: a nonfiction companion to magic tree house: hour of the Olympics. New York: Random House Books for Young Readers. Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner.		
Taught as an elective by the students of the following subjects: Open for all		
Suggested Continuous Evaluation Methods: Making a video of a survey or interview and presenting it.(20 marks) Attendance (5marks)		
Course prerequisites: There are no any prerequisites for the students other than that he/she must be physically, mentally and medically fit.		

B. A. / B.Sc. Physical Education 04 Year UG Program/ Semester VIII/Research Project/ Paper IV

Program/Class: DEGREE	Year: Fourth	Semester: Seventh
Subject: Physical Education- Practical		
Course Code: E020804P	Course Title: Sports and games -II	
Course outcomes: It will help the learner to understand sports and games		
Credits: 04		Compulsory
Max. Marks: 25+75		Min. Passing Marks: As Per Rules



Unit	Topics	No. of Hours
I	The Candidate has the choice to select any two of the following games in Cricket/Volleyball/Basketball/ Football/Handball/ Hockey/Netball Note: Course contents in games or sports should be chalked out internally considering the advanced level of students (Teaching & Officiating) and suitable to their age and gender. Practical skill test- any one of each.	45
Suggested Readings: RULE BOOK		
ed as an elective by the students of the following subjects: Open for all		
Suggested Continuous Evaluation Methods: Making a video of a survey or interview and presenting it.(20 marks) Attendance (5marks)		
Course prerequisites: There are no any prerequisites for the students other than that he/she must be physically, mentally and medically fit.		

B. A. / B.Sc. Physical Education 04 Year UG Program/ Semester VIII / Paper V

Program/Class: DEGREE	Year: FOURTH	Semester: Eight
Subject: Physical Education- Project		
Course Code: E020805R	Course Title: RESEARCH PROJECT/ DISSERTATION (SUBMITTED)	
Course outcomes: It will help the learner to understand PRACTICAL RESEARCH APTITUDE		
Credits: 04	Compulsory	
Max. Marks: 25+75	Min. Passing Marks: As Per Rules	
Research Project: Students shall complete a research project through the stages of Research Proposal Submission, RDC (Research Degree Committee) Approval, Research Execution, and Final Dissertation Submission . The project will be evaluated based on the quality of research, data analysis, presentation, and successful final submission.		
Suggested Continuous Evaluation Methods: Making a video of a survey or interview and presenting it.(20 marks) Attendance (5marks)		
Course prerequisites: There are no prerequisites for the students other than that he/she must be physically, mentally and medically fit.		

