

# **SYLLABUS FOR B.A**

## **(PHYSICAL EDUCATION)**

### **SEMESTER – I**

### **FOUNDATIONS OF PHYSICAL EDUCATION**

#### **PAPER I**

#### **UNIT-I**

##### **INTRODUCTION**

- Meaning and concept of Education.
- Its aim and objective,
- importance of Education in Modern era.
- Types of Education: Formal and Informal

#### **UNIT-II**

##### **PHILOSOPHICAL BASIS**

- Idealism and Physical Education.
- Pragmatism and Physical Education.
- Naturalism and Physical Education.
- Existentialism and Physical Education.

#### **UNIT-III**

##### **BIOLOGICAL BASIS**

- Growth and Development, Differences between growth and development.
- Factors affecting growth and development.
- Age and Sex differences in relation to Physical activities and Sports.
- Chronological Age, Anatomical Age and Physiological Age.

#### **UNIT-IV**

##### **SOCIOLOGICAL FOUNDATION**

- Meaning and Definition of Sociology and Sports Sociology
- Sociological Foundation: physical education & sports as a need of the society.
- Sociological implications of Physical Education and Sports.
- Physical activities and Sports as a men's cultural heritage

**SEMESTER I  
PAPER II**

**HISTORY IN PHYSICAL EDUCATION**

**UNIT I**

**PHYSICAL EDUCATION**

- Physical Education: Meaning, Definition, Aim and Objectives.
- Misconceptions about Physical Education.
- Need, Importance and Scope of Physical Education in the modern society.
- Physical Education relationship with general education.

**UNIT II**

**HISTORY OF PHYSICAL EDUCATION IN INDIA**

- History of Physical Education in Ancient Greece, Rome, Denmark, Germany and Sweden.
- Physical Education in India before Independence and after Independence.
- Important Institutions of Physical Education in India: YMCA, Christian College Lucknow, LNCPE Gwalior, H.V.P. Mandal Amravati.
- Contributions to the growth of Physical Education by the following leaders: P.M. Joseph, H.C. Buck, Gutsmuth, F.L. John.

**UNIT III**

**OLYMPIC GAMES, ASIAN GAMES AND COMMONWEALTH GAMES**

- Ancient Olympic Games: Historical background, Eligibility, Opening and closing ceremony, Awards.
- Modern Olympic Games: Revival, aim, objectives, spirit, torch, flag, motto, opening and closing ceremonies.
- Asian Games.
- Commonwealth Games.

*(Handwritten signature)*

#### UNIT IV

Ataxita

#### FUNCTIONS AND OBJECTIVES OF THE FOLLOWING

- NSNIS and SAI
- International Olympic committee. (IOC)
- Indian Olympic committee. (IOA)
- Awards: Arjun Award, Dronacharya Award and Rajiv Gandhi Khel Ratna Award.

## SEMESTER II

### ANATOMY AND PHYSIOLOGY IN PHYSICAL EDUCATION

#### PAPER I

##### UNIT I

#### ANATOMY AND PHYSIOLOGY OF EXERCISE

- Meaning and Definition of Anatomy and Physiology
- Its need and importance in Physical Education and sports.
- Definition of Cell, tissue, organ and system
- Structure and functions of cell.

##### UNIT II

#### SKELETAL AND MUSCULAR SYSTEM

- Types of bones and names of various bones of the body.
- Various types of joints and major movements around them.
- Structure and classification of Skeletal muscles
- Composition and functions of Skeletal muscles.

##### UNIT III

#### RESPIRATORY AND DIGESTIVE SYSTEM

- Meaning and types of Respiration, Respiratory passage .
- Functions and mechanism of Respiratory System, Vital Capacity and its measurement.
- Meaning, importance and organs of Digestive System.
- Structure, functions and mechanism of Digestive System.

##### UNIT IV

#### CIRCULATORY SYSTEM AND BLOOD

- Meaning of the Circulatory system.
- Heart and its structure and cardiac cycle.
- Meaning of Blood and composition
- Functions of blood and maintenance of blood supply.

Paper III

**PRACTICAL EXAMINATION SYLLABUS**

**1. ATHLETICS COMPULSORY (TRACK EVENTS ONLY)**

**2. ONE MAJOR TEAM GAME FROM THE FOLLOWING (ATTACHED LIST)**

- Baseball
- Basketball
- Cricket
- Football
- Handball
- Hockey
- Kabaddi
- Kho-Kho
- Netball
- Softball
- Volleyball

Note:- All the practical classes shall be conducted in all the semester but evaluation to be conducted in 2<sup>nd</sup>, 4<sup>th</sup> & 6<sup>th</sup> Semester respectively.

**SEMESTER III**  
**FITNESS, WELLNESS AND NUTRITION**

**PAPER III**

*IR*  
*JSF*

**UNIT I**

**CONCEPT OF FITNESS AND WELLNESS**

- Meaning, definition and importance Fitness and Wellness.
- Components of Fitness.
- Factors affecting Physical fitness and wellness.
- Means of Fitness development: Aerobic and rhythmic exercises, weight training and circuit training.

**UNIT II**

**RECREATION IN PHYSICAL EDUCATION**

- Meaning and Definition of Recreation
- Scope and Importance of Recreation
- General principles of Recreation
- Types of Recreational Activities

**UNIT III**

**WEIGHT MANAGEMENT**

- Meaning and Definition of Obesity
- Causes and management of Obesity
- Obesity related health problem.
- Weight management through behavioural modifications.

**UNIT IV**

**LIFESTYLE**

- Meaning, definition of Lifestyle
- Importance of healthy lifestyle
- Role of physical activity in maintaining in healthy lifestyle
- Factor affecting lifestyle

C411551157

**SEMESTER III**  
**HEALTH EDUCATION**

**PAPER V** *Just 11<sup>th</sup>*

**UNIT I**

**INTRODUCTION**

- Meaning, definition and dimensions of Health.
- Meaning, definition, objectives, principles and importance of Health Education.
- Role of Personal Hygiene, Mental Hygiene, Sleep Hygiene, Occupational Hygiene in Physical Education and Sports.
- Role of different Agencies in promoting Health (WHO, UNICEF and Local Bodies)

**UNIT II**

**DRUGS AND DOPING**

- Meaning of Drugs and reasons for using drugs by an individual and sports persons/athletes?
- Effects of Drugs on an individual and its effects on sports performance.
- Doping in sports.
- Anti Doping Agencies ( WADA and NADA)

**UNIT III**

**BALANCE DIET AND NUTRITION**

- Meaning and definition of Nutrition
- Balance Diet, its elements and sources
- Factor affecting Balance Diet
- Nutritional intake of the Athlete before and after competition

**UNIT IV**

**COMMUNICABLE DISEASES**

- Meaning and definition of Communicable diseases.
- Difference between Communicable and Non Communicable diseases.
- Communicable diseases such as HIV/AIDS, Tuberculosis, Malaria, Rabies, Hepatitis – A, B, C.
- Symptoms, Modes of transmission, preventions and treatment.

# SEMESTER IV

## PSYCHOLOGICAL FOUNDATION OF PHYSICAL EDUCATION

PAPER : PI

### UNIT I

#### INTRODUCTION

- Meaning, definition of Psychology and Sports Psychology.
- Psychology as a Art or Science
- Need and Importance of sports Psychology
- Nature and scope of sports Psychology

### UNIT II

#### LEARNING

- Meaning and nature of Learning.
- Principles and Laws of Learning.
- Plateau in Learning and transfer of training.
- Factors effecting learning and theories of Learning
  - Trial and Error
  - Conditioned reflex insight
  - Learning by imitation

### UNIT III

#### MOTIVATION

- Meaning and definition of Motivation.
- Types of Motivation and factors influencing motivation
- Need, drive, motive and achievement.
- Role of motivation in Physical Education.

### UNIT IV

#### PERSONALITY AND EMOTION

- Meaning and definition of Personality.
- Characteristics and Dimension of Personality.
- Meaning and nature of Emotion.
- Fear. Anxiety and Aggression.



*Paper II*  
**PRACTICAL EXAMINATION SYLLABUS**

- 1. ATHLETICS COMPULSORY (FIELD EVENTS ONLY)**
- 2. ONE MAJOR INDIVIDUAL GAME.FROM THE FOLLOWING LIST.**

1. **Aquatics**
2. **Badminton**
3. **Gymnastics**
4. **Judo**
5. **Lawn Tennis**
6. **Table Tennis**
7. **Weight Lifting**
8. **Powerlifting**
9. **Wrestling**
10. **Yoga**

# SEMESTER V

## TEACHING METHOD AND ORGANIZATION IN PHYSICAL EDUCATION

PAPER

1st

### UNIT I

#### TEACHING METHOD

- Teaching methods: meaning, types and factors affecting it.
- Teaching Aids in Physical Education.
- Class Management: meaning, types and factors affecting it.
- Command and Formations: meaning and types

### UNIT II

#### ORGANIZATION

- Meaning and definition of Organization
- Need and Importance of Organization.
- Guiding principles of Organization.
- Scheme of organization : School, College and University.

### UNIT III

#### FACILITIES EQUIPMENT AND BUDGET

- Facilities and Equipments: care and maintenance.
- Principles of purchasing equipments.
- Playground (outdoor and Indoor), Gymnasium, Swimming pool
- Budget: meaning, definition, preparation, principles of making budget.

### UNIT IV

#### COMPETITION ORGANIZATION

- Meaning and definition of Intramural and Extramural Competition.
- Organization and Importance of Intramural and Extramural Competition.
- Methods of promoting Physical Education (Demonstration, Exhibition, Camping, Play Day)
- Meaning, definition and principles of Supervision.

# SEMESTER V

## KINESIOLOGY IN PHYSICAL EDUCATION

### PAPER 2 II *rd*

#### UNIT I

##### INTRODUCTION TO KINESIOLOGY

- Meaning and definition of Kinesiology
- Aim and objectives of Kinesiology
- Need and importance of Kinesiology
- Role of Kinesiology in Physical Education and Sports

#### UNIT II

##### KINESIOLOGICAL BASIS

- Axis and Planes
- Anatomical standing position
- Kinesiological Fundamental Movements.
- Center of gravity, Line of gravity

#### UNIT III

##### MECHANICAL CONCEPTS

- Motion: definition and its types
- Newton's Laws of Motion
- Force: meaning, definition, types and its application to sports activities.
- Friction: meaning, definition and its types.

#### UNIT IV

##### KINEMATICS AND KINETICS

- Linear Kinematics:
  - Distance
  - Displacement
  - Speed
  - Velocity
  - Acceleration
- Linear Kinetics: Mass, Force, Weight, Work, Momentum and Pressure
- Equilibrium: meaning and definition.
- Levers: meaning, definition, types and its application to human body.

# SEMESTER V

## POSTURE, ATHLETIC CARE AND REHABILITATION

PAPER : III

### UNIT I

#### POSTURE

- Meaning and definition of Posture
- Importance of good Posture.
- Causes and Drawbacks of bad posture on our body.
- Postural Deformities - Causes and Remedial Exercise (Kyphosis, Scoliosis, Lordosis, Knock Knees, Bow Legs, Flat Foot)

### UNIT II

#### SPORTS INJURIES

- Meaning of Sports Injuries.
- Common Sports Injuries and their first aid
- Factors causing sports injuries.
- Preventions and treatment of Sports Injuries.

### UNIT III

#### FIRST AID AND REHABILITATION

- Meaning and definition of First Aid, Importance of First Aid .
- Principles of First aid, Qualities of first Aider.
- Meaning and definition of Rehabilitation.
- Need and Scope of Rehabilitation.

### UNIT IV

#### THERAPEUTIC EXERCISES AND MASSAGE

- Definition and classification of therapeutic exercises (Active and Passive)
- Importance of Therapeutic Exercises.
- Effects and uses of the therapeutic modalities in
  - Cold therapy
  - Hot therapy

- Contrast Bath
- Wax therapy
- Infra red lamp
- Definition and classification of massage  
(Effleurage, Kneading, Petrissage, Friction, Stroking, Percussion, Vibration, Shaking)

Q.

SEMESTER VI

STATISTICS AND COMPUTER APPLICATION IN PHYSICAL EDUCATION

PAPER : I/ST

UNIT I

STATISTICS

- Meaning, definition, need and importance of Statistics.
- Class- Intervals: data, raw score, range, continuous and discrete series.
- Frequency tables: meaning, construction and uses.
- Graphical representation of Data: meaning, uses and techniques.

UNIT II

CENTRAL TENDENCY

- Measures of Central Tendency: meaning and uses.
- Calculation from frequency tables.(Mean, median and mode)
  - Ungrouped data
  - Grouped data
- Percentiles: meaning and uses.
- Calculation of Percentile.

UNIT III

INTRODUCTION TO COMPUTERS

- Meaning, definition and types of computers
- Need and importance of computers in Physical Education.
- Components of computer and input and output devices.
- MS- Office

UNIT IV

NETWORK AND INTERNET

- Network: Meaning, uses and types of network
- Internet: Meaning, and its uses
- World Wide Web(www), Browsing and Website
- Email and its importance.

*Handwritten signature and date: 23/4/18*

SEMESTER VI

YOGIC SCIENCE IN PHYSICAL EDUCATION

PAPER: *II*

Max. Marks 100

15

UNIT I

INTRODUCTION

- History of Yoga, meaning and definition.
- Aim and Objectives of Yoga.
- Need and Scope of Yoga.
- Importance and benefits of Yoga in modern era.

UNIT II

ASANAS

- Meaning, definition and scope of Asanas.
- Need and importance of Asanas.
- Principles and characteristics of Asanas.
- Effects of Asanas on various systems of the body

UNIT III

PRANAYAMA

- Meaning and definition of Pranayama.
- Principles and importance of Pranayama.
- Types of Pranayama.
- Effects of Asanas and Pranayama on the various systems of the body.

UNIT IV

YOGA EDUCATION

- Importance and Characteristics Yogi
- Meaning of Yogic therapy
- Need and Importance of Yogic Therapy
- Difference between Yogic Practices and Physical Exercises.

*Paper III*

PRACTICAL EXAMINATION SYLLABUS

**SPECIALIZATION IN ANY MAJOR GAME (ATHLETICS (TRACK AND FIELD), TEAM OR INDIVIDUAL GAME) OPTED IN 2ND OR 4TH SEMESTER**

### BA FIRST SEMESTER (ODD SEMESTER)

PAPER	PAPER TITLE	MARKS	INTERNAL ASSESSMENT MARKS	TOTAL MARKS	PAPER CONSIST OF 4 UNIT AND 4 CREDIT	LECTURE /CREDIT (IN HOURS)	TOTAL HOURS OF TEACHING /PAPER
	THEORY PAPER 1 (MULTIPLE QUESTIONS AT OMR SHEETS)	80	20	100	4	10	40
	THEORY PAPER 2 (MULTIPLE QUESTION AT OMR SHEET)	80	20	100	4	10	40

### BA SECOND SEMESTER (EVEN SEMESTER)

	THEORY PAPER 3	80	20	100	4	10	40
	PRACTICAL	50+50		100			AS PER OUTDOOR AND INDOOR FACILITIES

### BA THIRDSSEMESTER (ODD SEMESTER)

	THEORY PAPER 4 (MULTIPLE QUESTION AT OMR SHEETS)	80	20	100	4	10	40
	THEORY PAPER 5 (MULTIPLE QUESTIONS AT OMR SHEETS)	80	20	100	4	10	40



**BA FOURTH SEMESTER (EVEN SEMESTER)**

THEORY PAPER 6	80	20	100	4	10	40
PRACTICAL	50 + 50		100			AS PER INDOOR AND OUTDOOR FACILITIES

**BA FIFTH SEMESTER (ODD SEMESTER)**

THEORY PAPER 7 (MULTIPLE QUESTIONS AT OMR SHEETS )	80	20	100	4	10	40
THEORY PAPER 8 (MULTIPLE QUESTIONS AT OMR SHEETS )	80	20	100	4	10	40
THEORY PAPER 9 (MULTIPLE QUESTIONS AT OMR SHEETS )	80	20	100	4	10	40

**BA SIXTH SEMESTER (EVEN SEMESTER )**

THEORY PAPER 10	80	20	100	4	10	40
THEORY PAPER 11	80	20	100	4	10	40
PRACTICAL	100		100			AS PER INDOOR AND OUTDOOR FACILITIES