

NEP STRUCTURES SYLLABUS

For

B.A. 08 Semester (04 Years)



Department of Physical Education

University of Lucknow

Lucknow

PROGRAMME OUTCOMES

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

FRAMEWORK

If P-1, P-2, P-3..... P-20 are courses taught in major subjects and Q-1, Q-2, Q-3 and Q-4 are courses taught in Minor subject, then the proposed structure of UG programmes in NEP at the University of Lucknow, would be as follows:

Ye ar	Sem	Major A (Subject 1)		Major B (Subject 2)		Minor (Subject 3)	CC/VC			Total Credi ts	Degree	
		Courses	Credit s	Cour ses	Cre dits	Courses	Credi ts	Courses	Credit s			
1	Sem 1	P-1 (FOUNDATIONS OF PHYSICAL EDUCATION)	4	P-1	4	Q-1 (OLYMPIC EDUCATION)	2	CC-1 (ESSENTIALS OF PHYSICAL EDUCATION)	2	20	CERTIFICATE	
		P-2 (HISTORICAL DEVELOPMENT OF PHYSICAL EDUCATION)	4	P-2	4							
	Sem 2	P-3 (ANATOMY AND PHYSIOLOGY IN PHYSICAL EDUCATION)	4	P-3	4	Q-2 (HEALTH AWARENESS AND GENERAL FITNESS)	2	VC-1 (CRICKET)	2	20		
		P-4 Practical (Track And Field))	4	P-4	4							
2	Sem 3	P-5 (FITNESS, WELLNESS AND LIFESTYLE)	4	P-5	4	Q-3 (PHYSICAL GROWTH & DEVELOPMENT)	2	CC-2 (SCIENTIFIC BASIS OF PHYSICAL EDUCATION)	2	20	DIPLOMA	
		P-6 (HEALTH EDUCATION)	4	P-6	4							
	Sem 4	P-7 (PSYCHOLOGICAL FOUNDATION OF PHYSICAL EDUCATION)	4	P-7	4	Q-4 (ADVENTURE SPORTS)	2	VC-2 (KABADDI)	2	20		
		P-8 PRACTICAL(ONE INDIVIDUAL & TEAM GAME)	4	P-8	4							
3	Sem 5	P-9 (SPORTS ORGANIZATION AND MANAGEMENT)	4	P-9	4			Internship/ Term Paper/ Minor Project in Major A (to be decided by student in semester 5)	4	20	GRADUATION DEGREE	
		P-10(KINESIOLOGY AND BIOMECHANICS IN PHYSICAL EDUCATION)	4	P-10	4							
	Sem 6	P-11 (SPORTS INJURIES AND REHABILITATION)	4	P-11	4							20
		P-12 (GUIDANCE AND COUSELLING IN PHYSICAL EDUCATION)	4	P-12	4							
		P-13A (YOGIC SCIENCE) / P-13B(SPORTS INJURIES) / P-13C (GYM STRUCTURE)	4									
4	Sem 7	P-14 (SPORTS ENGINEERING)	4							20	GRADUATION HHONOURS RESEARCH	
		P-15 (COACHING AND OFFICIATING IN PHYSICAL EDUCATION)	4									
		P-16 (SPORTS TRAINING)	4									
		P-17 (TEST AND MEASUREMENT)	4									
		P-18A (ENVIRONMENT STUDIES IN PHYSICAL EDUCATION)/ P-18B(COMPUTER APPLICATION IN PHYSICAL EDUCATION)/ P-18 C (ADAPTED PHYSICAL EDUCATION)	4									
	Sem 8	P-19 (Research Methodology)	4					Major Research Project or Dissertation	12	20		
		P-20 (Term Paper)	4									
	Rastra Gaurav (Compulsory Non credited) **											
	Total Credits										160	

Note:

*Students will study courses P-13 to P-20 in the subject that they chose to continue in year 4.

**All students will have to pass the Rashtra Gaurav for obtaining certificate, diploma, undergraduate degree or undergraduate honours degree with research, only once.

CC: Co-curricular Course: VC: Vocational Course

**SEMESTER I (1ST
YEAR)**
FOUNDATIONS OF PHYSICAL EDUCATION

(P1)

Credit: 04

Course

Outcome:

- ☐ Know the origin and development of Physical Education
- ☐ The physical education is very wide concept and this subject teaches about introduction and Sociological concept of Physical Education.
- ☐ Analyze the concepts and issues pertaining to Physical Education.
- ☐ Formulate the principles, philosophy and concepts about Physical Education

UNIT-I

Introduction

- Meaning, definition and concept of Physical Education.
- Aim and objective of Physical Education
- Need, importance and scope of Physical Education in Modern era.
- Misconception of Physical Education

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

References:

Text Books

Bucher, C. A. (n.d.) *Foundation of physical education*. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education. Mohan, V. M. (1969). *Principles of physical education*. Delhi: Metropolitan Book Dep.

Nixon, E. E. & Cozen, F.W. (1969). *An introduction to physical education*. Philadelphia: Sharman, J. R. (1964). *Introduction to physical education*. New York: A.S. Barnes & Co. William, J. F. (1964). *The principles of physical education*. Philadelphia: W.B. Saunders Co. **Suggested Reading**

W.B. Saunders Co. Obertuffer, (1970). *Delbert physical education*. New York: Harper & Brothers Publisher.

Related Sports Journals International & National Journals International review of sports.

Web References:

- www.healthatoz.com
- www.kidsdoctor.com
- Encyclopedias

SEMESTER I (1ST YEAR)
HISTORICAL DEVELOPMENT OF PHYSICAL EDUCATION

(P2)

Credit: 04

Course

Outcome

- Apply the knowledge of Olympic in organizing various sport activities.
- Distinguish the functional operations on National and International Olympic Federations.
- Analyze the concepts and issues pertaining to Physical Education.
- Formulate the principles, philosophy and concepts about Physical Education

UNIT I

HISTORY OF PHYSICAL EDUCATION

- 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 II

OLYMPIC GAMES

- Ancient Olympic Games
- Summer Olympic Games
- Winter Olympic Games
- Para and Youth Olympic Games

UNIT III

GLORIOUS GAMES

- Asian Games.
- Commonwealth Games.
- Afro Asian Games
- Khelo India Games

UNIT IV

FUNCTIONS AND OBJECTIVES OF THE FOLLOWING

- NSNIS and SAI
- International Olympic committee. (IOC)
- Indian Olympic committee. (IOA)

- Awards: Arjun Award, Dronacharya Award and Major Dhyan Chand Khel Ratna Award,
- UP State Awards : Laxman Awards & Rani Laxmi Bai Award

References:

Text Books:

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.

Suggested Reading

Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education. Mohan, V. M. (1969). *Principles of physical education*. Delhi: Metropolitan Book Dep.

Nixon, E. E. & Cozen, F.W. (1969). *An introduction to physical education*. Philadelphia: W.B. Saunders Co.

Obertuffer, (1970). *Delbert physical education*. New York: Harper & Brothers Publisher.

Sharman, J.R. (1964).

Related Sports Journals International & National

JournalsEuropean physical education review.

Web References:

- www.sportsline.com
- www.nbcsports.com
- Encyclopedias

Semester- I (1st Year)

Co-Curricular

ESSENTIALS OF PHYSICAL EDUCATION

Credit: 02

CC-1

Course outcomes:

- *To know the origin and development of physical education and sports.*
- *Actively consider others to build connections, establish values or accomplish shared goals.*
- *Utilizing ideas strengths, knowledge and abilities to foster an inclusive environment.*
- *Develop and sustain healthy and meaningful relationships with others.*

UNIT-I

- Meaning and Definition of Physical Education
- Need and Importance of Physical Education
- Scope of Physical Education
- Misconception about Physical Education

UNIT-II

- Basic Concept of Games and Sports
- Basic Concept of Individual Sports, Team Sports and combat Sports
- Basic Concept of Indigenous Game
- Basic Concept of Minor and Major Game

UNIT-III

- Role of Physical Activities in growth and development of an individual
- Age and Sex differences in relation to physical activities and sports
- Meaning, definition and importance of Recreation
- Recreation in communities

UNIT-IV

- Meaning, definition, importance and types of Warming Up
- Meaning, definition, importance of Conditioning
- Meaning of Physical Fitness and factor affecting it
- Intramural and Extramural (Merits and demerits)

SEMESTER I (1ST YEAR)

OLYMPIC EDUCATION

CREDIT- 02

Q-01

UNIT-I

History of ancient Olympic games
History of modern Olympic games
Role of Olympic movement

UNIT-II

Aims and symbols of the Olympic movement The
International Olympic Committee (IOC)
The international bid process for selecting sites for the games
Participation in Olympic games

UNIT-III

Indian Olympic association & their role in promotion sports Olympic
museum
Para Olympic games Winter
Olympic games

UNIT-IV

Sports for all:-Culture, Olympism, winning, participation and universality of the games.
Awareness of Drug abuse and doping.
Role of WADA to control doping in sports.

SUGGESTED BOOKS:

Singh, M.K., Indian Women and Sports, Rawat Publication, 1991.
Toropove, Brandon., The Olympic for Beginners, 2008.
Wallechineley, Davi, The Complete Book of the Olympic, 1992.

Suggested Readings:

Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000 Osbome,
Manpope, Ancient Greece and the Olympic, 2004.
Oxlade, chris., Olympic, 199980

**SEMESTRE II (1ST
YEAR)**
ANATOMY AND PHYSIOLOGY IN PHYSICAL EDUCATION

(P3)

Credit:

04

Course outcomes:

- Students can be able to understand human structure and function as well as effects of exercise on various human body systems.
- Apply the knowledge in the field of physical education and movement activity.
- Analyze the practical knowledge during the practical situation.
- Remember and recall the definition of physiology and co-relate the principles of physiology.
- Appraise the effects during the training and practical sessions

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.

References:**Text Books**

Gupta, A. P. (2010). *Anatomy and physiology*. Agra: Sumit Prakashan.
Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science*. Delhi: Swaran Printing Press.
Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9th edition. Philadelphia: W.B. Saunders.
Karpovich, P. V. (n.d.). *Philosophy of muscular activity*. London: W.B. Saunders Co.
Shaver, Lary G., *Essentials of exercise physiology*. Delhi: Surjeet Publication.

Suggested References:

Moorthy, A. M. (2014). *Anatomy physiology and health education*. Karaikudi: Madalayam Publications

Related Sports Journals International & National
Journals
Journal of Applied Physiology

Web References:

- ☐ www.sportingnews.com
- ☐ www.khanacademy.org
- ☐ Encyclopedias

**SEMESTER II (1ST
YEAR) PAPER IV
Practical (Track And Field)**

P-4

Credit: 04

Course

outcomes:

- Learn about the essentials of the track and fields
- Exposed to techniques of track and field's events.
- Oriented to some of the preliminary differences races, jumping and throwing fundamental skills

TRACK EVENTS: - Types of different races (fundamental skills)

FIELD EVENTS: - Jumping & throwing events (fundamental skills)

NOTE: PRACTICAL CONSISTS OF :-

- PRACTICAL FILE
- SKILL TEST
- VIVA- VOCE

SEMESTRE II (1ST YEAR)

HEALTH AWARENESS AND GENERAL FITNESS

CREDIT-02

Q-2

Unit- I

Introduction of Health awareness

Definition & Methods of fitness:

Health club

Aerobics

Cycling

Jogging

Benefits of exercises on body fitness

Unit- II

Fitness potential for popular sports

Fitness activities

Role of parents for individual/ community Health.

Unit-III

Prevention and awareness of diseases through fitness. Diet description.

Exercise description.

Description in modern life style changes.

Unit-IV

Weight management

Role of exercises in Diabetes.

Ageing and Physical exercise.

Test, measurements & evaluation of fitness components agility, balance, speed & flexibility

SUGGESTED BOOKS:

Driskell JA and Wolinsky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla. Greenberg JS Diutriman GB and Oakes BM (2004).

Physical Fitness and Wellness: Changing the mway you ok, feel and perform. Human Kinetics. Champaign. IL.

Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth

SEMESTRE II (1ST YEAR)
VOCATIONAL COURSE
CRICKET

(VC-1)

Credit 02

UNIT-I

- Origin & developmental aspects of Cricket at global level
- Development of Cricket in India Pre & post-independence
- Facilities & Equipment's

UNIT-II

- Marking of playground
- Measurements/ dimensions of Cricket apparatus
- Governing bodies at National & International level

UNIT-III

- Rules and Regulations
- Duties of Officials in respect of rules and regulations
- Recognized Tournaments at National & International level

UNIT-IV

- Defensive skills
- Offensive skills
- Sports skill tests
- Officiating in Cricket

SUGGESTED BOOKS

Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. New Delhi. Bhalla Ajay (2001)cricket Kitab Ghar New Delhi

Cricket (2008). Sports Skills: Cricket Fielding (Know the Game). A & C Black Publishers. Thani

V. (1998). Coaching Cricket. Khel Sahitya Kendra. New Delhi.

YMCA rule book of games and sports

Pant N.C. (1996) Wills world cup cricket 1996 kitab ghar New Delhi

**SEMESTER III (2ND
YEAR)**
FITNESS, WELLNESS AND LIFESTYLE

(P5)

Credit: 04

Course

outcomes:

- Explain the contemporary issues and to pertaining to the physical activity and health field.
- Demonstrate an understanding of the physiological benefits of movement, physical activity and wellness.
- Participate in movement and wellness activities.
- Evaluate and apply fitness and wellness concepts to individual lifestyle.

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 behavioral modifications.

UNIT IV

LIFESTYLE

- Meaning, definition of Lifestyle
- Importance of healthy lifestyle

- Role of physical activity in maintaining in healthy lifestyle
- Factor affecting lifestyle

References:

Text Books:

Difiore, J.(1998). *Complete guide to postnatal fitness*. London: A & C Black.

Giam, C.K &The, K.C. (1994). *Sport medicine exercise and fitness*.

Singapore: P.G. Medical Book. McGlynn, G., (1993). *Dynamics of fitness*.

Madison: W.C.B Brown.

Suggested References:

Sharkey, B. J. (1990). *Physiology of fitness*, Human Kinetics

Book.Related Sports Journals International & National

Journals

Journal of Sports

Science.**Web**

References:

www.academicearth.org

www.coursera.com

Encyclopedias

**SEMESTER III (2ND
YEAR)
HEALTH EDUCATION**

(P6)

Credit: 04

Course

outcomes:

1. Identify the factors influencing the multidimensional aspects of the health of all populations.
2. It is introduce a general concept of good health and wellness
3. Appraise the effects of health condition during the training and practical sessions
4. This program will also help a student to promote healthy way of living and they will also be able to make fitness and health plan.

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.

References:**Text Books:**

Nemir, A. (N.D.). The school health education. New York:Harber and Brothers.
Odum, E.P.(1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co. . London:
Faber & Faber Ltd. Sharma, R. D. (1979). *Health and physical education*, Gupta
Prakashan.

Suggested Reference:

Singh, S. (1979).*Anatomy of physiology and health education*.Ropar: Jeet Publication

Related Sports Journals International & National Journals

Exercise and Sport Sciences

Reviews.**Web References:**

www.edx.org

www.open2study.com

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

Encyclopedias

SEMESTER III (2nd YEAR)

PHYSICAL GROWTH & DEVELOPMENT

CREDIT- 02

(Q-3)

Unit-I Introduction

Meaning and definitions of growth and development.

Difference between the process of growth and development.

Factors affecting growth and development.

Unit-II Physical growth

Methods of studying physical growth-general pattern of growth in tissue and system. General differences in male and female pattern of growth and development. Individual differences.

Unit-III Developmental growth

Changes in physiological development in adolescent

Distance and velocity curves of physical growth.

Maturing pattern of growth and development.

Unit-IV Psychological growth

Cognitive (mental) growth, emotional development,

Psychological growth and development.

Relationship between growth and emotional development.

Suggested Readings:

Dagar R.K.S. (2007) Sharirik siksha mein samanya vigyan friends publication, New Delhi
ICMR (1989). Growth and Physical Development of Indian Infants and Children. Indian Council of Medical Research. New Delhi.

Kansal DK (2008). Textbook of Applied Measurement Evaluation and Sports Selection. Sports and Spiritual Science Publications.

New Delhi 61

Semester- III (2nd YEAR)
Co-Curricular
SCIENTIFIC BASIS OF PHYSICAL EDUCATION

Credit: 02

CC-2

UNIT I

- Concept of Sports Sociology & Role of Sports in Socialization
- Games & Sports as Cultural heritage of mankind.
- Meaning definition & importance of Sports Psychology.
- Role of Motivation & Personality in Sports.

UNIT II

- Concept of Kinesiology, meaning & definition of Kinesiology.
- Role of Kinesiology in Physical Education & Sports
- Kinesiological Fundamental movements
- Posture: Value of good Posture , Causes of bad Posture

UNIT III

- Meaning & Definition of First Aid & its importance.
- Principles of First Aid & Qualities of First Aider.
- Common Sports Injuries & causes of Sports Injuries.
- Prevention and Treatment of common sports injuries.

UNIT IV

- Teaching Aids & Teaching Methods in Physical education.
- Meaning & Importance of Management
- Principles of Management
- Class Management: Meaning & types

**SEMESTER IV (2ND
YEAR)**
PSYCHOLOGICAL FOUNDATION OF PHYSICAL EDUCATION

(P7)

Credit:

04

Course outcomes:

- Explain group mechanisms and group psychology in a sports context
- Reflect upon motivational psychology as applied to sports activities
- Formulate relevant constructs of exercise psychology
- Enhances self-concepts, self-esteem, self-efficacy, and self-confidence.

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.

References:**Text Books:**

Gupta, A. P. (2010). *Anatomy and physiology*. Agra: Sumit Prakashan.

Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science*. Delhi:

Swaran Printing Press. Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9th edition. Philadelphia: W.B.

Saunders.

Suggested Reference:

Moorthy, A. M. (2014). *Anatomy physiology and health education*. Karaikudi:

Madalayam Publications.

Related Sports Journals International & National

Journals Americal journal Sports Medicine

Web References:

www.academicjournal.org

www.Cadeacademy.org

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

Encyclopedias

**SEMESTER IV (2ND
YEAR)
ONE INDIVIDUAL GAME
PRACTICAL**

(P8)

Credit: 04

Course

outcomes:

Learn about the essentials team and individual game practices.

Exposed to skills, techniques and tactics difference games skill individual and team game.

INDIVIDUAL GAMES

1. Aquatics
2. Badminton
3. Lawn Tennis
5. Hockey
6. Judo
7. Gymnastic
8. Wrestling
9. Yoga
- 10 Weight Lifting

TEAM GAMES

1. Cricket
2. Football
3. Kabaddi
4. Handball
5. Basketball
6. Netball
7. Baseball
8. Netball
9. Volleyball
10. Softball

Note- Opt any one from individual and team game for practical.

NOTE: PRACTICAL CONSISTS OF :-

- PRACTICAL FILE
- SKILL TEST
- VIVA- VOCE

SEMESTER-IV (2nd Year)

ADVENTURE SPORTS

Q-4

CREDIT-02

Unit – I

Introduction of Adventure
Sports History of Adventure
Sports Types of Adventure
Sports

Unit – II

Adventure Sports at global level
Scope of Adventure Sports in India
Need and Importance of Adventure Sports

Unit – III

Role of Indian government in promotion of Adventure
Sports Role of SAI in promotion of Adventure Sports
Role of Associations and Federations in promotion of Adventure
Sports Role of Uttarakhand Government for promoting Adventure
Sports
Role of Local Bodies for promoting Adventure Sports

Unit – IV

Equipments required for adventure
sports Precautions during adventure
sports
First aid required for adventure sports
Rehabilitation required for adventure
sports

Suggested Reading:

Dougherty NJ et al (2002) Sport, Physical Activity and the Law. Sagamore Pub. Champaign.
IL. Driskell JA and Wolinsky I (2002).
Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla.
Greenberg JS Diutriman GB and Oakes BM (2004).
Physical Fitness and Wellness: Changing the mway you ok, feel and perform. Human Kinetics.
Champaign. IL.
Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth

SEMESTER-IV (2nd Year)
VOCATIONAL COURSE
KABADDI

VC-02

CREDIT-02

UNIT-I

Origin & developmental aspects of Kabaddi at global level
Development of Kabaddi in India
Modern trends and developments in Kabaddi.
Organization of Kabaddi.

UNIT-II

Marking
Measurements/ dimensions
Selection of a team.
Conduct of a camp.

UNIT-III

Conduct of a tournament.
Rules, regulations and their Interpretations
Latest Rules
Duties of Officials

UNIT-IV

Warming up: - General & Specific
Specific conditioning programme for Kabaddi
Basic skills- offensive & defensive.
Classification of Techniques

Suggested Readings :

Deshmukh Anil A, Kabaddi, (2020) Sports Publication, New Delhi

1. ["Kabaddi: The origin, history and evolution of the sport". sportsadda.com. 12 April 2021. Retrieved 27 January 2022.](#)
2. ^ [Jump up to:](#)^{a b c d e} Sudevan, Praveen (27 October 2022). ["How Pro Kabaddi made kabaddi the most-watched sport in India after cricket". The Hindu. ISSN 0971-751X. Retrieved 5 December 2023.](#)
3. ^ ["Bangladesh". Olympic Council of Asia.](#)
4. ^ ["The rise and rise of kabaddi, an ancient Indian sport". The Economist. 6 October 2022. ISSN 0013-0613. Retrieved 5 December 2023.](#)
5. ^ siddharth (31 December 2016). ["Kabaddi Introduction, Rules, Information, History & Competitions". Sportycious. Retrieved 28 January 2020.](#)
6. ^ [Jump up to:](#)^{a b} ["Kabaddi | Kabbadi Rules | How to play Kabbadi | Kabbadi Players | YoGems". 29 June 2020. Retrieved 24 January 2021.](#)
7. ^ ["The dummies guide to Pro Kabaddi". NZ Herald. 14 February 2024.](#)

**SEMESTER V (3RD
YEAR)**
SPORTS ORGANIZATION AND MANAGEMENT

(P9)

Credit: 04

Course

outcomes:

- Know sports management and employ principles of strategic planning, and financial and humanresource management.
- Assess marketing needs and formulate short term and long term solutions.
- Develop critical thinking in analyzing sport management issues and in managerial planning anddecision making.
- Able to organize recreational camp and activities.

UNIT I

SPORTS MANAGEMENT

- Meaning and definition of Sports Management
- Aim and objective of Sports Management
- Nature and scope Sports Management
- Principles of Sports Management

UNIT II

CLASS MANAGEMENT AND TEACHING METHODS

- Meaning and concepts of Class Management
- Types and factor affecting Class Management
- Command and formations: meaning and types
- Teaching Methods (meaning, types, aids and factor affecting)

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 Organization
- Meaning of Intramural and Extramural Competition.
- Types of Tournament and its Organization structure knock-out, league, combination andchallenging tournament
- Methods of promoting Physical Education(Demonstration,Exhibition,Camping,Play Day)

REFERENCES:

Text Books:

Ashton, D. (1968). *Administration of physical education for women*. New York: The Ronald Press Co.

Bucher, C.A. *Administration of physical education and athletic programme*. 7th Edition, St. Louis: The

Mosby Co. Daughtrey, G. & Woods, J.B. (1976). *Physical education and intramural programmes, organization and administration*. Philadelphia U.S.A: W.B. Saunders Co.

Suggested References:

Earl, F. Z. & Gary, W. B. (1963). *Management competency development in sports and physical education*. Philadelphia: W. Lea and Febiger.

Related Sports Journals International & National

Journals Sports Management Review

Web References:

Youtube.com/education

www.bookboon.com

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

Encyclopedias

**SEMESTER V (3RD
YEAR)**
KINESIOLOGY AND BIOMECHANICS IN PHYSICAL EDUCATION
(P10)

Credit: 04

Course

outcomes:

- Identify biomechanical, health, physiological, and psychological limitations to and interventions for improving physical performance.
- Analyze and explain the mechanisms underlying biomechanical, physiological, and psychological changes that occur during acute and chronic exercise.
- Develop physical conditioning programs based on scientific principles designed to develop physical fitness and improve athletic performance
- Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.
- Know effectiveness of human movement using mechanical principles.

UNIT I

INTRODUCTION TO KINESIOLOGY

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

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.

Reference:**Text Books:**

Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood Cliffs, N.J.: Prentice Hall Inc. Hay, J. G. & Reid, J. G. (1982). *The anatomical and mechanical basis of human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.

Hay, J. G. & Reid, J. G. (1988). *Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.

Suggested References:

Hay, J. G. (1970). *The biomechanics of sports techniques*. Englewood Cliffs, N.J.: PrenticeHall, Inc.

Simonian, C. (1911). *Fundamentals of sport biomechanics*. Englewood Cliffs, N.J.: PrenticeHall Inc.

Related Sports Journals International & National

Journals Journal of Sports Science

Web References:

- <http://ebookey.org>
- www.obooko.com
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Encyclopedias

SEMESTER VI
(3RD YEAR)
SPORTS INJURIES AND REHABILITATION

(P-11)

Credit: 04

Course

outcomes:

- Students can be able to understand Athletic Injuries and Athletic Care and Rehabilitation.
- To understand the proper preparation prior to performance to reduce the chance of injuries
- To understand how to recover more quickly from intense exercise.
- Offer Hands on Knowledge in sports Technology

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, definition and Importance of First Aids.
- 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
- Definition and classification of massage
(Effleurage, Kneading, Petrissage, Friction, Stroking, Percussion, Vibration, Shaking)

References:**Text Books:**

Giam, C.K & The, K.C. (1994). *Sport medicine exercise and fitness*. Singapore: P.G. Medical Book. Khanna, G.L., (1990). *Exercise physiology & sports medicine*. Delhi: Lucky Enterprises. Mathew, D.K. & Fox, E.L, (1971). *Physiological basis of physical education and athletics*. Philadelphia: W.B. Saunders

Co.Suggested References:

Pandey, P.K., (1987). *Outline of sports medicine*, New Delhi: J.P. Brothers Pub. Williams, J. G. P. (1962). *Sports medicine*. London: Edward Arnold Ltd. Related Sports Journals International & National Journals European Journal of Sports Science

Web References:

- www.essays.se
- <http://freecomputerbooks.com>
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Encyclopedias

SEMESTER VI
(3rd YEAR)
GUIDANCE AND COUNSELLING IN PHYSICAL EDUCATION

(P- 12)

Credit: 04

Course

outcomes:

- Broader perspective, guidance is provided at all levels to human beings by one person to other.
- It assists the students in developing their physical & emotional stability.
- Its helps the individual to live a well balanced life.

Unit-I

GUIDANCE IN PHYSICAL EDUCATION

- Meaning and Definition of Guidance in physical education
- Need, importance and Scope of Guidance
- Principles of Guidance in Physical Education
- Barriers to understanding

Unit-II

GUIDANCE TECHNIQUES

- Individual and Group guidance,
- Organization of Guidance.
- Education Guidance: Nature, Pupil personnel work, pupil appraisal, role of teacher Job placement and Satisfaction.

Unit-III

COUNSELLING

- Its meaning and definition of counselling
- Basic principles of counselling
- Factors and Types of counselling
- Psychological growth of counselling

Unit-IV

COUNSELLING SKILLS

- Basic Counseling Skill: Observation Skills, Questioning, communication skills
- Interview Types, Techniques
- Criteria of effective counselling Evaluation of Counseling

References:

Text Books:

Baker, S.B. (1996), School counselling for the twenty-First Century. Englewood Cliffs, NJ: Prentice Hall

Cambell, C.A. and Dahir, C.A.(1997). Sharing the Vision: The National Standards for School Counseling Programs. Alexandria, VA: American School Counselor Association.

Suggested References:

Beal, a and McCay, E.(2001). Selecting School Counselors: What Administrations Should look for in Prospective Counselors. Clearing House, 74(5): 257-260

Related Sports Journals International & National

Journals Web References:

- www.academicjournal.org
- www.Cadeacademy.org
- Youtube.com/education
- Encyclopedias

SEMESTER VI (3RD YEAR)
YOGIC SCIENCE

(P13 -A)

Credit: 04

Course

outcomes:

- Understand the basic Concepts of Yoga
- Apply the principles of Yoga to live healthy and active life style.
- Promote the awareness of health through yoga
- Analyze the techniques and of body posture to bring out healthy change.
- Develop the knowledge through practice, participate and organize.

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 Pranayama on the various systems of the body.

UNIT IV

YOGA EDUCATION

- Meaning of Yogic Therapy
- Types of Yogic Therapy
- Need and Importance of Yogic Therapy
- Difference between Yogic Practices and Physical Exercises.

References:

Text Books:

Brown, F. Y. (2000). *How to use yoga*. Delhi: Sports Publication.

Gharote, M. L. & Ganguly, H. (1988). *Teaching methods for yogic*

practices. Lonawala: Kaixydamoe. Rajjan, S. M. (1985). *Yoga strengthening of relaxation for sports man*. New Delhi: Allied Publishers.

Shankar, G. (1998). *Holistic approach of yoga*. New Delhi: Aditya Publishers.

Shekar, Suggested References:

K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya

Kendra. Related Sports Journals International &

National Journals Bones and joints Journal of sports
medicine.

Web References:

- www.bookboon.com
- <http://ebookey.org>
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Encyclopedias

SEMESTER VI (3RD YEAR)

Sports Injuries

(P13 -B)

Credit: 04

Course

outcomes:

Course outcomes:

- *Learn the skill needed to assess the ill or injured person.*
- *Learn the skills to provide CPR to infants, children and adults.*
- *Learn the skills to handle emergency child birth*
- *Learn the Basic sex education help young people navigate thorny questions responsibly and with confidence.*
- *Learn the Basic sex education help youth to understand Sex is normal. It's a deep, powerful instinct at the core of our survival as a species. Sexual desire is a healthy drive.*
- *Help to understand natural changes of adolescence*

UNIT I

INTRODUCTION

Basic First Aid

- Aims of first aid & First aid and the law.
- Dealing with an emergency, Resuscitation (basic CPR).
- Recovery position, Initial top to toe assessment.
- Hand washing and Hygiene

UNIT II

First aid related with Nervous system and Unconsciousness

- Basics of the nervous system.
- Unconsciousness, Stroke, Fits – convulsions – seizures, Epilepsy.

First aid related with Gastrointestinal Tract

- Basics of The gastrointestinal system.
- Diarrhea, Food poisoning.

UNIT III

Basic Sex Education

- Overview, ground rules, and a pre-test
- Basics of Urinary system and Reproductive system.
- Male puberty — physical and emotional changes
- Female puberty — physical and emotional changes

UNIT IV

Mental Health and Psychological First Aid

- What is Mental Health First Aid?
- Mental Health Problems in the India
- The Mental Health First Aid Action Plan
- Understanding Depression and Anxiety Disorders

References:

- Indian First Aid Manual-<https://www.indianredcross.org/publications/FA-manual.pdf>
- Red Cross First Aid/CPR/AED Instructor Manual
- <https://mhfa.com.au/courses/public/types/youthedition4>
- Finkelhor, D. (2009). The prevention of childhood sexual abuse. Durham, NH: Crimes Against Children Research Center. www.unh.edu/ccrc/pdf/CV192.pdf
- Kantor L. & Levitz N. (2017). Parents' views on sex education in schools: How much do Democrats and Republicans agree? PLoS ONE, 12 (7): e0180250.
- Orenstein, P. (2016). Girls and sex: Navigating the complicated new landscape. New York, NY: Harper.
- Schwiegershausen, E. (2015, May 28). The Cut. www.thecut.com/2015/05/most-women-are-catcalled-before-they-turn-17.html
- Wiggins, G. & McTighe, J. (2008). Understanding by design. Alexandria, VA: ASCD.

SEMESTER VI (3RD YEAR)
GYM STRUCTURE

(P13 -C)

Unit – I

Health Club/ Gym Setup-

Introduction Basic guidelines

Funding/ Budget

Purpose- To whom- society, Institution, Professional & Personal

Unit – II

External Environment- Building Lay out and Area

Internal Environment- Critical Factors, Space, Floor, Sanitation, Heating and Ventilation, Lighting, Storage and Seating area for Spectators

Unit – III

Equipment care- Electronic

Equipment care-Station

equipment Equipment

Maintenance- Electronic

Equipment Maintenance-Station

equipment Special Care during Gym activities

Unit – IV

Various exercises on various equipment's.

Equipment's for warming up and cooling down Procedure of exercising.

Time table for exercising.

Precautions during exercising.

Suggested Readings:

Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000

Uppal, A.K., "Principles of sports training" Singh, Hardayal. "Sciences of Sports training", Cornwell. T.B, (2014).

Sponsorship in marketing: Effective communications through sports, arts and events. Routledge Publishers, USA

**SEMESTER VII (4TH
YEAR)**

SPORTS ENGINEERING

(P14)

Credit: 04

Course

outcomes:

- Sports engineering is application of engineering principles to solve problem in sports.
- In Sports engineering focus more on technical development.
- Demonstrate the capability of designing protective equipment.
- Human have use tools and technology to enhance then things we do.

Unit-I

Introduction

- Meaning and definition of sports engineering
- Technology of Sports Engineering
- Human motion detecting and recording,

Unit-II

Mechanics of engineering materials

- Meaning of mechanical engineering
- Concept of internal force, axial force, shear force
- Biomechanics of daily and common activities- Gait, posture, Body levers
- Sports Dynamics Introduction, meaning and definition of Sports dynamic,
- Newton's laws of Motion

Unit-III

Building and Maintenance

- Sports Infrastructure- Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out- door Stadium, Play Park,
- Academic Block, Administrative Block, Research Block \, library, Sports Hostels, etc. Require air ventilation, Day light, Lighting arrangement, Galleries, Store rooms, Office Toilet Blocks (M/F),
- Record and register maintenance.

Unit-IV

Facility life cycle costing

- Basics of theoretical analysis of cost,
- Total life cost concept
- Maintenance costs
- Energy cost.

Reference:

Text Books:

Englewood Cliffs, N.J.: prentice Hall Inc.

Hay, J. G. & Reid, J. G.(1988).*Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.:prentice Hall Inc.

Suggested References:

Hay, J. G. (1970).*The biomechanics of sports techniques*. Englewood Cliffs, N.J.:

Prentice Hall, Inc.Simonian, C.(1911).*Fundamentals of sport biomechanics*. Englewood

Cliffs, N.J.: Prentice Hall Inc Related Sports Journals International & National Journals

Web References:

- www.sparksnotes.com
- www.essays.se
- Encyclopedias

SEMESTER VII
(4th YEAR)
COACHING AND OFFICIATING IN PHYSICAL EDUCATION

(P-15)

CREDIT-04

Course outcomes:

- Able to understand the rules of the games and sports
- Able to give seeding and Heats in Track and Field. Combined Events.
- Continually improve own officiating skills, including mental skill requirement.
- Utilizes leadership and negotiation skills.

UNIT I

Introduction of officiating

- 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

UNIT 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

UNIT 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

UNIT IV

Qualities and qualifications of Coach and Official

- Qualities and qualification of coach and official
- General rules terminology, Trophies & Sports personalities of games and Sports:
Athletics (track & field)
Kho-kho, Kabaddi, Volleyball, Swimming
Badminton, Cricket, Basketball, Yoga, Judo, Wrestling
- Eligibility rules of inter school, intercollegiate and inter-university tournament

Reference Books:

Text Books:

Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall.
Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood cliffs N. J. Prentice Hall.
Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.

**SEMESTER VII (4TH
YEAR)
SPORTS TRAINING**

(P16)

Credit: 04

Course

outcomes:

- Understand training as performance based science
- Explain different means and methods of various training
- Prepare training schedule for various sports and games
- Appraise types of periodization for performance development
- Create various training facilities and plans for novice to advance performers

UNIT I

INTRODUCTION

- Meaning and definition of sports training
- Aim and objectives of sports training
- Characteristics of sports training
- Principles of sports training

UNIT II

TRAINING COMPONENT

- Strength
- Speed
- Endurance
- Flexibility
- Coordinative ability

UNIT III

TRAINING PROCESS

- Meaning and definition of training load
- Component types of training load
- Principles of training load, overload
- Technical and tactical training

UNIT IV

PLANNING OF TRAINING

- Periodization – meaning, definition and types
- Principles of Planning
- System of planning (micro, meso, macro cycle plan)

Reference:**Text Books:**

Bompa, T. O. & Haff, G. G. (2009). *Periodization: theory and methodology of training*, 5th ed. Champaign, IL: Human Kinetics.

Best, J.W. (1963). *Research in education*. U.S.A.: Prentice Hall.

Brown, L. E., & Ferrigno, V. A. (2005). Training for speed, agility and quickness, 2nd ed. Champaign, IL: Human Kinetics. Brown, L.E. & Miller, J., (2005). *How the training work*. In: Training Speed, Agility, and Quickness. Brown, L.E. & Ferrigno, V.A & Ferrigno, V.A., eds. Champaign, IL: Human Kinetics.

Carl, E. K., & Daniel, D. A. (1969) Modern principles of athletes training. St.

Louis: St. Louis's Mosby Company. Dick, W. F. (1980). *Sports training principles*. London: LepusBooks. Harre, D. (1982). *Principles of sports training*.

Berlin: Sporulated.

Suggested References:

Jensen, R. C. & Fisher, A.G. (1979). *Scientific basis of athletic conditioning*.

Philadelphia: Lea and Fibiger, 2nd Edn. Matvyew, L.P. (1981). *Fundamental of sports training*. Moscow: Progress Publishers.

Singh, H. (1984) *Sports training, general theory and methods*. Patiala: NSNIS. Uppal, A.K., (1999).

Sports Training. New Delhi: Friends Publication.

Related Sports Journals International & National Journals

Web References:

- <http://freecomputerbooks.com>
- Sportsillustrated.cnn.com
- Espn.go.com
- Encyclopedias

**SEMESTER VII (4TH
YEAR)
TEST AND MEASUREMENT**

(P-17)

Credit: 04

Course

outcomes:

- Understand the Test, Measurement and Evaluation in physical education, Health and Fitness.
- Know about the different types of test for different sports and games.
- Apply the tests in minor research areas.
- Analyze the performance and movements in the field of sports.
- Evaluate the battery test and others tests prescribed by the government efficiently.

UNIT I

Introduction

- Meaning and definition of test & measurement
- Meaning and definition evaluation in physical education
- Need and importance test and measurement & evaluation
- Principles of evaluation

UNIT II

Criteria classification of test

- Criteria of good test
- Scientific authenticity (reliability, objectivity & validity)
- Types and classification of test

UNIT III

Physical fitness test and measurement

- AAHPER test
- JCR test
- ANOVA test

UNIT IV

Sports Skill Test

- Lockhart and McPherson badminton test
- Johnson basketball test
- McDonald soccer test
- Brady volleyball test

References:

Text Books:

Bangsbo, J. (1994). *Fitness training in football: A scientific approach*. Bagsvaerd, Denmark: Ho+Storm.

Barrow, H. M., & Magee, R. (1997). *A practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.

Barrow, H.M. & Magee, R. (1997). *A Practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.

**SEMESTER VII (4TH
YEAR)**
ENVIRONMENT STUDIES IN PHYSICAL EDUCATION

P-18 A

Credit: 04

Course

outcomes:

- Understand core concepts and methods from ecological and physical science and their application in environment problem-solving.
- Appreciate the ethical, cross cultural and historical context of environmental issues and the links between human and nature system.
- Observes rules in games (local, indoor, outdoor) and other collective tasks.
- Appreciate concepts and methods from ecological and physical science and their application in environmental problem solving.

UNIT I

Introduction

- Meaning, Definition and Concept of environmental education
- Need, importance and scope of environment studies.
- Historical background of environment education
- Celebration of various days in relation with environment studies.

UNIT II

Resources

- Plastic recycling & prohibition of plastic bag/cover
- Role of school in environmental
- Conservation and sustainable development
- Water resources, food resources and Land resources

UNIT III

Pollution

- Definition, effects and control measures of
- Air pollution, water pollution, Soil pollution
- Noise pollution, thermal pollution
- Management of environment and Govt. policies, role of pollution control board

UNIT IV

Ecosystems

- Concept of an ecosystem
- Structure and function of an ecosystem
- Introduction, types, characteristic features, structure and function of the following ecosystem- forest, grassland, desert and aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)

References:

Text Books:

Agrawal, K.C. (2001). *Environmental biology*. Bikaner: Nidhi publishers Ltd.

Frank, H. & Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.

Suggested References:

Nemir, A. (N.D.). *The school health education*. New York: Harber and Brothers.

Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co

Related Sports Journals International & National Journals

**SEMESTER VII (4TH
YEAR)**
COMPUTER APPLICATION IN PHYSICAL EDUCATION

(P-18-B)

Credit: 04

Course

outcomes:

- Understand concept of information and communication technology in physical education field
- Analyze sporting data of various types via astute use of statistical packages.
- Practice mathematics, statistics, information technology in sport technology related problems.
- Offer Hands on Knowledge in information and communication Technology

UNIT I

Introduction to Computer

- Meaning, need and importance of Computer
- Application of Computer in physical Education
- Component of Computer, input and output device
- Application software used in Physical Education

UNIT I

MS Word

- Introduction to MS Word
- Creating, saving and opening a document
- Formatting Editing Features Drawing tables,
- Page setup, paragraph alignment, spelling and grammar check printing option, insert number, graph, footnote and notes.

UNIT 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

UNIT IV

Ms Power point

- Introduction to MS Power Point
- Creating, saving and opening a ppt, file
- Format and editing features slide show, design, inserting slide number
- Picture, graph, table.
- Preparation of power point presentations

References:

Text Books:

Irtegov, D. (2004). Operating system fundamentals. Firewall Media.

Marilyn, M.& Roberta, B., Computers *in your future*. 2nd edition, India: Prentice

Hall.Suggested References:

Milke, M. (2007). *Absolute beginner's guide to computer basics*. Pearson Education

Asia.Sinha, P. K. & Sinha, P. (N.D.). *Computer fundamentals*.4th edition, BPB

Publication.

Related Sports Journals International & National Journals

**SEMESTER VII (4TH
YEAR)
ADAPTED PHYSICAL EDUCATION**

Credit: 04

Course

outcomes:

(P-18-C)

- Providing a sense of accomplishment and confidence.
- Building strong muscles to safely support bones and joints.
- Improving neuromuscular development, which may have reaching consequences for both mental and physical abilities.
- Teaching teamwork and important social skills.

UNIT I

INTRODUCTION:

- Meaning and Definition.
- Aims and Objective.
- Need and Importance of Physical Education.
- Historical Review.

• UNIT II

Physical Disabilities:

- Causes.
- Functional Limitations.
- Characteristics.

• UNIT III

Mental Retardation:

- Causes.
- Characteristics.
- Functional Limitations.

• UNIT IV

Outdoor Activities:

- Outdoor program for the disabled.
- Rhythmic and Dance Activities.
- Aquatic activity program for disabled.
- Personality Development Program for Divyang

References:

Text Books:

Irtegov, D. (2004). Operating system fundamentals. Firewall Media.
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

References:

Guttmann, L. (1976) Textbook of Sport for the Disabled. Oxford: HM & M Publishers.
Related Sports Journals International & National Journals
Journal of Teaching in Physical Education

**SEMESTER VII (4TH
YEAR)
RESEARCH METHODOLOGY**

(P19)

Credit: 04

Course

outcomes:

- Identify the research problem in the field of physical Education and sports
- Understand and apply the basics of statistics in research.
- Organize the samples and sampling techniques which is relevant to the study.
- Learn to Prepare Questionnaire, write research report.

UNIT I

Introduction to Research

- Definition, needs and importance of Research in physical Education and Sports
- Scope of Research in Physical Education & sports
- Classification of Research
- Research Problem, Meaning of the term, location and criteria of Selection of Problem, formation of a Research problem, limitations and Delimitations

UNIT II

Survey of Related Literature

- Need for surveying related literature
- Literature Source, Library Reading
- Research Proposal, Meaning and Signification of Research Proposal
- Preparation of Research Proposal/project.

UNIT III

Basics of Statistical Analysis

- Statistics: Meaning, Definition, Nature and Importance
- Class Intervals: Class Distribution, construction of Tables
- Graphical presentation of class Distribution: Histogram, Frequency Polygon, Frequency table, Frequency curve, Cumulative Frequency polygon,
- Pie Diagram

UNIT IV

Statistical Models in Physical Education

- Measures of Centre Tendency: Mean, Median and Mode-Meaning, Definition, Importance, advantages, Disadvantage and Calculation from Group and Ungrouped data
- Measures of Variability: Meaning, importance, computing from Group and Ungroup data
- Percentiles of quartiles: Meaning, importance, computing from group and ungroup data

References:**Text Books:**

Clark, H. H., & Clark, D. H. (1975). *Research process in physical education*.

Englewoodcliffs, New Jersey: Prentice Hall, Inc.

Garrett, H.E. (1981). *Statistics in psychology and education*. New York: VakilsFeffer and Simon Ltd.

Oyster, C. K., Hanten, W. P., &L. Lorens, L. A. (1987)*Introduction to research: Aguide for thehealth science professional*. Landon: J.B. Lippincott Company.

Thomas, J.R., & Nelson J.K. (2005).*Research method in physical activity*. U.S.A: Champaign, IL: Human Kinetics Books.

Suggested References:

Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). *Research method in physical activity*.U.S.A: Champaign, IL: Human Kinetics Books.

Verma, J. P. (2000). *A text book on sports statistics*. Gwalior: Venus Publications.

Related Sports Journals International & National Journals

Qualitative Research in Sports, Exercise and Health

Web References:

- www.open2study.com
- www.academicjournal.org
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Encyclopedias

SEMESTER VIII (4TH YEAR)
TERM PAPER

(P20)

Credit: 04

Note:-

Students have to select any of the following category as per their choice/interest/expertise for term paper:

Category A- Popular Games

Category B- Traditional Games

Category C- Contemporary Games

SEMESTER VIII (4TH YEAR)
MAJOR RESEARCH PROJECT OR
DISSERTATION

Credit: 12

Course
outcomes:

- Develop outcome should describe what you want to happen after your activity completed.
- Area after the training of completed but further into the future
- Specific measureable statements that you know when you reached your goals

Proposed Guidelines for Dissertation

- "Talent Identification process in sports"
- "Identification of sports Event organizing Agencies in your city"
- "Survey of sports equipment's manufacturing industries in your city"
- "Survey of fitness training providing agencies in your city"
- "Survey of sports facilities and infrastructure installing Agencies in your city"
- "Survey of yoga and wellness Center in your city"
- "Survey of sports authority of India sports Center in your city"
- "Survey of Sports Association of your concerned game in your city"
- "Survey of Private Sports Academies of your concerned game in your city"