

M.S.D.U. AZAMGARH (U.P.)

PHYSICAL EDUCATION SYLLABUS

SYLLABUS FOR B.A./B.Sc./B.Com. PHYSICAL EDUCATION /SEMESTER II /MINOR SUBJECT

Programme/Class : Certificate	Year : First	Semester :Second
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SUBJECT : PHYSICAL EDUCATION - THEORY

Course Code : Phy. Edu. 001	Course Title : Physical Education & Health
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Course Outcomes : The physical education & Health is very wide concept and this subject teaches about introduction and health concept of Physical Education & Health, This also teaches about historical development of physical education and health in India and other countries. It introduces a general concept of good health and wellness. This programme will also help a student to promote a healthy way of living and they will also be able to make fitness and health plans.

Credit : 6	Max. Marks : 25+75	Min. Passing Marks : 10+25
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Total no. of lectures -tutorials (In hours per week) : 4-0-0

UNIT	TOPIC	NO. OF LECTURES
I	Introduction : <ul style="list-style-type: none">• Meaning, definition of physical education• Scope, aim of physical education• Objective of Physical education• Importance of Physical education• Meaning, Types of Traditional Games• Importance /Benefits of Traditional Games	07
II	Olympic Games, Asian Games and Commonwealth Games : <ul style="list-style-type: none">• Olympic Movement• Objective Olympics• Spirit, torch, flag, motto• Asian Games• Inter University Games	07
	Health Education : <ul style="list-style-type: none">• Meaning, Definition objectives of Health Education• Principles and importance of	



III	<ul style="list-style-type: none"> • Principals and Importance of Health Education • Foods and Nutrition • Obesity 	08
IV	<u>Posture & Postural deformities:</u> <ul style="list-style-type: none"> • Meaning, Definition of Posture • Causes of Bad Posture • Kyphosis • Scoliosis • Lordosis • Knuck Knees 	09
V	<u>fitness and its components:</u> <ul style="list-style-type: none"> • Definition of Fitness • Importance of Fitness • Define Physical Fitness • Components of Physical Fitness 	05
VI	<u>AAHPER Fitness Test</u>	03

Suggested Readings :

1. Kamlesh M.L. "Physical Education, Facts and foundation", Faridabad Publications
2. Krishna Murthy V and Paramesara Ram, N. " Educational Dimensions of Physical Education
3. Methodology of Training by - Harre
4. W.H.O.

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 centre/State operated Universities/MOOC Platforms such as "SWAYAM" in India and Abroad Rajarshi Tandon open University.


(Prof. Prashant Kumar Rai)
Convenor - Board of Studies
Physical Education



Physical Education

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PHYSICAL EDUCATION SYLLABUS

SYLLABUS FOR B.A./B.Sc./B.Com. PHYSICAL EDUCATION /SEMESTER IV /MINOR SUBJECT

Programme/Class : Certificate	Year : Second	Semester : Fourth
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SUBJECT : PHYSICAL EDUCATION - THEORY

Course Code : Phy. Edu. 002	Course Title : Physical Education & Health Sports
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Course Outcomes : The physical education & Health is very wide concept and this subject teaches about introduction and health concept of Physical Education & Health , This also teaches about historical development of physical education and health in India and other countries. Its introduce a general concept of good health and wellness. This programme will also help a student to promote healthy way of living and they will also be able to make fitness and health plan.

Credit : 6	Max. Marks : 25+75	Min. Passing Marks : 10+25
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Total no. of lectures - tutorials (in hours per week) : 4-0-0

UNIT	TOPIC	NO. OF LECTURES
I	<p>Introduction :</p> <ul style="list-style-type: none">• Sports & Games Meaning, Definition• Aims, Objective• Importance of games and sports <p>• Physical Education professional & Career</p> <p>• Significant of Physical Education And Sports</p>	07
II	<p>First Aid :</p> <ul style="list-style-type: none">• First Aid & Rehabilitation• First Aid, Fracture, sprain and strain• Rehabilitation• Meaning of mssage• Importance of mssage <p>Organization :</p> <ul style="list-style-type: none">• Athletics events• Yoga Day events	07
III		08

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IV	Motivation : <ul style="list-style-type: none"> • Motivation • Motivational Techniques • Relaxation • Self Talk • Motivational Techniques Impact on sports performance	09
V	Health Related Fitness : <ul style="list-style-type: none"> • Define Health related Fitness • Components of Health related Fitness Sun Salutation (Surya Namaskar) <ul style="list-style-type: none"> • Methods of Surya Namaskar • Importance of Surya Namaskar 	05
VI	Sun Salutation (Surya Namaskar) <ul style="list-style-type: none"> • Importance of Surya Namaskar 	03

Suggested Readings :

1. Kamlesh M.L. "Physical Education, Facts and foundation", Faridabad Publications
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