

SYLLABUS FOR B. A. /B.Sc. PHYSICAL EDUCATION

SEMESTER I

Ancient Wisdom in Physical Education, Sports and yoga: *Element of Physical Education*

Introduction:

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

Sociological Foundation:

- Meaning, Definition and importance of sports Sociology
 - Culture and sports
 - Socialization and sports
- Gender and sports.

History:

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

Olympic Games, Asian Games and Commonwealth Games:

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

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.
- Communicable diseases- Definition, mode of spread and prevention, Cause, Mode of spread and prevention of diarrhea diseases, typhoid, malaria, STD Respiratory disease;
- 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.

Wellness's Life Style

- Importance of wellness and life style.
- Role of Physical Activity Maintaining Healthy Life Style.
- Stress Management.
- Obesity and Weight Management. Prevention of Disease through Behavioral Modifications

Fitness:

- Meaning and Definition and types of fitness
 - Component of physical fitness
 - Factor affecting physical fitness
- Development and maintenances of fitness

Posture:

- Meaning, Definition of Posture.
- Importance of Good Posture.
- Causes of Bad Posture.
- Postural Deformities (causes and remedial exercise).
- Fundamental Movements of Body Parts Anatomical standing position.

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**SYLLABUS FOR B. A. / B.Sc. PHYSICAL EDUCATION
SEMESTER II**

SPORTS ORGANIZATION AND MANAGEMENT

Introduction:

- Meaning, concept and definition of sports management.
 - Nature and scope of sports management.
 - Aims and objectives of sports management.
- Guiding principles of sports management.

Event Management

- Meaning and concept event
- Planning and management of sports event.
- Role of sports event manager.
- Steps in event management:
 - Planning,
 - Executing
 - Evaluating

Budget

- Meaning, Definition, Preparation, Principals of making Budget.
- Financial Management Opportunities and Challenges.
Basics of Sports Event Accounting.
- The Budget Cycle and Budget Preparation Format.
- Preparing the Departmental Financial Plan and estimate.
- Expenditure management.
Financial Reporting.

Organization

- Meaning and definition of Organization.
- Need and importance of Organization.
- Guiding principles of Organization.
Structure and functions of S.A.I., University Sports Council and A.I.U.

Supervision

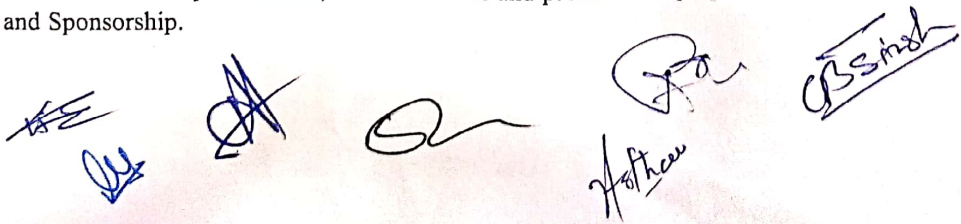
- Meaning and Definition
- Principals of Supervision
- Techniques of supervision in sports management.
- Methods of supervision.
Role of a coach/manager

Facilities Equipment

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

Job Opportunities

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



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**SYLLABUS FOR B. A. / B.SC. PHYSICAL EDUCATION
SEMESTER III**

ANATOMY AND EXERCISE PHYSIOLOGY

INTRODUCTION:

- Meaning Definition and Importance of Anatomy and Physiology in the field of Physical Education & Sports
- Brief introduction of Cell, Tissue, Organ and various systems of human body

MUSKULOSKELETAL SYSTEM:

Skeletal System

- Structural and functional classification of bones.
- Types of joints and major movements around them.
- Function of Skeletal System

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. Effect of Exercise on Muscular and Skeletal System

CIRCULATORY SYSTEM:

- Cardio-vascular system: Structure and function of human heart, cardiac cycle, blood pressure, cardiac output, Athlete's heart.
- Types of Circulation Effects of exercise on circulatory system

RESPIRATORY SYSTEM:

- Structure and function of respiratory system
- Affects of exercise on respiratory system the effects of altitude on the respiratory system.

NERVOUS SYSTEM:

Introduction to nervous system Organs and their parts.

Functional Classification of Nervous System. Reflex Action.

ENDOCRINE SYSTEM AND BLOOD:

Composition and function of blood. Meaning of Endocrine System. Meaning of glands.

Endocrine Glands their Locations and Functions.

GENERAL PHYSIOLOGICAL CONCEPTS:

Vital Capacity-VC Second Wind Oxygen Debt Fatigue Types of Fatigue Blood Pressure

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**SYLLABUS FOR B. A. /B.Sc. PHYSICAL EDUCATION
SEMESTER IV**

Sports Psychology and Recreational Activities

INTRODUCTION:

- Meaning, Importance and scope of sports psychology
- General characteristics of various stages of growth and development. Psycho-sociological aspects of human behavior in relation to physical education.

LEARNING:

- Nature of learning, theories of learning.
- Law of learning, plateau in learning, transfer of learning
- Meaning and definition of personality, characteristics of personality. Dimensions of personality, personality and sports performance.

MOTIVATION:

- Nature of motivation, factors influencing motivation.
- Motivational techniques and its impact on sports performance. Mental preparation strategies: attention, focus, self-talk, relaxation and imaginary.

ANXIETY AND AGGRESSION:

- Aggression and sports, meaning and nature of anxiety, kind of anxiety.
- Meaning and nature of stress, types of stress Anxiety, stress arousal and their effects on sports performance. • Concept of incentives and achievements.

PLAY:

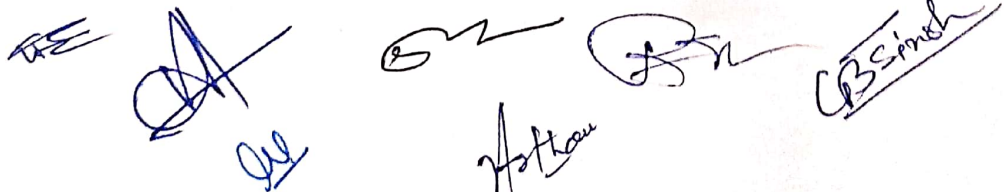
- Meaning of Play
- Definition of play
- Various Theories of play
- Significance of Theories of play in Physical Education and Sports. Significance of play for a Child.

RECREATION:

- Meaning and importance of recreation in physical education
- Principles of recreation in physical education
- Areas, classification and ways of recreation. Use of leisure time activities and their educational values. Personality:
- approaches to personality – Trait,
- types and psychodynamic theories, determinants of personality, Assessment of personality.

TRADITIONAL GAMES OF INDIA:

- Meaning.
- Types of Traditional Games-
- Gilli- Danda, Kanche, Stapu, Gutte, etc.
- Importance/ Benefits of Traditional Games.
- How to Design Traditional Games. Development of Personalities by the help of Traditional Games.



**SYLLABUS FOR B. A. / B.Sc. PHYSICAL EDUCATION
SEMESTER V**

ATHLETIC INJURIES AND PHYSIOTHERAPY

Athletic Injuries and Athletic Care.

- Concept and Significance.
- Factors causing Injuries.
- General Principles of Prevention of Injuries.

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)

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.

Rehabilitation-

- RICE- Rest, Ice, Compression, Elevation.
- DRABC- Danger, Response, Airways, Breathing, Circulation. Bandage-
- Types of Bandages. Taping and Supports.

Physiotherapy-

- Definition
- Guiding principles of physiotherapy.
- Importance of physiotherapy.

Massage-

- Meaning Types and Importance.

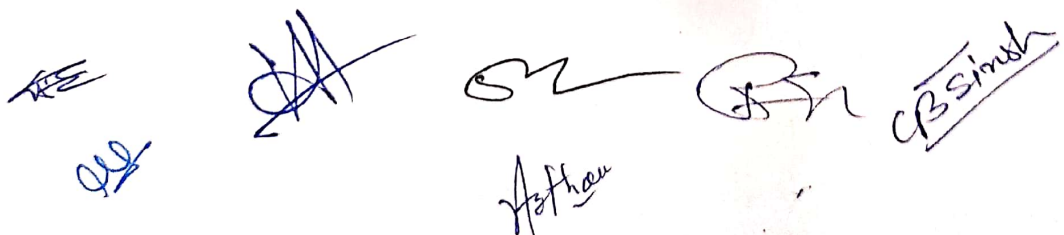
Hydrotherapy-

- Meaning and Methods.
- Cry therapy, Thermotherapy, Contrast bath, Whirlpool bath, Steam bath, Sauna bath, Hot Water Fomentation.
- Treatment modalities- Electrotherapy, Infrared rays, Ultraviolet rays, short wave diathermy, ultra sound.

Therapeutic Exercise-

- Meaning, Definition.
 - Importance.
 - Muscle Strengthening through Active and Passive Exercise.

Therapeutic value with Yoga asanas for rehabilitation and strengthening of the muscles.



• Treatment modalities-

Electrotherapy, Infrared rays, Ultraviolet rays, short wave diathermy, ultrasound.

Therapeutic Exercise-

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

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SYLLABUS FOR B.A./ B.Sc. PHYSICAL EDUCATION/ SEMESTER V
Title: Kinesiology and Biomechanics in Sports

INTRODUCTION:

- Meaning, Definitions, Aims, Objective. Importance of Kinesiology for games and sports.
- Kinesiological Fundamental Movements.
- Center of Gravity. Line of Gravity.
- Axis and Planes
- Classification of joints and Muscles Types of muscles contraction.

Location & Action of Muscles at Various Joints:-

- i) Upper extremity—shoulder girdle, shoulder joints, elbow joint.
- ii) Neck, trunk (Lumbar thoracic region). Lower extremity—Hip joint, knee joint, ankle joint.

Biomechanical Concept:

- Newton's Law of Motion

Friction:

Meaning, Definitions and Types.

FORCE AND LEVERS: FORCE:

- Meaning
- Definitions
- Types
- Application to sports activities.

LEVERS:

- Meaning
- Definition

Uses of them in the Human body.

KINEMATICS:

- Meaning of Kinematics.
- Types—Linear and Angular Speed, Velocity, Acceleration, Distance, Displacement.

KINETICS:

- Meaning of Kinetics
- Types—Linear and Angular. Mass, Weight, Force, Momentum and Pressure.

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Syllabus for B.A./ B.Sc. Physical Education / Semester V

Title: Research methods

INTRODUCTION:

- Definition, Meaning of Research.
- Need and Importance of Research in Physical Education and sports. Scope of Research in Physical Education and sports.

Research Problem:

- Meaning of the term
- Formation of Research problem
- Limitation and Location and Criteria of Selection of Problem

Type of research

- Basic Research
- Applied Research
- Action Research

Hypothesis:

- Meaning of research Hypothesis.
- Meaning of Null Hypothesis. Importance of research and Null hypothesis.

Survey of Related Literature:

- Literature resources & Library Reading.
- Meaning of Survey, Need for surveying related literature. Tools of survey Research

Introduction to basic Statistics

- Statistics – Meaning, Definition, Types.
- Variable: Types of variables – Organizing data and its types;
- Descriptive Measures: Need, Purpose and Kinds

Hypothesis testing: one sample and two sample tests for means of small samples (t-test)

Questionnaire and Interview:

Meaning of Questionnaire and Interview. Construction and development of Questions. Procedure of conducting Interview.

Research Report:

Meaning of Research Report. Qualities of a good research report.

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B.A./B.Sc.PhysicalEducation/SemesterV/ResearchProject

SubjectPhysicalEducationProject

Topic

- Chooseatopicfromyourtheory syllabusandprepareaQuestionnairewith20Questionsforyourcollagestudents.
- Choose anyone sports/ games for yoursyllabus andconduct aninterviewforyourcollegestudents

Studenthastolearntoprepareresearchreport.

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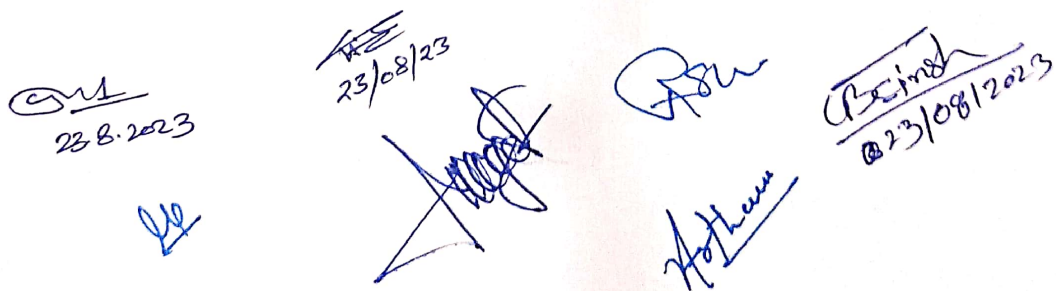
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M.S.D.S UNIVERSITY AZAMGARH(U.P)

PHYSICAL EDUCATION (MINOR) SYLLABUS

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

Program /Class:Certificate	Year: First	Semester: First
SUBJECT: PHYSICAL EDUCATION – THEORY		
Course code :Phy Edu 001	Course Title: Physical Education & Health	
<p>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 program will also help a student to promote healthy way of living and they will also be able to make fitness and health plan.</p>		
Credits:4	Max. Marks:25+75	Min. Passing Marks:10+25
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"> • 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	<p>Olympic Games , Asian Games and Commonwealth Games:</p> <ul style="list-style-type: none"> • Olympics Movement • Objectives Olympics • Spirit, torch, flag, motto. • Asian Games. • Inter University Games 	07
III	<p>Health Education:</p> <ul style="list-style-type: none"> • Meaning, Definition objectives of HealthEducation, • Principals and importance of HealthEducation, • Foods and Nutrition • obesity • diabetes, • arthritis 	08



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IV	Posture & Postural Deformities.: <ul style="list-style-type: none"> • Meaning, Definition of Posture.. • Causes of Bad Posture. • Kyphosis. • Scoliosis. • Lordosis. • Knock Knees. • feetball • volleyball 	09
<p>Suggested readings:</p> <ol style="list-style-type: none"> 1. Kamlesh M.L., "Physical Education, Facts and foundations", Faridabad Publications 2. Krishana Murthy V. and Paramesara Ram, N. "Educational Dimensions of Physical. Education 3. Methodology of training. by - Harre 4. Ravanes R.S., "Foundation of Physical Education", Houghton Millin Co.Boston USA (1978) 5. Science of sports training. by - Hardayal Singh 6. Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book. 7. Track & Field. by - Gerhardt schmolinsky, Leipzig college of physical culture (DHFk) 		
<p style="text-align: center;">This course can be opted as an elective by the students of following subjects: Open for all</p>		
<p style="text-align: center;">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.</p>		
<p style="text-align: center;">Suggested equivalent online courses: IGNOU Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.Rajarshi Tandon open University.</p>		

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**SYLLABUS FOR B. A./B.Sc./ B.Com PHYSICAL EDUCATION/ SEMESTER I I/
PAPER III / MINOR SUBJECT**

Program /Class:Certificate	Year: II	Semester: III
Subject: : Physical Education		
Course code: Phy Edu002	Course Title: Physical Education and Sports	
Credits:4	Max. Marks:25+75	Min. PassingMarks:10+25
Total no. of lectures-tutorials- (in hours per week):4-0-0		
Unit	TOPIC	NO. OF LECTURES
I	<u>INTRODUCTION:</u> <ul style="list-style-type: none"> • Sports& games Meaning, Definitions, • Aims, Objective. • Importance of games and sports. • Physical Educational professional & career. • Significant of Physical Education And Sports, 	07
II	<u>First Aid</u> <ul style="list-style-type: none"> • First Aid & Rehabilitation • first aid for, fractures, sprain and strain • Rehabilitation • Meaning of massage • Importance. of massage • Obesity 	07
III	<u>Organization</u> <ul style="list-style-type: none"> • Definition of Organization. • Need and importance of Organization.. • Structure and functions of S.A.I. • University Sports Council and A.I.U. • Athletic • Yoga 	08

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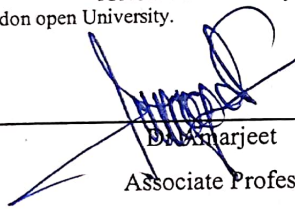
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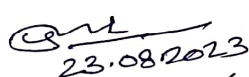
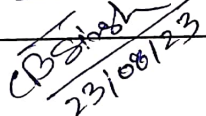
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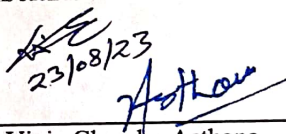
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IV	<p>Motivation :</p> <ul style="list-style-type: none"> • Motivation. • Motivational Techniques • Relaxation • self talk, • Motivational techniques impact on sports performance. 	09
<p>Suggested readings:</p> <ol style="list-style-type: none"> 1. Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," MC Grow Hill publication, Now 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 BrownPublishers 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," Mosbypublication, St. Louis (US), 1991 5. Sandhu, K. Sports Dynamics: Psychology, Sociology and Management. 6. Sivia, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. Deen DayalUpadhyaya Marg.2005), Marketing: An Introduction, New York: Prentice Hall 7. Adhunik Khel Prabhandhan Evam Parshikshan by Dr. Rajesh Pratap Singh, University Publication New Delhi. 		
<p>This Course Can Be Opted As An Minor By The Students of Following Subjects: Open For All</p>		
<p>Suggested Continuous Evaluation Methods: INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.</p>		
<p>Suggested equivalent online courses: IGNOU Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.Rajarshi Tandon open University.</p>		


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