

# 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, Principles 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.

**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**

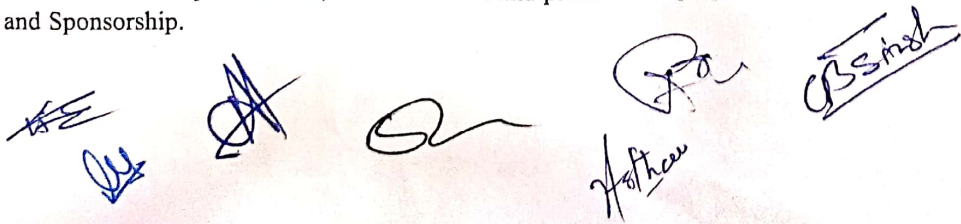
- Meaning and Definition
- Principals of Supervision
- Techniques of supervision in sports management.
- Methods of supervision.  
Role of a coach/manager

**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.



**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:**

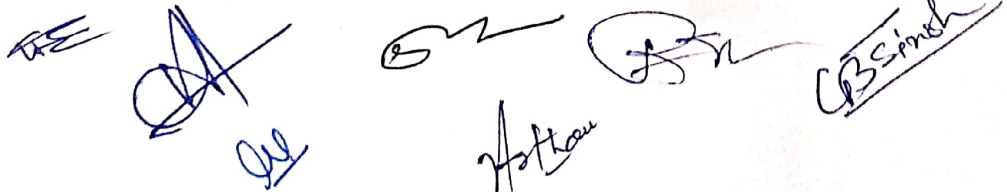
- Meaning of Play
- Definition of play
- Various Theories of play
- Significance of Theories of play in Physical Education and Sports. Significance of play for a Child.

**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.

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• **Treatment modalities-**

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

**Therapeutic Exercise-**

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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 D Limitation 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 sources & 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

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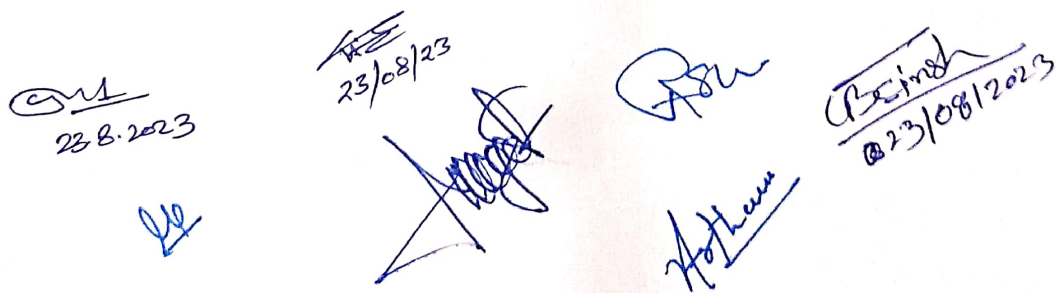
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# M.S.D.S UNIVERSITY AZAMGARH(U.P)

## 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><b>Course Outcomes:</b> The physical education &amp; Health is very wide concept and this subject teaches about introduction and health concept of Physical Education &amp; 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><b>Introduction :</b></p> <ul style="list-style-type: none"> <li>• Meaning, definition of physical education.</li> <li>• Scope, aim of Physical education.</li> <li>• Objective of Physical education.</li> <li>• Importance of Physical education</li> <li>• Meaning. Types of Traditional Games-</li> <li>• Importance/ Benefits of Traditional Games</li> </ul>	07
II	<p><b>Olympic Games , Asian Games and Commonwealth Games:</b></p> <ul style="list-style-type: none"> <li>• Olympics Movement</li> <li>• Objectives Olympics</li> <li>• Spirit, torch, flag, motto.</li> <li>• Asian Games.</li> <li>• Inter University Games</li> </ul>	07
III	<p><b>Health Education:</b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition objectives of HealthEducation,</li> <li>• Principals and importance of HealthEducation,</li> <li>• Foods and Nutrition</li> <li>• obesity</li> <li>• diabetes,</li> <li>• arthritis</li> </ul>	08


  
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IV	<b>Posture &amp; Postural Deformities.:</b> <ul style="list-style-type: none"> <li>• Meaning, Definition of Posture..</li> <li>• Causes of Bad Posture.</li> <li>• Kyphosis.</li> <li>• Scoliosis.</li> <li>• Lordosis.</li> <li>• Knock Knees.</li> <li>• <del>feetball</del></li> <li>• <del>volleyball</del></li> </ul>	09
<p><b>Suggested readings:</b></p> <ol style="list-style-type: none"> <li>1. Kamlesh M.L., "Physical Education, Facts and foundations", Faridabad Publications</li> <li>2. Krishana Murthy V. and Paramesara Ram, N. "Educational Dimensions of Physical. Education</li> <li>3. Methodology of training. by - Harre</li> <li>4. Ravanes R.S., "Foundation of Physical Education", Houghton Millin Co.Boston USA (1978)</li> <li>5. Science of sports training. by - Hardayal Singh</li> <li>6. Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.</li> <li>7. Track &amp; Field. by - Gerhardt schmolinsky, Leipzig college of physical culture (DHFk)</li> </ol>		
<p>This course can be opted as an elective by the students of following subjects: <b>Open for all</b></p>		
<p><b>Continuous Evaluation Methods: (CIE)INTERNAL ASSESMENT (25 Marks)</b> Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.</p>		
<p><b>Suggested equivalent online courses:</b> 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"> <li>• Sports &amp; games Meaning, Definitions,</li> <li>• Aims, Objective.</li> <li>• Importance of games and sports.</li> <li>• Physical Educational professional &amp; career.</li> <li>• Significant of Physical Education And Sports,</li> </ul>	07
II	<u>First Aid</u> <ul style="list-style-type: none"> <li>• First Aid &amp; Rehabilitation</li> <li>• first aid for, fractures, sprain and strain</li> <li>• Rehabilitation</li> <li>• Meaning of massage</li> <li>• Importance. of massage</li> <li>• Obesity</li> </ul>	07
III	<u>Organization</u> <ul style="list-style-type: none"> <li>• Definition of Organization.</li> <li>• Need and importance of Organization..</li> <li>• Structure and functions of S.A.I.</li> <li>• University Sports Council and A.I.U.</li> <li>• Athletic</li> <li>• Yoga</li> </ul>	08

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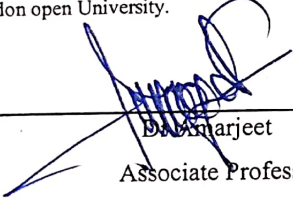
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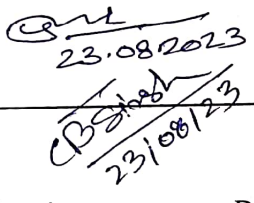
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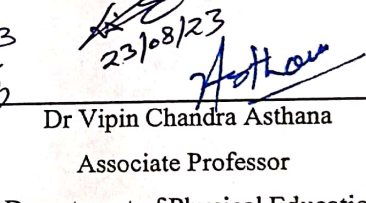


IV	<p><b>Motivation :</b></p> <ul style="list-style-type: none"> <li>• Motivation.</li> <li>• Motivational Techniques</li> <li>• Relaxation</li> <li>• self talk,</li> <li>• Motivational techniques impact on sports performance.</li> </ul>	09
<p><b>Suggested readings:</b></p> <ol style="list-style-type: none"> <li>1. Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," MC Grow Hill publication, Now York (US) 2002</li> <li>2. Hert, Renis(1961) New Patterns of Management, McGraw Hill,</li> <li>3. Horine, Larry," Administration of Physical Education and Sport programs. WM-C BrownPublishers Dubuque (US) 1991</li> <li>4. Kotler,P and G Allen, L.A. (1988) Management &amp; Organization. Kogakusha Co. Tokyo. 5.Parkhouse, Bonnie L., "The management of Sports – if foundation and application," Mosbypublication, St. Louis (US), 1991</li> <li>5. Sandhu, K. Sports Dynamics: Psychology, Sociology and Management.</li> <li>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</li> <li>7. Adhunik Khel Prabhandhan Evam Parshikshan by Dr. Rajesh Pratap Singh, University Publication New Delhi.</li> </ol>		
<p>This Course Can Be Opted As An Minor By The Students of Following Subjects: <b>Open For All</b></p>		
<p>Suggested Continuous Evaluation Methods: <b>INTERNAL ASSESMENT (25 Marks)</b> Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.</p>		
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