

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 intruduction 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"> · 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"> · Olympic Movement · Objective Olympics · Spirit, torch, flag, motto · Asian Games · Inter University Games 	07
	<p>Health Education :</p> <ul style="list-style-type: none"> · Meaning, Definition objectives of Health Education · Principals and importance of 	

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

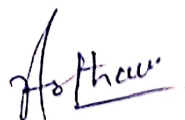
Continuous Evaluation Methods : (CIE) INTERNAL ASSESMENT (25 Marks)

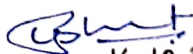
Written Test- 10 Marks Assignment /Research Based Project- 10 Marks Attendance - 5 marks Research Orientation of the student.

Suggested equivalent online courses :

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







 16.10.24
 (Prof. Prashant Kumar Rai)
 Convenor - Board of Studies
 Physical Education

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

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 <i>sports</i>
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Course Outcomes : The physical education & Health is very wide concept and this subject teaches about intruduction 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	Introduction : <ul style="list-style-type: none">· Sports & Games Meaning, Definition· Aims, Objective· Importance of games and sports· Physical Education professional & Career· Significant of Physical Education And Sports	07
II	First Aid : <ul style="list-style-type: none">· First Aid & Rehabilitation· First Aid, Fracture, sprain and strain· Rehabilitation· Meaning of mssage· Importance of mssage	07
III	Organization : <ul style="list-style-type: none">· Athletics events· Yoga Day events	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 	05
VI	Sun Salutation (Surya Namaskar) <ul style="list-style-type: none"> · Methods of Surya Namaskar · Importance of Surya Namaskar 	03

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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.

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