

**KISAN POST GRADUATE COLLEGE, BAHRAICH (UP) 271801  
(Autonomous)**

Proposed Structure of syllabus for the  
**PROGRAM: B.A.**  
**SUBJECT: Physical Education**

Syllabus developed/proposed by

S.No.	Name	Designation	Department	College/University
1.	Dr.Abhishek Pratap Singh	Convener	Psychology	Kisan P.G. College, Bahraich
2.	Prof.Sailendra Pratap Pandey	University Nominee	Psychology	Tulsidas P.G. College Sultanpur
3.	Prof. Sandeep Kumar Kushwaha	Subject Expert	Psychology	B.H.U. Varansi
4.	Dr. Anjana Srivastava	Subject Expert	Psychology	Ishwar Sharan P.G. College Prayagraj
5.	Prof.Mamta Sharma	Invited Member	Psychology	L.B.S. P.G. College Gonda
6.	Prof. Awadhesh Kumar Tripathi	Invited Member	Psychology	B.N.K.B. P.G. College Ambedkar Nagar

स्थापित  
**1960**

सा विद्या या विमुक्तये

**SEMESTER-WISE TITLES OF THE PAPERS IN PHYSICAL EDUCATION**

Year	Sem.	Paper no.	Course code	Paper title	Theory/ Practical	Credits
1	I	1	E020101T	ELEMENTALS OF PHYSICAL EDUCATION	THEORY	4
1	I	2	E020102P	FITNESS AND YOGA	PRACTIAL	2
1	II	1	E020201T	SPOTS ORGNISATION AND MANAGEMENT	THEORY	4
1	II	2	E020202P	SPORTS EVENT AND TRACK & FIELD	PRACTIAL	2
2	III	1	E020301T	ANATOMY & EXERCISE PHYSIOLOGY	THEORY	4
2	III	2	E020302P	HEALTH AND PHYSIOLOGY	PRACTIAL	2
2	IV	1	E020401T	SPORTS PSYCHOLOGY AND RECREATIONAL ACTIVITIES	THEORY	4
2	IV	2	E020402P	SPORTS PSYCHOLOGY	PRACTIAL	2
3	V	1	E020501T	EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION	THEORY	4
3	V	2	E020502T	COMPUTER APPLICATIONS IN PHYSICAL EDUCATION	THEORY	4
3	V	3	E020502P	METHODS OF TEACHING IN PHYSICAL EDUCATION	PRACTIAL	2
3	VI	1	E020601T	MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	THEORY	4
3	VI	2	E020602T	YOGA EDUCATION	THEORY	4
3	VI	3	E020602P	MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	PRACTIAL	2
4	VII	1	E020701T	ATHLETIC INJURIES	THEORY	4
4	VII	2	E020702T	PHYSIOTHERPY	THEORY	4
4	VII	3	E020703T	KINESIOLOGY	THEORY	4
4	VII	4	E020704T	BIOMECHANICS IN SPORTS	THEORY	4
4	VII	5	E020702P	RESEARCH PROJECT	PROJECT	4
4	VII	6	E020703P	PHYSIOTHERAPY AND SPORTS	PRACTICAL	4
4	VIII	1	E020801T	RESEARCH METHODS	THEORY	4
4	VIII	2	E020802T	PHYSICAL EDUCATION FOR DIVYANG	THEORY	4
4	VIII	3	E020803T	SPORTS TRAINING	THEORY	4
4	VIII	4	E020804T	SPORTS STATISTICS	THEORY	4
4	VIII	5	E020802P	RESEARCH PROJECT	PROJECT	4
4	VIII	6	E020803P	SPORT TRAINING	PRACTICAL	4

## 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 humanbody 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.



Program /Class: Certificate		Year: First	Semester: First
SUBJECT: PHYSICAL EDUCATION- THEORY			
Course code: E020101T		Course Title: Elementals of Physical Education	
<p><b>Course Outcomes:</b> The physical education is very wide concept and this subject teaches about introduction and Sociological concept of Physical Education and this also teaches about historical development of physical education 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-practical (in hours per week):4-0-0			
Unit	TOPIC		NO. OF LECTURES
I	<p><b>Ancient Wisdom in Physical Education, Sports and yoga:</b></p> <ul style="list-style-type: none"> <li>• Patanjli yoga sutra.</li> <li>• Ghrand Sanhita Introduction:</li> <li>• Meaning, definition and concept of physical education.</li> <li>• Scope, aim and objective of Physical education.</li> <li>• Importance of Physical education in Modern era.</li> <li>• Relationship of physical education with general education</li> </ul>		07
II	<p><b>Sociological Foundation:</b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition and importance of sports Sociology</li> <li>• Culture and sports</li> <li>• Socialization and sports</li> <li>• Gender and sports.</li> </ul>		07
III	<p><b>History:</b></p> <ul style="list-style-type: none"> <li>• History and development of Physical education in India: pre-and post-independence.</li> <li>• History of physical education in ancient Greece, Rome and Germany.</li> <li>• Eminent person of physical education, awards, schemes</li> </ul>		06
IV	<p><b>Olympic Games , Asian Games and Commonwealth Games:</b></p> <ul style="list-style-type: none"> <li>• Olympics Movement: Ancient Olympic, modern Olympic, Revival, aim, objectives, spirit, torch, flag, motto, opening and closing ceremonies.</li> <li>• Asian Games.</li> <li>• Commonwealth Games.</li> </ul>		08
V	<p><b>Health Education:</b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition and Dimensions of Health.</li> <li>• Meaning, Definition objectives, Principals and importance of Health Education.</li> <li>• Role of Different Agencies in Promoting Health (WHO, UNICEF).</li> <li>• Meaning of Balance Diet and Nutrition and its elements.</li> <li>• Health and drugs</li> </ul>		08
VI	<p><b>Wellness's Life Style</b></p> <ul style="list-style-type: none"> <li>• Importance of wellness and life style.</li> <li>• Role of Physical Activity Maintaining Healthy Life Style.</li> <li>• Stress Management.</li> <li>• Obesity and Weight Management.</li> <li>• Prevention of Disease through Behavioral Modifications.</li> </ul>		08
VII	<p><b>Fitness :</b></p> <ul style="list-style-type: none"> <li>• Meaning &amp; Definition and types of fitness</li> <li>• Component of physical fitness</li> <li>• Factor affecting physical fitness</li> <li>• Development and maintenances of fitness</li> </ul>		08
VIII	<p><b>Posture:</b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition of Posture.</li> <li>• Importance of Good Posture.</li> <li>• Causes of Bad Posture.</li> <li>• Postural Deformities (causes and remedial exercise).</li> <li>• Fundamental Movements of Body Parts</li> <li>• Anatomical standing position.</li> </ul>		08

**Suggested readings:**

- Barrow Harold M., "Man and movements principles of Physical Education", 1978.
- Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.
- Dynamics of fitness. Madison: W.C.B Brown.
- General methods of training. by - Hardayal Singh
- Giam, C.K &The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book. McGlynn, G., (1993)
- Kamlesh M.L., "Physical Education, Facts and foundations", Faridabad P.B.

Publications. 7. Krishana Murthy V. and Paramesara Ram, N. "Educational Dimensions of Physical. Education", 2nd Revised edition, Print India, New Delhi1990.

- Methodology of training. by – Harre

• शारीरिक , शारीरिक शक्ति, शारीरिक शक्ति का विकास , " शारीरिक शक्ति का विकास " , कलकत्ता

• शारीरिक शक्ति का विकास , शारीरिक शक्ति का विकास , " शारीरिक शक्ति का विकास " , आगरा, 2014-15

• Ravanes R.S., "Foundation of Physical Education", Houghton Millin Co. Boston USA (1978)

• Science of sports training. by - Hardayal Singh

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

• शारीरिक शक्ति का विकास , शारीरिक शक्ति का विकास और शारीरिक शक्ति का विकास , " शारीरिक शक्ति का विकास " , नई दिल्ली, 2006.

• Track & Field. by – Gerhardt schmolinsky, Leipzig college of physical culture (DHFK)

• शारीरिक शक्ति का विकास , शारीरिक शक्ति का विकास और शारीरिक शक्ति का विकास , " शारीरिक शक्ति का विकास " , नई दिल्ली, 2013

• शारीरिक शक्ति का विकास , शारीरिक शक्ति का विकास और शारीरिक शक्ति का विकास , " शारीरिक शक्ति का विकास " , नई दिल्ली, 2008

• कर्मचारी , शारीरिक शक्ति का विकास और शारीरिक शक्ति का विकास , " शारीरिक शक्ति का विकास " , नई दिल्ली ए

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 centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon open University.

स्थापित

1960

सा विद्या या विमुक्तये

<b>Program/Class: Certificate</b>		<b>Year: First</b>	<b>Semester: First</b>
<b>Subject: Physical Education- Practical</b>			
<b>Course Code: E020102P</b>		<b>Course Title: Fitness and Yoga</b>	
<b>Course Outcomes:</b> Yogais very helpful in prevention of many diseases and students will learn about it. This subject deals with basic knowledge about and Aerobics and Gymnasium classes which will help students to excel in the fitness industry.			
<b>Credits: 02</b>		<b>Elective</b>	
<b>Max. Marks: 25+75</b>		<b>Min. Passing Marks: 10+25</b>	
<b>Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2</b>			
<b>Unit</b>	<b>Topics</b>		<b>No. of Hours</b>
	<b>Part-A</b>		
<b>I</b>	<ul style="list-style-type: none"> <li>• Learn and demonstrate the techniques of warm-up, general exercise and cooling down</li> <li>• Lean and demonstrate physical fitness through aerobic, circuit training and calisthenics.</li> <li>• Diet chart &amp; measurement of BMI</li> </ul>		<b>15</b>
	<b>Part-B</b>		
<b>II</b>	<p><b>INTRODUCTION OF YOGA:</b></p> <ul style="list-style-type: none"> <li>• Historical aspect of yoga.</li> <li>• Definition, types scopes &amp; importance of yoga.</li> <li>• Yoga relation with mental health and value education.</li> <li>• Yoga relation with Physical Education and sports.</li> </ul> <p><b>ASANAS:</b></p> <ul style="list-style-type: none"> <li>• Definition of Asana, differences between asana and physical exercise.</li> </ul> <p>Suraya-namaskar, Bhujang asana, Naukasana, Halasana, Vajrasana, Padmasana, Shavasana, Makrasana, Dhanurasana, Tad asana.</p> <p><b>PRANAYAMA:</b></p> <ul style="list-style-type: none"> <li>• Difference and classification of pranayama.</li> <li>• Difference between pranayama and deep breathing.</li> <li>• Anulom, Vieam</li> </ul>		<b>15</b>
<b>Suggested Readings:</b>			
<ol style="list-style-type: none"> <li>1. ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.</li> <li>2. Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)</li> <li>3. Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.</li> <li>4. Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.</li> </ol>			
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>			
<b>Continuous Evaluation Methods (CIE) INTERNAL ASSEMENT 25 Marks)</b>			
Written Test – 10 marks			
Assignment/ Research Based Project - 10 marks Attendance – 5 marks			
Research Orientation of the student.			
<b>PRACTICAL ASSESSMENT (75 Marks)</b>			
Practical – 50			
VIVA – 15			
Record book charts etc - 10			
<b>Course prerequisites: There is no any prerequisites only students physical and medically fit.</b>			
<b>Suggested equivalent online courses:</b>			
<ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.</li> <li>• Rajarshi Tandon Open University.</li> </ul>			

<b>PROGRAM/CLASS: CERTIFICATE</b>		<b>YEAR: FIRST</b>	<b>SEMESTER: SECOND</b>
<b>SUBJECT: PHYSICAL EDUCATION- THEORY</b>			
<b>COURSE CODE: E020201T</b>		<b>COURSE TITLE: SPORTS ORGANIZATION AND MANAGEMENT</b>	
<b>Course Outcomes:</b> This course is designed to give real time exposure to students in the area of organizing an event/sport. The students will also learn about store management, purchasing and budget making.			
<b>Credits:4</b>		<b>Max. Marks:25+75</b>	<b>Min. Passing Marks:10+25</b>
<b>Total no. of lectures-tutorials-practical (in hours per week):4-0-0</b>			
<b>Unit</b>	<b>TOPIC</b>		<b>NO. OF LECTURES</b>
<b>I</b>	<b>Introduction:</b> Meaning, concept and definition of sports management, Nature and scope of sports management Aims and objectives of sports management, Guiding principles of sports management.		07
<b>II</b>	<b>Event Management</b> Meaning and concept event, Planning and management of sports event. Role of sports event manager, Steps in event management: Planning, Executing, Evaluating		08
<b>III</b>	<b>Budget</b> Meaning, Definition, Preparation, Principals of making Budget, Financial Management Opportunities and Challenges. Basics of Sports Event, Accounting.		07
<b>IV</b>	The Budget Cycle and Budget Preparation Format, Preparing the Departmental Financial Plan and estimate. Expenditure management, Financial Reporting.		08
<b>V</b>	<b>Organization</b> 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.		07
<b>VI</b>	<b>Supervision</b> Meaning and Definition, Principals of Supervision, Techniques of supervision in sports management. Methods of supervision, Role of a coach/manager.		07
<b>VII</b>	<b>Facilities Equipment</b> 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 goods and equipment.		08
<b>VIII</b>	<b>Job Opportunities</b> Job specification of sports manager in professional and state regulated sports bodies, Physical Educational professional, career avenues and professional preparation, Clients and Sponsorship.		08

**Suggested readings:**

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 Brown Publishers 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 Dayal Upadhyaya Marg.2005), Marketing: An Introduction, New York: Prentice Hall
7. Singh Praveen Kr. (2010) organization & administration in Physical Education, New Delhi: Sports Publication Dariyaganj.

This course can be opted as an elective by the students of following subjects:

**Open for all**

**Suggested Continuous Evaluation Methods: INTERNAL ASSESMENT (25 Marks)**

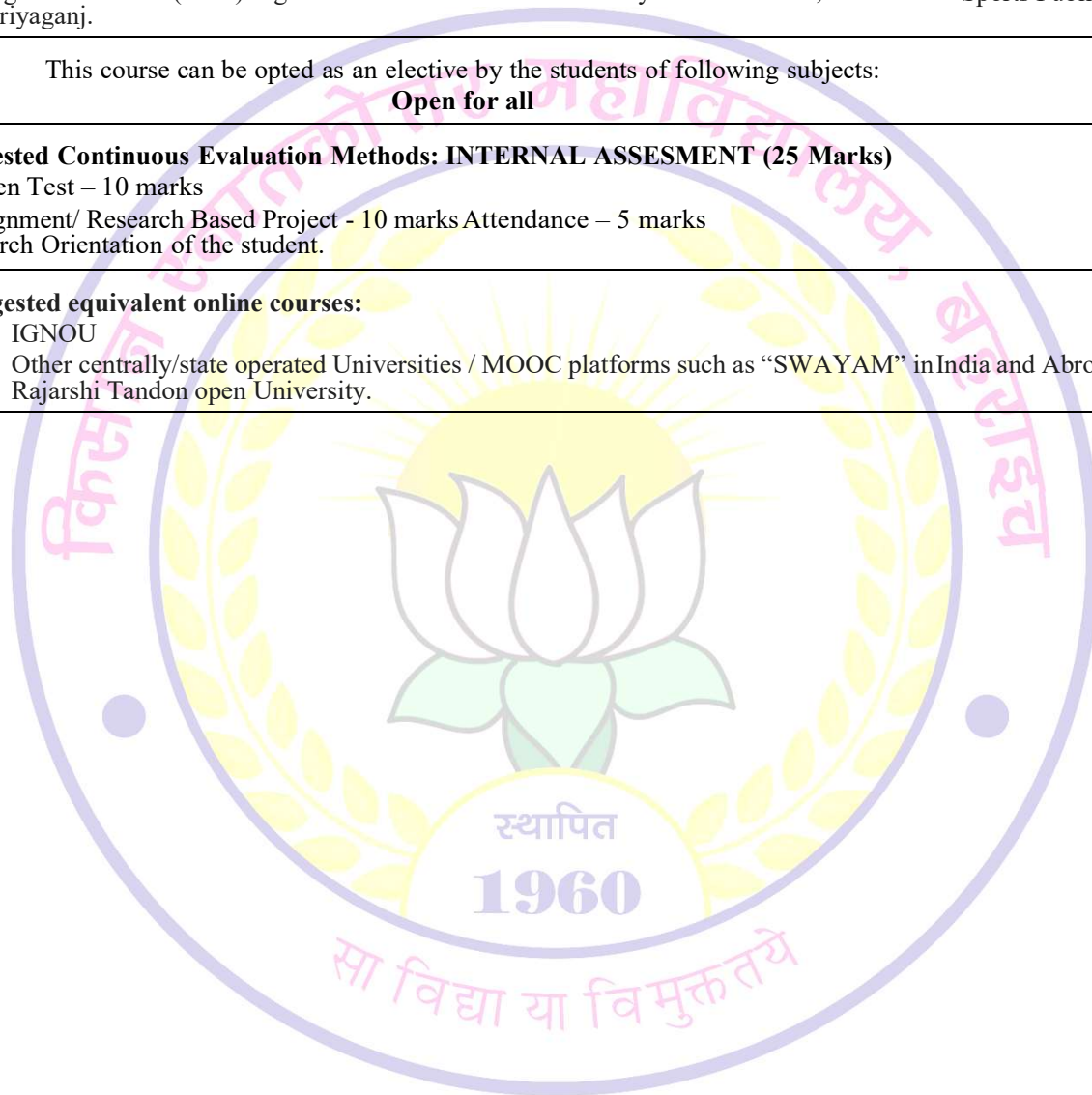
Written Test – 10 marks

Assignment/ Research Based Project - 10 marks Attendance – 5 marks

Research Orientation of the student.

**Suggested equivalent online courses:**

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon open University.



PROGRAMME/CLASS/CERTIFICATE		YEAR: FIRST	SEMESTER: SECOND
SUBJECT: PHYSICAL EDUCATION- PRACTICAL			
COURSE CODE: E020202P		COURSE TITLE: SPORTS EVENT AND TRACK & FIELD	
Credits: 02		Elective	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
Unit	Topics		No. of Hours
<b>Part-A</b>			
I	<ul style="list-style-type: none"> <li>• To make a plan for organizing an event.</li> <li>• To organize an Interclass Competition of any games with in the wall.</li> <li>• To prepare a budget plane for interclasscompetition with in the wall</li> <li>• Make a Sample Time Table for college.</li> <li>• Prepare the list of Consumable and Non-Consumable items.</li> <li>• Prepare a Biodata/ Vita/ curriculum vitae.</li> </ul>		15
<b>Part-B</b>			
II	<b>Track &amp; Field:</b> <ul style="list-style-type: none"> <li>• History.</li> <li>• Measurements.</li> <li>• Marking.</li> <li>• Rules.</li> <li>• Officials.</li> <li>• Regulatory Governing Bodies.</li> <li>• Tournaments- National and International.</li> <li>• World and National Records.</li> </ul>		15
<b>Suggested Readings:</b> <ul style="list-style-type: none"> <li>• Author Sir Name, L initials, "Book Title", Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any.</li> <li>• Author Sir Name, L initials, "Book Title", Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any.</li> <li>• Author Sir Name, L initials, "Book Title", Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any.</li> <li>• Suggestive digital platforms web links-</li> <li>• Parkhouse, Bonnie L., "The management of Sports – if foundation and application," Mosby publication, St. Louis (US), 1991</li> <li>• Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," MC Grow Hill publication, Now York (US) 2002</li> <li>• Horine, Larry, " Administration of Physical Education and Sport programs. WM-CBrown Publishers Dubuque (US) 1991</li> <li>• Kotler, P and G Allen, L.A. (1988) Management &amp; Organization. Kogakusha Co. Tokyo.</li> <li>• Hert, Renis (1961) New Patterns of Management, McGraw Hill.</li> <li>• Sandhu, K. Sports Dynamics: Psychology, Sociology and Management.</li> <li>• Sivia, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. Deen Dayal Upadhyaya</li> <li>• Marg. 2005), Marketing: An Introduction, New York: Prentice Hall.</li> </ul>			
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>			
<b>Suggested Continuous Evaluation Methods:</b> <b>INTERNAL ASSESMENT (25 Marks)</b> Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. <b>PRACTICAL ASSESSMENT (75 Marks)</b> Practical – 50 VIVA – 15 Record book charts etc - 10			
<b>Course prerequisites: There is no any prerequisites only students physical and medically fit.</b>			
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>			

PROGRAMME/CLASS: DIPLOMA		YEAR: SECOND	SEMESTER: THIRD
SUBJECT: PHYSICAL EDUCATION -THEORY			
COURSE CODE: E020301T		COURSE TITLE: Anatomy and Exercise Physiology	
Course outcomes: students can be able to understand human structure and function as well as effects of exercise on various human body systems.			
Credits: 04		Elective	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics		No. of Lectures
I	<b>INTRODUCTION:</b> <ul style="list-style-type: none"> <li>• Meaning Definition and Importance of Anatomy and Physiology in the field of Physical Education &amp; Sports</li> <li>• Brief introduction of Cell, Tissue, Organ and system</li> </ul>		6
II	<b>SKELETAL SYSTEM:</b> <ul style="list-style-type: none"> <li>• Structural and functional classification of bones.</li> <li>• Types of joints and major movements around them.</li> </ul>		8
III	<b>CIRCULATORY SYSTEM:</b> <ul style="list-style-type: none"> <li>• Structure and function of human heart</li> <li>• Circulation of blood</li> <li>• Effects of exercise on circulatory system</li> </ul>		8
IV	<b>RESPIRATORY SYSTEM:</b> <ul style="list-style-type: none"> <li>• Structure and function of respiratory system</li> <li>• Effects of exercise on respiratory system</li> <li>• The effects of altitude on the respiratory system.</li> </ul>		8
V	<b>DIGESTIVE SYSTEM:</b> <ul style="list-style-type: none"> <li>• Structure and function of digestive system</li> <li>• Importance of Digestive system.</li> <li>• Mechanism of Digestive System.</li> </ul> Effects of exercise on digestive system.		8
VI	<b>NERVOUS SYSTEM:</b> <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Main organ of Nervous System.</li> <li>• Functional Classification of Nervous System.</li> <li>• Reflex Action.</li> </ul>		8
VII	<b>ENDOCRINE SYSTEM AND BLOOD:</b> <ul style="list-style-type: none"> <li>• Composition and function of blood.</li> <li>• Meaning of Endocrine System.</li> <li>• Meaning of glands.</li> <li>• Endocrine Glands their Locations and Functions.</li> </ul>		7
VIII	<b>GENERAL PHYSIOLOGICAL CONCEPTS:</b> <ul style="list-style-type: none"> <li>• Vital Capacity-VC</li> <li>• Second Wind</li> <li>• Oxygen Debt</li> <li>• Fatigue</li> <li>• Types of Fatigue</li> <li>• Blood Pressure</li> </ul>		7
<b>Suggested Readings:</b> <ul style="list-style-type: none"> <li>• ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.</li> <li>• Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)</li> <li>• Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. 4. Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.</li> <li>• Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health &amp; Wellness Club, New York, U.S.A.</li> <li>• Jain, J. (2004) Khel Dawaon Ka (New Delhi : Delhi University Press).</li> <li>• Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA.</li> <li>• Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).</li> <li>• Koley, Shyamal (2007), Exercise Physiology — A Basic Approach (New Delhi: Friends Publications). 10. Jain AK (2002). Anatomy &amp; Physiology for Nurses. Arya Publishers, Delhi.</li> <li>• Moried EN (2007). Essential of Human Anatomy &amp; Physiology. Ed. 8th Dorling Kindersley, India. 12. Prives M and Others (2004). Human Anatomy Vol. I &amp; II Paragon, Delhi.</li> </ul>			

- Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
- Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy& Sons.
- 15. William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin.
- Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill

**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.

**Course prerequisites:** There is no any prerequisites only students physical and medically fit.

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Rajarshi Tandon open University.



**SYLLABUS FOR B. A. PHYSICAL EDUCATION/ SEMESTER III/ PAPER II**

<b>PROGRAM/CLASS- DIPLOMA</b>	<b>YEAR: SECOND</b>	<b>SEMESTER: THIRD</b>
<b>SUBJECT: PHYSICAL EDUCATION- PRACTICAL</b>		
<b>COURSE CODE: E020302P</b>	<b>COURSE TITLE: HEALTH AND PHYSIOLOGY</b>	
<b>Credits: 02</b>	<b>Elective</b>	
<b>Max. Marks: 25+75</b>	<b>Min. Passing Marks: 10+25</b>	
<b>Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2</b>		
	<b>Topics</b>	<b>No. of hours</b>
	<b>Part-A</b>	
	<ul style="list-style-type: none"> <li>• Draw and label any two-body system.</li> <li>• Prepare an Model of any one System.</li> <li>• Measuring height, weight, waist circumference and hip circumference, calculation of BMI (Body Mass Index) and waist-Hip ratio.</li> <li>• Learn to Measure Blood Pressure by Sphygmomanometer.</li> </ul>	15
	<b>Part-B</b>	
	<p><b>Chose any one individual sports and games as per given Annexure-A with following activity:</b></p> <ul style="list-style-type: none"> <li>• History and development of selected game/sports</li> <li>• Lay out and measurement of selected game/sports</li> <li>• Rules and regulation of selected games/sports</li> <li>• Specific exercise for selected game/sports</li> <li>• Techniques and skills of selected game/sports</li> </ul>	15
<p><b>Suggested Readings:</b></p> <ul style="list-style-type: none"> <li>• ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.</li> <li>• Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA</li> <li>• Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. 4. Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.</li> <li>• Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health &amp; Wellness Club, New York, U.S.A.</li> <li>• Jain, J. (2004) Khel Dawaon Ka (New Delhi : Delhi University Press).</li> <li>• Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA.</li> <li>• Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).</li> <li>• Koley, Shyamal (2007), Exercise Physiology — A Basic Approach (New Delhi: Friends Publications). 10. Jain AK (2002). Anatomy &amp; Physiology for Nurses. Arya Publishers, Delhi.</li> <li>• Moried EN (2007). Essential of Human Anatomy &amp; Physiology. Ed. 8th Dorling Kindersley, India. 12. Prives M and Others (2004). Human Anatomy Vol. I &amp; II Paragon, Delhi.</li> <li>• Seeley &amp; Others (2008). Anatomy &amp; Physiology. McGraw Hill, Boston.</li> <li>• Tortora (2003). Principles of Anatomy &amp; Physiology, New York: John Willy &amp; Sons. 15. William CS (2000). Essentials of Human Anatomy &amp; Physiology, Benjamin.</li> <li>• Wilson and Waugh (1996). Anatomy &amp; Physiology in Health &amp; Illness. Churchill Livingstone</li> </ul>		
<p><b>This course can be opted as an elective by the students of following subjects: Open for all</b></p>		
<p><b>Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)</b>                  Written Test – 10 marks                  Assignment/ Research Based Project - 10 marks                  Attendance – 5 marks                  Research Orientation of the student.</p> <p><b>PRACTICAL ASSESSMENT (75 Marks)</b>                  Practical – 50                  VIVA – 15                  Record book charts etc - 10</p>		
<p><b>Course prerequisites:</b> There is no any prerequisites only students physical and medically fit.</p>		
<p><b>Suggested equivalent online courses:</b></p> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>		

PROGRAM/CLASS: DEGREE		YEAR: SECOND	SEMESTER: FOURTH
SUBJECT: PHYSICAL EDUCATION- THEORY			
COURSE CODE: E020401T		COURSE TITLE: SPORTS PSYCHOLOGY AND RECREATIONAL ACTIVITIES	
<b>Course outcomes:</b> students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.			
Credits: 04		Elective	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics		No. of Lectures
I	<b>INTRODUCTION:</b> <ul style="list-style-type: none"> <li>• Meaning, Importance and scope of sports psychology</li> <li>• General characteristics of various stages of growth and development.</li> <li>• Psycho-sociological aspects of human behavior in relation to physical education.</li> </ul>		6
II	<b>LEARNING:</b> <ul style="list-style-type: none"> <li>• Nature of learning, theories of learning.</li> <li>• Law of learning, plateau in learning, transfer of learning</li> </ul>		8
	<ul style="list-style-type: none"> <li>• Meaning and definition of personality, characteristics of personality.</li> <li>• Dimensions of personality, personality and sports performance.</li> </ul>		
III	<b>MOTIVATION :</b> <ul style="list-style-type: none"> <li>• Nature of motivation, factors influencing motivation.</li> <li>• Motivational techniques and its impact on sports performance.</li> <li>• Mental preparation strategies: attention, focus, self-talk, relaxation and imaginary.</li> </ul>		8
IV	<b>ANXIETY AND AGGRESSION:</b> <ul style="list-style-type: none"> <li>• Aggression and sports, meaning and nature of anxiety, kind of anxiety.</li> <li>• Meaning and nature of stress, types of stress</li> <li>• Anxiety, stress arousal and their effects on sports performance.</li> <li>• Concept of incentives and achievements.</li> </ul>		8
V	<b>PLAY:</b> <ul style="list-style-type: none"> <li>• Meaning of Play</li> <li>• Definition of play</li> <li>• Various Theories of play</li> <li>• Significance of Theories of play in Physical Education and Sports.</li> <li>• Significance of play for a Child.</li> </ul>		8
VI	<b>RECREATION :</b> <ul style="list-style-type: none"> <li>• Meaning and importance of recreation in physical education</li> <li>• Principles of recreation in physical education <ul style="list-style-type: none"> <li>• Areas, classification and ways of recreation.</li> </ul> </li> <li>• Use of leisure time activities and their educational values.</li> </ul>		8
VII	<b>TRADITIONAL GAMES OF INDIA:</b> <ul style="list-style-type: none"> <li>• Meaning.</li> <li>• Types of Traditional Games-</li> <li>• Gilli- Danda, Kanche, Stapu, Gutte, etc.</li> <li>• Importance/ Benefits of Traditional Games.</li> <li>• How to Design Traditional Games.</li> <li>• Development of Personalities by the help of Traditional Games.</li> </ul>		7
VIII	<b>INTRAMURALS:</b> <ul style="list-style-type: none"> <li>• Meaning.</li> <li>• Importance.</li> <li>• Conducting Extramural Competitions.</li> </ul>		7

**Suggested Readings:**

1. Alliance, A. (1999). Physical Best Activity Guide, New Delhi,
2. Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA.
3. Dheer, S. and Radhika. (1991). Organisation and Administration of Physical Edu., ND:Friends Pub.
4. Frost, R.B. and Others. (1992). Administration of Physical Education and Athletics, Delhi: Universal Book.
5. Gangwar, B.R. (1999). Organisation Admn. & Methods of Physical education, Jalandhar: A.P. Pub.
6. Gangwar, B.R. (1999). Sharirik Shiksha Ka Prabandh Prashashan Avam Vidhiya, Jalandhar: A.P. Pub.
7. Gupta R. Kumar P. & Sharma D.P. (1999). Lesson Plan in Physical Education & Sports. R.D.P. Publication. New Delhi.
8. Gupta R. Kumar P. & Sharma. D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. SahyogPrakashan. New Delhi.
9. Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.
10. Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi.
11. Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends Publication. Delhi.
12. Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi.
13. Shaw D & Kaushik S (2001). Lesson Planning- Teaching Methods and Classman in Physical Education. K.S.K. Delhi.

**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

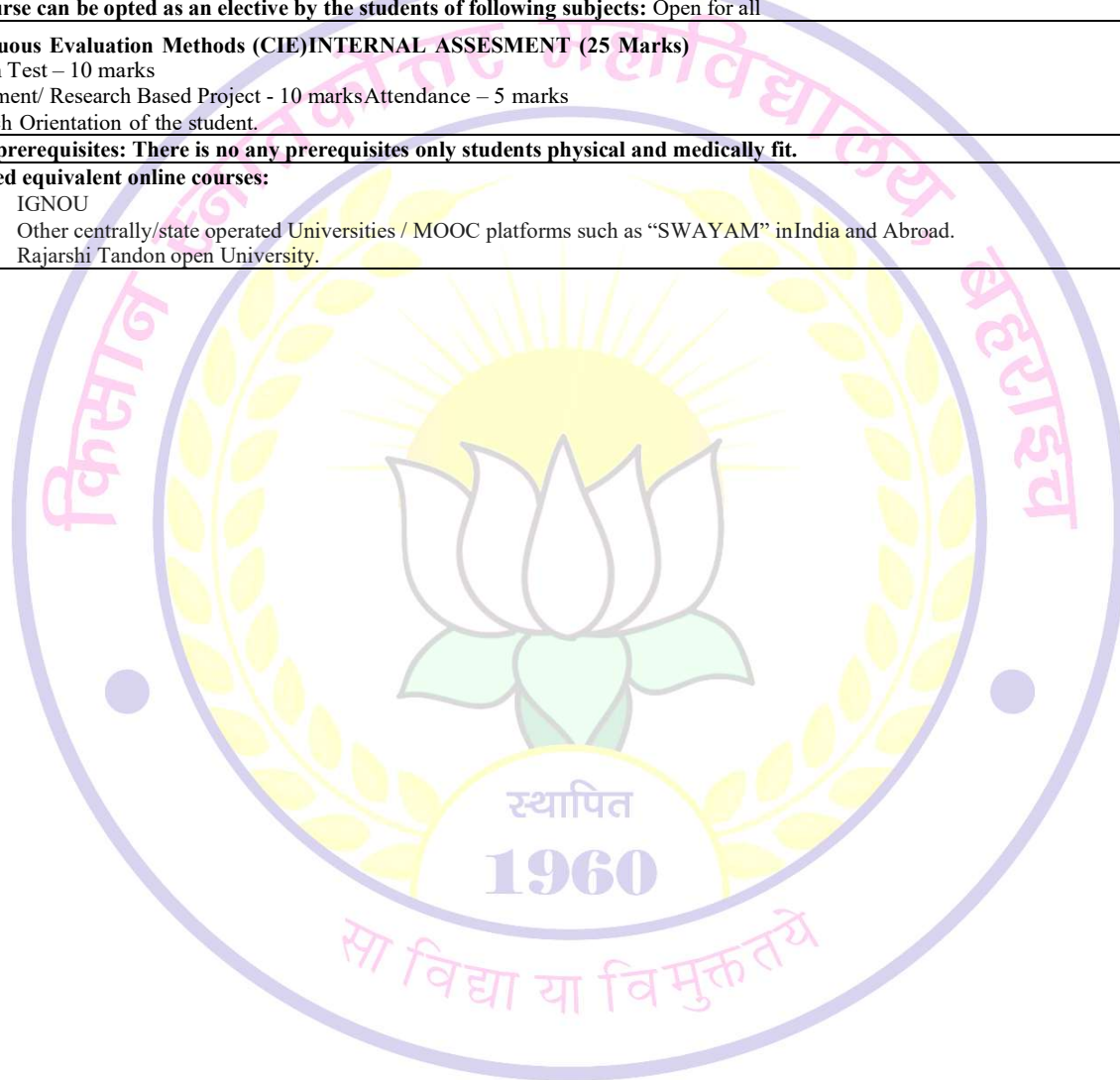
Assignment/ Research Based Project - 10 marks Attendance – 5 marks

Research Orientation of the student.

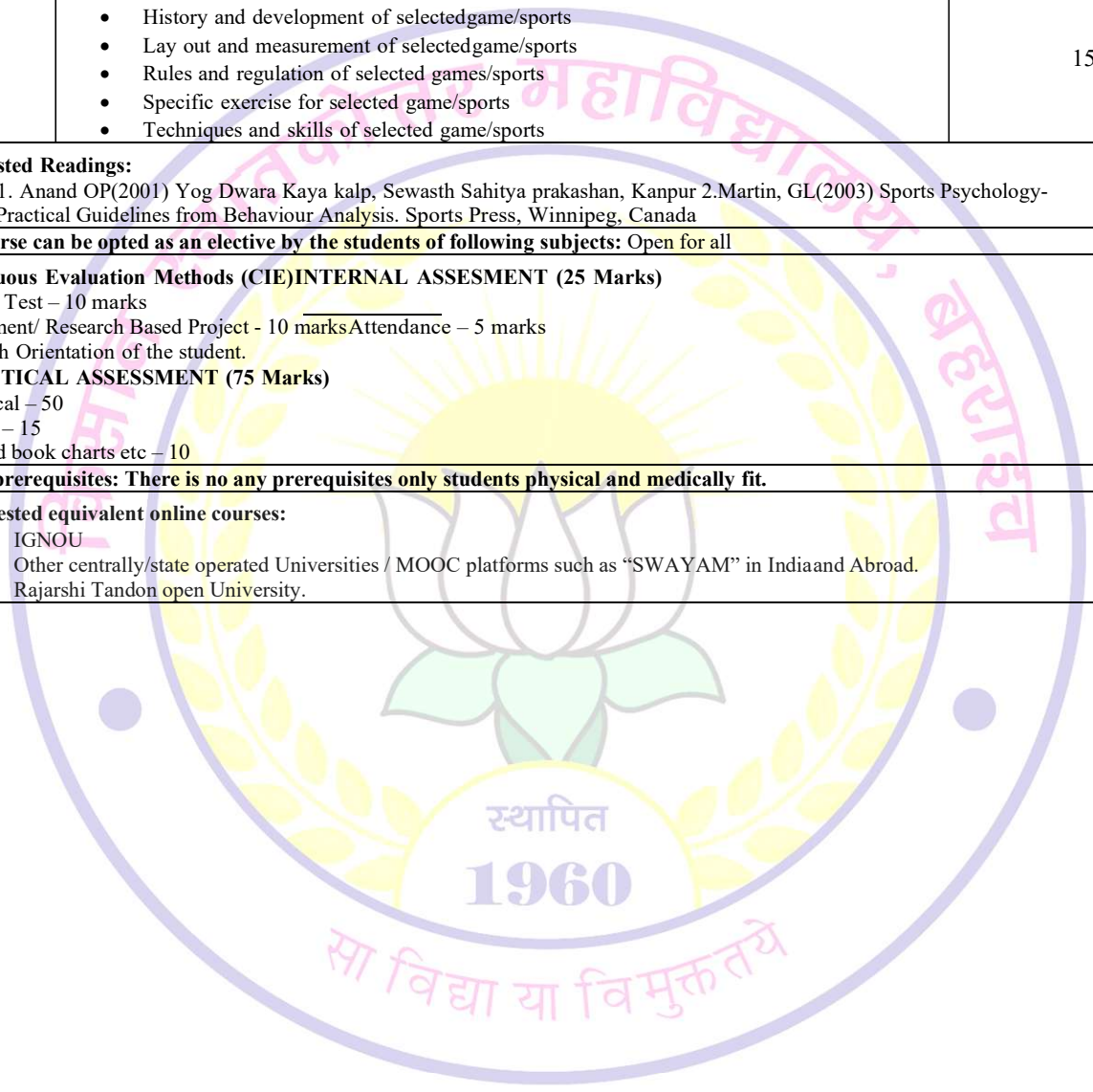
**Course prerequisites: There is no any prerequisites only students physical and medically fit.**

**Suggested equivalent online courses:**

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Rajarshi Tandon open University.



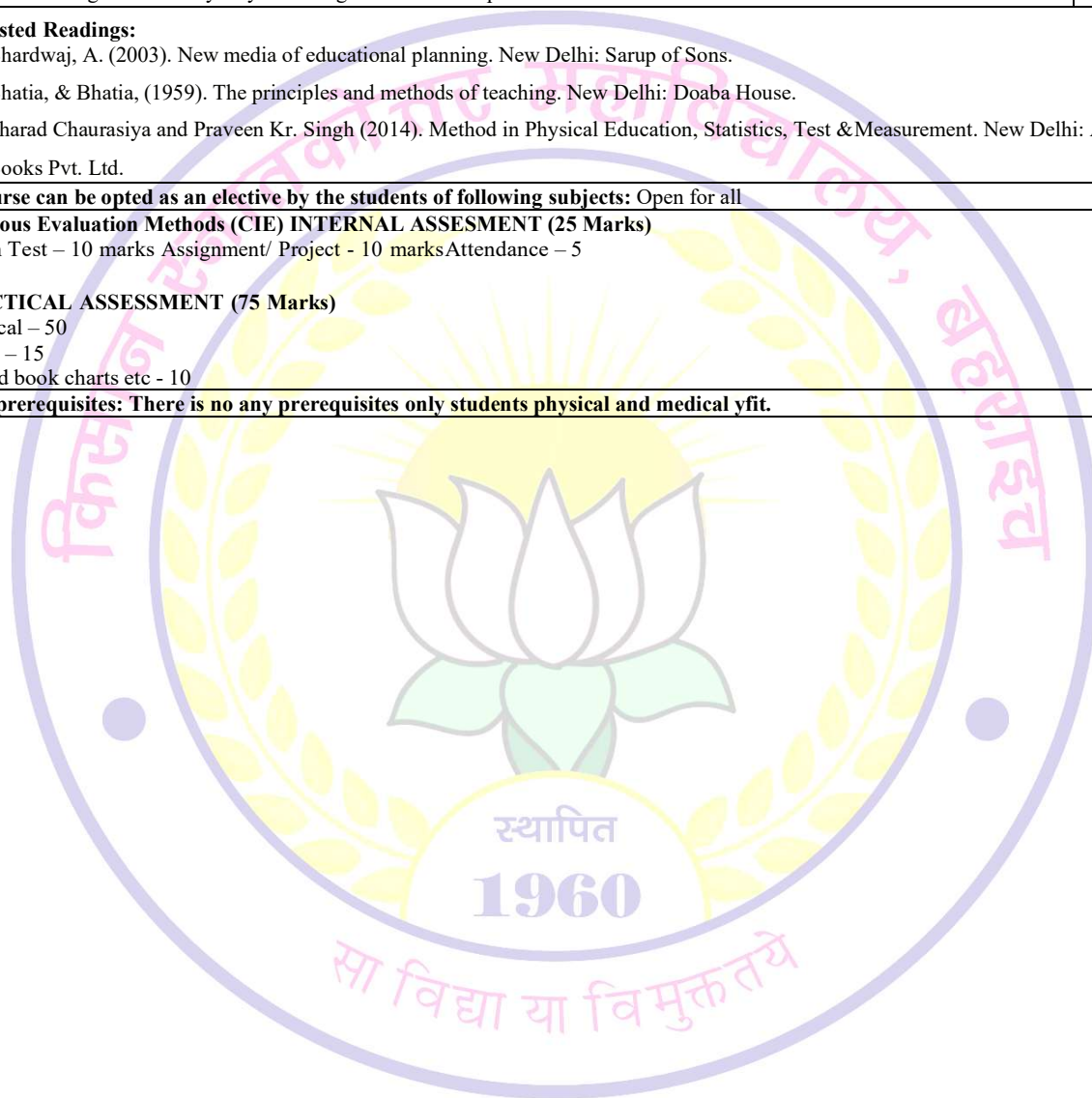
<b>PROGRAM/CLASS: DEGREE</b>	<b>YEAR: SECOND</b>	<b>SEMESTER: FOURTH</b>
<b>SUBJECT: PHYSICAL EDUCATION- PRACTICAL</b>		
<b>COURSE CODE: E020402P</b>	<b>COURSE TITLE: SPORTS PSYCHOLOGY</b>	
<b>Credits: 02</b>	<b>Elective</b>	
<b>Max. Marks: 25+75</b>	<b>Min. Passing Marks: 10+25</b>	
<b>Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2</b>		
	<b>Part-A</b>	
	<ul style="list-style-type: none"> <li>• Make a Model/ Chart of any one Traditional games</li> <li>• Organize a recreational activity at college level and write a report on it.</li> <li>• Design a Traditional/ Recreational games with new ideas.</li> </ul>	15
	<b>Part-B</b>	
	<p><b>Chose any one Team Games as per given Annexure-A with following activity:</b></p> <ul style="list-style-type: none"> <li>• History and development of selected game/sports</li> <li>• Lay out and measurement of selected game/sports</li> <li>• Rules and regulation of selected games/sports</li> <li>• Specific exercise for selected game/sports</li> <li>• Techniques and skills of selected game/sports</li> </ul>	15
<p><b>Suggested Readings:</b></p> <p>1. Anand OP(2001) Yog Dwara Kaya kalp, Sewasth Sahitya prakashan, Kanpur 2.Martin, GL(2003) Sports Psychology- Practical Guidelines from Behaviour Analysis. Sports Press, Winnipeg, Canada</p>		
<p><b>This course can be opted as an elective by the students of following subjects:</b> Open for all</p>		
<p><b>Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)</b></p> <p>Written Test – 10 marks  Assignment/ Research Based Project - 10 marks  Attendance – 5 marks  Research Orientation of the student.</p> <p><b>PRACTICAL ASSESSMENT (75 Marks)</b></p> <p>Practical – 50  VIVA – 15  Record book charts etc – 10</p>		
<p><b>Course prerequisites: There is no any prerequisites only students physical and medically fit.</b></p>		
<p><b>Suggested equivalent online courses:</b></p> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>		



<b>PROGRAM/CLASS: DEGREE</b>		<b>YEAR: THIRD</b>		<b>SEMESTER: FIFTH</b>	
<b>SUBJECT: PHYSICAL EDUCATION- THEORY</b>					
<b>COURSE CODE: E020501T</b>		<b>COURSE TITLE: EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION</b>			
<b>Course outcomes:</b> students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.					
<b>Credits: 04</b>			<b>Elective</b>		
<b>Max. Marks: 25+75</b>			<b>Min. Passing Marks: 10+25</b>		
<b>Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0</b>					
<b>Unit</b>	<b>Topics</b>				<b>No. of Lectures</b>
<b>I</b>	<b>Education and Education Technology:</b> Meaning and Definitions Types of Education- Formal, Informal and Non- Formal education.Educative Process Importance of Devices and Methods of Teaching.				<b>10</b>
<b>II</b>	<b>Teaching Technique:</b> Teaching Technique Lecture method, Command method, Demonstration method, Imitation method, project method etc. Teaching Procedure Whole method, whole-part whole method, part-whole method.				<b>10</b>
<b>III</b>	<b>Presentation Technique:</b> Personal and technical preparation Command- Meaning, Types and its uses in different situations.				<b>08</b>
<b>IV</b>	<b>Teaching Aids</b> Teaching Aids - Meaning, Importance and its criteria for selecting teaching aids. Teaching aids-Audio aids, Visual aids, Audio-visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc Team Teaching Meaning, Principles and advantage of team teaching. Difference between Teaching Methods and Teaching Aid.				<b>10</b>
<b>V</b>	<b>Lesson Planning and Teaching Innovations:</b> Lesson Planning - Meaning, Type and principles of lesson plan. General and specific lesson plan. Micro Teaching - Meaning, Types and steps of micro teaching				<b>10</b>
<b>VI</b>	<b>Competition in Physical Education:</b> Competition, Importance of competition, Types of competition- knock out and league, methods of drawing fixture, by methods of fixing byes, seeding,				<b>12</b>
<b>Reference:</b>					
1. Bhardwaj, A. (2003). New media of educational planning. New Delhi: Sarup of Sons.					
2. Bhatia, & Bhatia, (1959). The principles and methods of teaching. New Delhi: Doaba House.					
3. Kochar, S.K: (1982). Methods and techniques of teaching. New Delhi: Sterling Publishers Pvt. Ltd.					
4. Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). Introduction to educational technology. New Delhi: Sterling Publishers Pvt. Ltd.					
5. Walia, J.S. (1999). Principles and methods of education. Jullandhar: Paul Publishers.					
<b>This course can be opted as an elective by the students of following subjects:</b> Open for all					
<b>Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)</b>					
Written Test – 10 marks					
Assignment/ Research Based Project - 10 marks					
Attendance – 5 marks					
Research Orientation of the student.					
Course prerequisites: <b>There is no any prerequisites only students physical and medically fit.</b>					
<b>Suggested equivalent online courses:</b>					
<ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>					

PROGRAM/CLASS: DEGREE		YEAR: THIRD	SEMESTER: FIFTH
SUBJECT: PHYSICAL EDUCATION-THEORY			
COURSE CODE: E020502T		COURSE TITLE: COMPUTER APPLICATIONS IN PHYSICAL EDUCATION	
<b>Course outcomes:</b> students can be able to understand various aspects of Computer applications in Physical Education			
<b>Credits: 04</b>		<b>Elective</b>	
<b>Max. Marks: 25+75</b>		<b>Min. Passing Marks: 10+25</b>	
<b>Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0</b>			
Unit	Topics		No. of Lectures
I	<b>Introduction to Computer:</b> Meaning, Need and importance of information and communication technology (ICT). Application of Computers in Physical Education		10
II	<b>MS Word:</b> Introduction to MS Word Creating, saving and opening a document Formatting Editing features Drawing table , page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, footnote		10
III	<b>MS Excel:</b> Introduction to MS Excel Creating, saving and opening spreadsheet creating formulas Format and editing features adjusting columns width and row height understanding charts.		10
IV	<b>MS Power Point:</b> Introduction to MS Power Point Creating, saving and opening a ppt. file format and editing features slide show , design , inserting slide number icture ,graph ,table Preparation of Power point presentations		10
V	<b>Components of computer</b> Input device Output device		10
VI	<b>Software</b> Meaning Application software used in Physical Education and sports		10
<b>Reference:</b>			
1. Irtegov, D. (2004). <i>Operating system fundamentals</i> . Firewall Media Marilyn, M.& Roberta,B.(n.d.). <i>Computers in your future</i> . 2nd edition, India: Prentice Hall.			
2. Milke, M.(2007). <i>Absolute beginner's guide to computer basics</i> . Pearson Education Asia.			
3. Sinha, P. K. & Sinha, P. (n.d.). <i>Computer fundamentals</i> . 4th edition, BPB Publication.			
<b>This course can be opted as an elective by the students of following subjects:</b> Open for all			
<b>Continuous Evaluation Methods (CIE)INTERNAL ASSESSMENT (25 Marks)</b>			
Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.			
<b>Course prerequisites:</b> There is no any pre requisites only students physical and medically fit.			
<b>Suggested equivalent online courses:</b>			
<ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>			

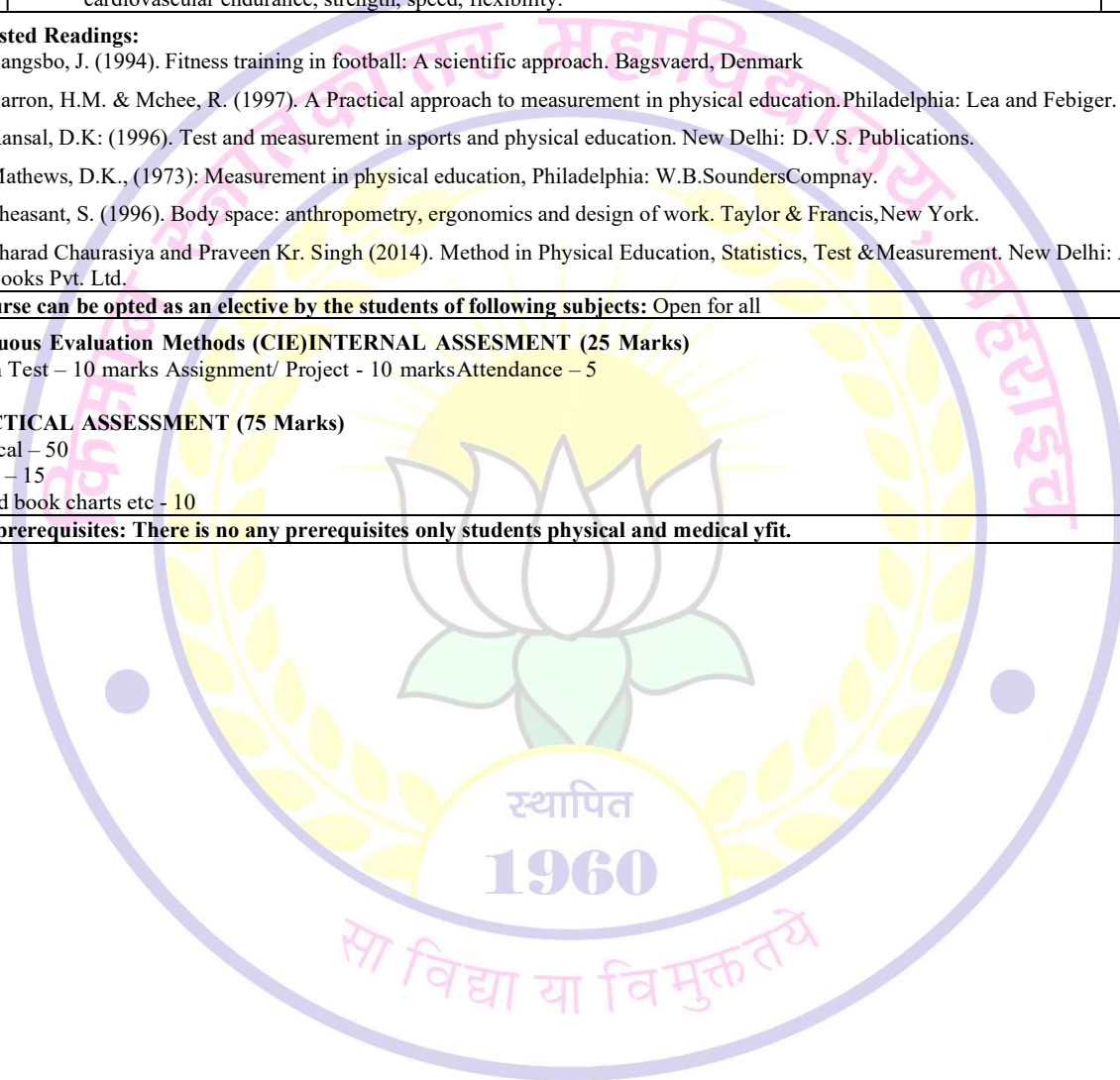
<b>PROGRAM/CLASS: DEGREE</b>	<b>YEAR: THIRD</b>	<b>SEMESTER: FIFTH</b>
<b>SUBJECT: PHYSICAL EDUCATION-PRACTICAL</b>		
<b>COURSE CODE: E020502P</b>	<b>COURSE TITLE: METHODS OF TEACHING IN PHYSICAL EDUCATION</b>	
Credits: 02	Elective	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
<b>Part-A</b>		
	<ul style="list-style-type: none"> <li>• Prepare a General &amp; specific lesson plan Make a Model/ Chart</li> <li>• Design a Traditional/ Recreational games with new ideas.</li> </ul>	15
<b>Part-B</b>		
	<ul style="list-style-type: none"> <li>• Learn to draw fixture.</li> <li>• Learn to organize an event on knockout/league basis.</li> <li>• Organize activity in your college and write a report on it.</li> </ul>	15
<b>Suggested Readings:</b>		
<ol style="list-style-type: none"> <li>1. Bhardwaj, A. (2003). New media of educational planning. New Delhi: Sarup of Sons.</li> <li>2. Bhatia, &amp; Bhatia, (1959). The principles and methods of teaching. New Delhi: Doaba House.</li> <li>3. Sharad Chaurasiya and Praveen Kr. Singh (2014). Method in Physical Education, Statistics, Test &amp; Measurement. New Delhi: Axis Books Pvt. Ltd.</li> </ol>		
<b>This course can be opted as an elective by the students of following subjects:</b> Open for all		
<b>Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)</b>		
Written Test – 10 marks Assignment/ Project - 10 marks Attendance – 5 marks		
<b>PRACTICAL ASSESSMENT (75 Marks)</b>		
Practical – 50		
VIVA – 15		
Record book charts etc - 10		
<b>Course prerequisites: There is no any prerequisites only students physical and medical yfit.</b>		



<b>PROGRAM/CLASS: DEGREE</b>	<b>YEAR: THIRD</b>	<b>SEMESTER: SIXTH</b>
<b>SUBJECT: PHYSICAL EDUCATION-THEORY</b>		
<b>COURSE CODE: E020601T</b>	<b>COURSE TITLE: MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION</b>	
Course outcomes: students can be able to understand various aspects of measurement and evaluation in physical education		
<b>Credits: 04</b>		<b>Elective</b>
<b>Max. Marks: 25+75</b>		<b>Min. Passing Marks: 10+25</b>
<b>Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0</b>		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	<b>Introduction to Test &amp; Measurement &amp; Evaluation</b> Meaning of Test & Measurement & Evaluation in Physical Education Need & Importance of Test & Measurement & Evaluation in Physical Education Principles of Evaluation	<b>10</b>
<b>II</b>	<b>Criteria: Classification and Administration of test</b> Criteria of good Test Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms) Type and classification of Test Administration of test, advance preparation - Duties during testing - Duties after testing.	<b>10</b>
<b>III</b>	<b>Physical Fitness Tests</b> AAHPERD youth fitness test National physical Fitness Test Indiana Motor Fitness Test" JCR test S.A.I Khelo India Fitness Test- BMI, 50 mt. Speed Test, 600 mt. Run/Walk, Sit & Reach Flexibility Test, Strength Test (Abdominal Partial Curl Up. Push-Ups for boys, Modified Push ups for girls) Harvard Step Test	<b>14</b>
<b>IV</b>	<b>Sports Skill Tests</b> Lockhart and McPherson badminton test. Johnson basketball test McDonald soccer test S.A.I volleyball test S.A.I Hockey test	<b>09</b>
<b>V</b>	<b>Tools for Measurements:</b> Spiro metre Dynamometer Treadmill Skin fold caliper Goniometer Stethoscope	<b>09</b>
<b>VI</b>	<b>Socio psychological Measure:</b> Self confidence measures Personality Inventory Leadership Behaviour Self Concept Measure Attitude Scale	<b>08</b>
<b>Reference:</b>		
<ul style="list-style-type: none"> <li>• Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark Barron, H.M. &amp; Mchee, R. (1997). A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger.</li> <li>• Kansal, D.K: (1996). Test and measurement in sports and physical education. New Delhi:</li> <li>• D.V.S. Publications.</li> <li>• Mathews, D.K., (1973): Measurement in physical education, Philadelphia: W.B.Sounders Compnay.</li> <li>• Pheasant, S. (1996). Body space: anthropometry, ergonomics and design of work. Taylor &amp; Francis, New York.</li> </ul>		
<b>This course can be opted as an elective by the students of followingsubjects: Open for all</b>		
<b>Continuous Evaluation Methods (CIE)INTERNAL ASSESSMENT (25 Marks)</b>		
Written Test – 10 marks Assignment/Project-10 marks Attendance – 5marks Measurement Orientation of the student.		
Course prerequisites: <b>There is no any prerequisites only students physical and medically fit.</b>		
<b>Suggested equivalent online courses:</b>		
<ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>		

PROGRAM/CLASS: DEGREE		YEAR: THIRD	SEMESTER: SIXTH
<b>SUBJECT: PHYSICAL EDUCATION-THEORY</b>			
COURSE CODE: E020602T		COURSE TITLE: YOGA EDUCATION	
Course outcomes: Students Can Be Able To Understand Various Aspects Yoga Education			
Credits: 04		Elective	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics		No. of Lectures
I	<b>Introduction:</b> Meaning and Definition of Yoga Aims and Objectives of Yoga Need and Importance of Yoga in Physical Education and Sports		6
II	<b>Foundation of Yoga:</b> The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi		10
III	<b>Asanas:</b> Meaning Classification of asanas with special reference to physicaleducation and sports Influences of relaxtive, meditative posture on various system of the body Effect of Asanas on various system of the body		12
IV	<b>Pranayama:</b> Meaning, Objective of Pranayama, Types of Pranayama Physiological Values of Pranayama		10
V	<b>Shudhi Kiryas Bandhas and mudras, Yoga Education:</b> Difference between yogic practices and physical exercises Types of Bandhas and mudras Type of kriyas		12
VI	<b>Yoga in the Bhagavadgita:</b> Karma Yoga Raja Yoga Gyan Yoga Bhakti Yoga		10
<b>Reference:</b> 1. Brown, F. Y. (2000). <i>How to use yoga</i> . Delhi: Sports Publication. 2. Gharote, M. L. & Ganguly, H. (1988). <i>Teaching methods for yogic practices</i> . Lonawala: Kaixydahmoe. 3. Rajjan, S. M. (1985). <i>Yoga strenthening of relaxation for sports man</i> . New Delhi: Allied Publishers. 4. Shankar, G. (1998). <i>Holistic approach of yoga</i> . New Delhi: Aditya Publishers. Shekar, K. C. (2003). <i>Yoga for health</i> . Delhi: Khel Sahitya Kendra. 5. Ajmer Singh & et.al. (2018 Physical Education & Olympic Movement) New Delhi: Kalyani Publication .			
<b>This course can be opted as an elective by the students of following subjects: Open for all</b>			
<b>Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)</b> Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.			
<b>Course prerequisites: There is no any prerequisites only students physical and medically fit.</b>			
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>			

<b>PROGRAM/CLASS: DEGREE</b>	<b>YEAR: THIRD</b>	<b>SEMESTER: SIXTH</b>
<b>SUBJECT: PHYSICAL EDUCATION- PRACTICAL</b>		
<b>COURSE CODE: E020602P</b>	<b>COURSE TITLE: MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION</b>	
<b>Credits: 02</b>	<b>Elective</b>	
<b>Max. Marks: 25+75</b>	<b>Min. Passing Marks: 10+25</b>	
<b>Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2</b>		
<b>Part-A</b>		
<ul style="list-style-type: none"> <li>• Measurement of Physical Fitness of college students using various tests</li> <li>• Assessments of body mass index</li> </ul>		15
<b>Part-B</b>		
<ul style="list-style-type: none"> <li>• Learn to use various instruments for measuring physiological &amp; health related physical fitness components. Like lungs capacity, blood pressure, fat percentage (body composition) cardiovascular endurance, strength, speed, flexibility.</li> </ul>		15
<b>Suggested Readings:</b> <ol style="list-style-type: none"> <li>1. Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark</li> <li>2. Barron, H.M. &amp; Mchee, R. (1997). A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger.</li> <li>3. Kansal, D.K: (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications.</li> <li>4. Mathews, D.K., (1973): Measurement in physical education, Philadelphia: W.B.SoundersCompnay.</li> <li>5. Pheasant, S. (1996). Body space: anthropometry, ergonomics and design of work. Taylor &amp; Francis, New York.</li> <li>6. Sharad Chaurasiya and Praveen Kr. Singh (2014). Method in Physical Education, Statistics, Test &amp; Measurement. New Delhi: Axix Books Pvt. Ltd.</li> </ol>		
<b>This course can be opted as an elective by the students of following subjects: Open for all</b>		
<b>Continuous Evaluation Methods (CIE)INTERNAL ASSESSMENT (25 Marks)</b> Written Test – 10 marks Assignment/ Project - 10 marks Attendance – 5 marks <b>PRACTICAL ASSESSMENT (75 Marks)</b> Practical – 50 VIVA – 15 Record book charts etc - 10		
<b>Course prerequisites: There is no any prerequisites only students physical and medical yfit.</b>		



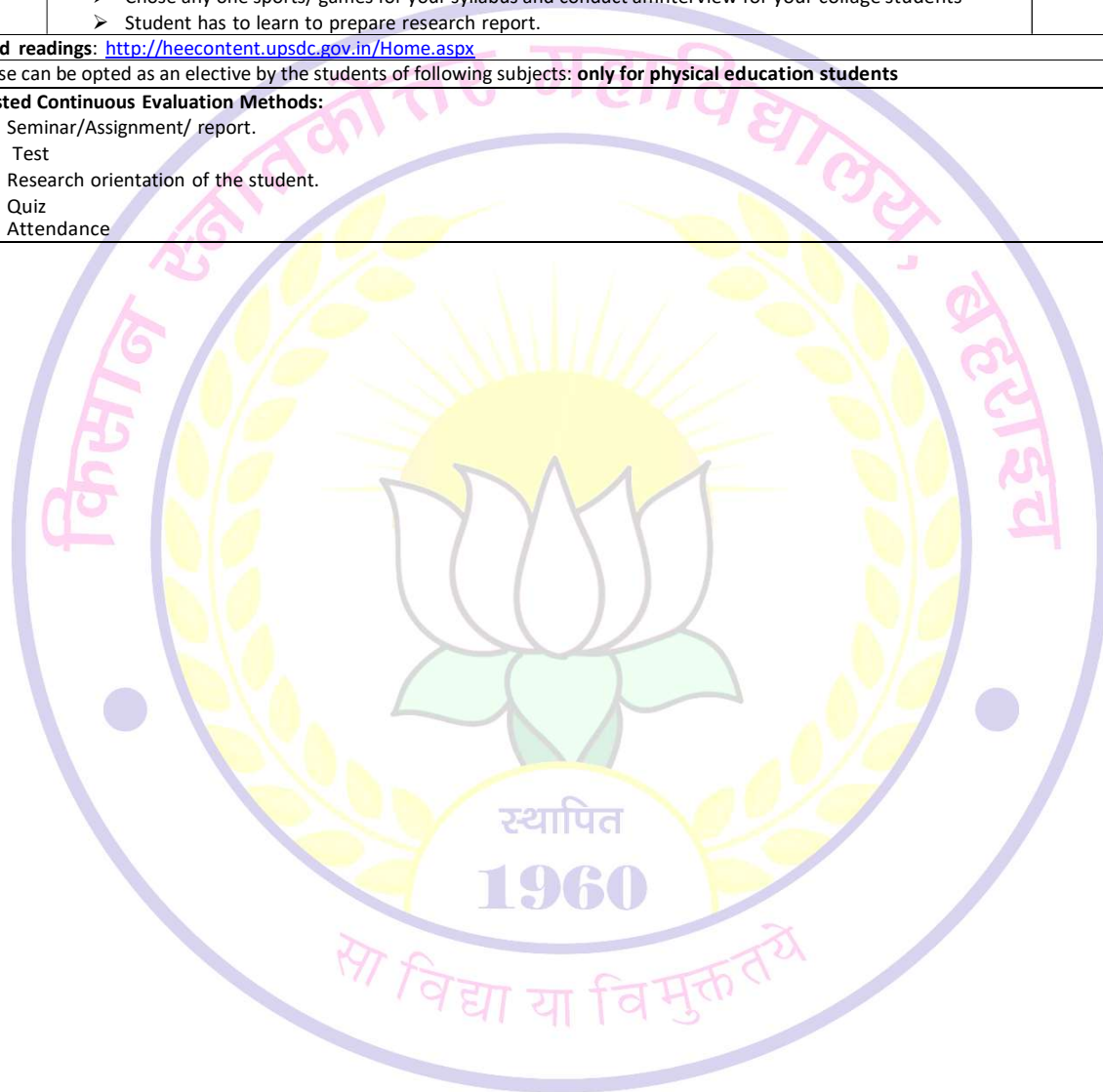
PROGRAM/CLASS: DEGREE WITH RESEARCH		YEAR: FOURTH	SEMESTER: SEVENTH
SUBJECT: PHYSICAL EDUCATION-THEORY			
COURSE CODE: E020701T		COURSE TITLE: ATHLETIC INJURIES	
<b>Course outcomes:</b> students can be able to understand Athletic Injuries and Athletic Care			
<b>Credits: 04</b>		<b>Elective</b>	
<b>Max. Marks: 25+75</b>		<b>Min. Passing Marks: 10+25</b>	
<b>Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0</b>			
Unit	Topics		No. of Lectures
I	<b>Introduction:</b> Indian Knowledge System & its characteristic Objective of Education in Indian Knowledge Relevancy of Indian Knowledge System in Technological Age. Yogic Practices : Asanas & Pranayama, Hathyoga(Yam, Niyam,Asanas, Pranayama, Pratayahaar, Dhyan, Dharna, Samadhi), Stress, Anger Management Practices Vipasana Meditation for concentration & Memory		15
II	<b>Athletic Injuries</b> i) Concept and Significance. ii) Factors causing Injuries		8
III	<b>Common Sports Injuries</b> (Strain and Muscle and Ligament Sprain, Frozen Shoulder, Lower Back Strain, Tennis and Golfer's Elbow, Runner's Knee, Shin Pain, Blister, Contusion, Abrasion, Laceration, Hematoma, Fracture, Dislocation)		10
IV	<b>Postural Deformities.</b> Types, Causes and respective corrective exercises of: - > Kyphosis. > Scoliosis. > Lordosis. > Knock Knees. > Bowlegs. > Flat Foot > Disorders due to Improper Posture		12
V	<b>Athletic Care for Sports Injuries</b> <ul style="list-style-type: none"> <li>• General Principles of Prevention of Injuries</li> <li>• <b>First aid</b> – meaning, definition.</li> <li>• Importance of First aid.</li> </ul>		8
VI	<b>Common Problems &amp; Preventive Measures</b> <ul style="list-style-type: none"> <li>• Causes of common diseases related to posture</li> <li>• Back Pain and their preventive Exercises.</li> <li>• Neck Pain and their preventive Exercises.</li> </ul>		7
<b>RECOMMENDED READINGS</b> 1. ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A. 2. Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago, USA. 3. Beotra, Alka (2001-02) Drug Education Handbook on Drug Abuse in Sports, Applied Nutrition Sciences, Mumbai. 4. Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. 5. Fahey, T.D., M.P. Insel and W.T. Rath (2006), Fit & Well: Core Concepts and Labs in Physical Fitness, mcgraw Hill, New York. 6. Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA. 7. Hoeger, W K and S.A. Hoeger (2004). Principles and Labs for Fitness and Wellness, Thomson Wadsworth, California, USA. 8. Jain, J. (2004) Khel Dawaon Ka (New Delhi: Delhi University Press). 9. Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, (2008), Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi. 10. Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers). 11. Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA. 12. Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).			
<b>This course can be opted as an elective by the students of following subjects:</b> Open for all			
<b>Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)</b>			
Written Test – 10 marks			
Assignment/ Research Based Project - 10marks Attendance – 5 marks			
Research Orientation of the student.			
<b>Course prerequisites: There is no any prerequisites only students physical and medically fit.</b>			
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>			

<b>PROGRAM/CLASS: DEGREE WITH RESEARCH</b>		<b>YEAR: FOURTH</b>	<b>SEMESTER: SEVENTH</b>
<b>SUBJECT: PHYSICAL EDUCATION-THEORY</b>			
<b>COURSE CODE:E020702T</b>		<b>COURSE TITLE: PHYSIOTHERAPY</b>	
<b>Course outcomes: Students Can Be Able To Understand Physiotherapy And Rehabilitation.</b>			
<b>Credits: 04</b>		<b>Elective</b>	
<b>Max. Marks: 25+75</b>		<b>Min. Passing Marks: 10+25</b>	
<b>Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0</b>			
Unit	Topics	No. of Lectures	
I	<b>Physiotherapy-</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Guiding principles of physiotherapy.</li> <li>• Importance of physiotherapy</li> </ul>	5	
II	<b>Massage-</b> <ul style="list-style-type: none"> <li>• Meaning</li> <li>• Types</li> <li>• Importance.</li> </ul>	7	
III	<b>Rehabilitation-</b> <ul style="list-style-type: none"> <li>• RICE- Rest, Ice, Compression, Elevation.</li> <li>• DRABC- Danger, Response, Airways, Breathing, Circulation.</li> </ul> <b>Bandage-</b> <ul style="list-style-type: none"> <li>• Types of Bandages.</li> <li>• Taping and Supports</li> </ul>	12	
IV	<b>Hydrotherapy-</b> <ul style="list-style-type: none"> <li>• Meaning and Methods.</li> <li>• Cryotherapy,</li> <li>• Thermootherapy,</li> <li>• Contrast bath,</li> <li>• Whirlpool bath,</li> <li>• Steam bath,</li> <li>• Sauna bath,</li> <li>• Hot Water Fomentation</li> </ul>	16	
V	<b>Treatment modalities</b> -Electrotherapy, Infrared rays, Ultraviolet rays, shortwave diathermy, ultra sound.	10	
VI	<b>Therapeutic Exercise-</b> <ul style="list-style-type: none"> <li>• Meaning, Definition.</li> <li>• Importance.</li> <li>• Muscle Strengthening through Active and Passive Exercise.</li> <li>• Therapeutic value with Yoga asanas for rehabilitation and strengthening of the muscles.</li> </ul>	10	
1. Jain, J. (2004) Khel Dawaon Ka (New Delhi: Delhi University Press). 2. Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, (2008), Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi. 3. Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers).			
<b>This course can be opted as an elective by the students of following subjects: Open for all</b>			
<b>Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks)</b>			
Written Test – 10 marks			
Assignment/ Research Based Project - 10marks			
Attendance – 5 marks			
Research Orientation of the student.			
<b>Course prerequisites: There are no any prerequisites only students physical and medically fit.</b>			
<b>Suggested equivalent online courses:</b>			
<ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>			



PROGRAM/CLASS: DEGREE WITH RESEARCH		YEAR: FOURTH	SEMESTER: SEVENTH
SUBJECT: PHYSICAL EDUCATION-THEORY			
COURSE CODE:E020704T		COURSE TITLE: BIOMECHANICS IN SPORTS	
Course outcomes: students can be able to understand various aspects of Biomechanics in Sports and would be able to apply in sports activities.			
Credits: 04		Elective	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics		No. of Lectures
I	<b>INTRODUCTION:</b> Biomechanical Concept in Physical Education Importance of Biomechanics in Sports		8
II	<b>Newton's Law of Motion &amp; Its utility in Sports:</b> <ul style="list-style-type: none"> <li>• Friction</li> <li>• Meaning</li> <li>• Definitions and Types.</li> </ul>		10
III	<b>FORCE AND LEVERS: FORCE:</b> <ul style="list-style-type: none"> <li>• Meaning</li> <li>• Definitions</li> <li>• Types</li> <li>• Application to sports activities.</li> </ul>		10
IV	<b>LEVERS:</b> <ul style="list-style-type: none"> <li>• Meaning</li> <li>• Definition</li> <li>• Uses of Levers in the Human body.</li> </ul>		10
V	<b>KINEMATICS:</b> <ul style="list-style-type: none"> <li>• Meaning of Kinematics.</li> <li>• Types- Linear and Angular</li> <li>• Speed</li> <li>• Velocity</li> <li>• Acceleration</li> <li>• Distance</li> <li>• Displacement</li> </ul>		12
VI	<b>UNDERSTANDING PHYSICAL QUANTITIES IN SPORTS:</b> <ul style="list-style-type: none"> <li>• Mass</li> <li>• Weight</li> <li>• Momentum</li> <li>• Pressure</li> </ul>		10
<b>Suggested Reading:</b> <ol style="list-style-type: none"> <li>1. Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA.</li> <li>2. Blazeovich, A. (2007). Sports Biomechanics. A &amp; C Black Publishers, USA.</li> <li>3. Breer &amp; Zarnicks (1979). Efficiency of human movement. WIB Sounders Co. USA.</li> <li>4. Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. LippincottWilliams and Wilkins, USA.</li> <li>5. Hay (1993). The biomechanics of sports techniques. Prentice Hall Inc. New Jersey.</li> <li>6. McGinnis, P. (2004). Biomechanics of Sports &amp; Exercise. Human Kinetics, USA.</li> <li>7. Oatis, C.A. (2008). Kinesiology. 2nd Ed. Lippincott, Williams &amp; Wilkins, USA.</li> </ol>			
<b>This course can be opted as an elective by the students of following subjects: Open for all</b>			
<b>Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)</b>			
Written Test – 10 marks			
Assignment/ Research Based Project - 10marks			
Attendance – 5 marks			
Research Orientation of the student.			

<b>PROGRAM/CLASS – DEGREE WITH RESEARCH</b>		<b>YEAR: FOURTH</b>	<b>SEMESTER: SEVENTH</b>
<b>SUBJECT: PHYSICAL EDUCATION PROJECT</b>			
<b>COURSE CODE: E020702P</b>		<b>COURSE TITLE: RESEARCH PROJECT</b>	
<b>COURSE OUTCOMES:</b>			
<ul style="list-style-type: none"> <li>• Learn to Prepare Questionnaire.</li> <li>• Learn to write research report.</li> </ul>			
<b>Credits:04</b>		<b>Compulsory</b>	
<b>Max: marks 25+75</b>		<b>Min Passing Marks:</b>	
<b>Unit</b>	<b>Topic</b>		<b>No. of Lectures</b>
I	<ul style="list-style-type: none"> <li>➤ Chose a topic from your theory syllabus and Prepare a Questionnaire with 20 Questions for your college students.</li> <li>➤ Chose any one sports/ games for your syllabus and conduct an interview for your collage students</li> <li>➤ Student has to learn to prepare research report.</li> </ul>		<b>60</b>
<b>Suggested readings:</b> <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>			
This course can be opted as an elective by the students of following subjects: <b>only for physical education students</b>			
<b>Suggested Continuous Evaluation Methods:</b>			
<ul style="list-style-type: none"> <li>➤ Seminar/Assignment/ report.</li> <li>➤ Test</li> <li>➤ Research orientation of the student.</li> <li>➤ Quiz</li> <li>➤ Attendance</li> </ul>			



<b>PROGRAM/CLASS: DEGREE WITH RESEARCH</b>		<b>YEAR: FOURTH</b>	<b>SEMESTER: SEVENTH</b>
<b>SUBJECT: PHYSICAL EDUCATION-PRACTICAL</b>			
<b>COURSE CODE: E020703P</b>		<b>COURSE TITLE: PHYSIOTHERAPY AND SPORTS</b>	
<b>Credits:04</b>		<b>Elective</b>	
<b>Max.Marks:25+75</b>		<b>Min.PassingMarks:10+25</b>	
<b>Total No. of Lectures-Tutorials-Practical (In Hours per Week):L-T-P:0-0-2</b>			
<b>Unit</b>	<b>Topics</b>		<b>No. of Hours</b>
	<b>Part-A</b>		
<b>I</b>	<ul style="list-style-type: none"> <li>• Practice for Bandaging.</li> <li>• Practice for massage techniques.</li> <li>• Demonstration of Therapeutic Exercise.</li> </ul>		<b>30</b>
	<b>Part-B</b>		
<b>II</b>	<ul style="list-style-type: none"> <li>• A visit to Physiotherapy lab.</li> <li>• Write a Brief Report on the visit of the lab.</li> </ul>		<b>30</b>
<b>Suggested Readings:</b>			
<ol style="list-style-type: none"> <li>1. ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.</li> <li>2. Anspaugh, D.J., G. Ezelland K.N. Goodman (2006) Teaching Today Health, Mos by Publishers, Chicago, USA.</li> <li>3. Donatelle, R.J. and Ketcham P.(2007), Access to Health, Benjamin Cummings, Boston, USA.</li> <li>4. Fahey, T.D., M.P. Inseland W.T. Rath (2006), Fit &amp; Well: Core Concepts and Labsin Physical Fitness, MgrawHill, New York.</li> <li>5. Koley, Shymal (2007) Exercise Physiology–Abasic Approach, friends publication NewDelhi</li> <li>6. Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers).</li> <li>7. Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA. 8.Schindler, J.A. (2003) How to Live 365 Daysa Year (Boston: Running Press).</li> </ol>			
<b>This course can be opted as an elective by the students of following subjects: Open for all</b>			
<b>Continuous Evaluation Methods (CIE) INTER NALASSEMENT(25Marks)</b>			
Written Test–10marks Assignment/Research Based Project- 10 marks			
Attendance–5 marks Research Orientation of the student. <b>PRACTICAL</b>			
<b>ASSESSMENT (75Marks)</b>			
Practical–50 VIVA–15			
Record book chartsetc–10			
<b>Course prerequisites: There is no any prerequisites only students physical and medically fit.</b>			
<b>Suggested equivalent online courses:</b>			
<ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities/MOOCplat forms such as“SWAYAM” in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>			

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PROGRAM/CLASS: DEGREE WITH RESEARCH		YEAR: FOURTH	SEMESTER: EIGHT
SUBJECT: PHYSICAL EDUCATION - THEORY			
COURSE CODE: E020801T		COURSE TITLE: RESEARCH METHODS	
Course outcomes: students can be able to understand Research methods in Sports and Physical Education.			
Credits: 04		Elective	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics	No. of Lectures	
I	<b>INTRODUCTION:</b> <ul style="list-style-type: none"> <li>• Definition, Meaning of Research.</li> <li>• Need and Importance of Research in Physical Education and sports.</li> <li>• Scope of Research in Physical Education and sports.</li> </ul>	6	
II	<b>Type of research</b> <ul style="list-style-type: none"> <li>• Basic Research</li> <li>• Applied Research</li> <li>• Action Research</li> </ul>	8	
III	<b>Research Problem:</b> <ul style="list-style-type: none"> <li>• Meaning of the term</li> <li>• Formation of Research problem</li> <li>• Limitation and D Limitation</li> <li>• Location and Criteria of Selection of Problem.</li> </ul>	8	
IV	<b>Hypothesis:</b> <ul style="list-style-type: none"> <li>• Meaning of research Hypothesis.</li> <li>• Meaning of Null Hypothesis.</li> <li>• Importance of research and Null hypothesis.</li> </ul>	8	
V	<b>Survey of Related Literature:</b> <ul style="list-style-type: none"> <li>• Literature sources.</li> <li>• Library Reading.</li> <li>• Need for Surveying related literature.</li> </ul>	8	
VI	<b>Survey Studies:</b> <ul style="list-style-type: none"> <li>• Meaning of Survey</li> <li>• Tool of survey Research.</li> <li>• Questionnaire</li> <li>• Interview</li> </ul>	8	
VII	<b>Questionnaire and Interview:</b> <ul style="list-style-type: none"> <li>• Meaning of Questionnaire and Interview.</li> <li>• Construction and development of Questions.</li> <li>• Procedure of conducting Interview.</li> </ul>	7	
VIII	<b>Research Report:</b> <ul style="list-style-type: none"> <li>• Meaning of Research Report.</li> <li>• Qualities of a good research report.</li> </ul>	7	
<b>RECOMMENDED READINGS</b>			
<ul style="list-style-type: none"> <li>➤ Author's guide: Research Methods applied to Health Physical and Recreation, Washington, D.C. 1991.</li> <li>➤ Best John &amp; Kahni, J.V. 1992). Research in Education, New Delhi. Prentice Hall of India (Pvt.) Ltd.</li> <li>➤ Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall.</li> <li>➤ Clark, H. H., &amp; Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc.</li> <li>➤ Garrett, H.E. (1981). Statistics in psychology and education. New York: Vakils Feffer and Simon Ltd.</li> <li>➤ Koul, L. (2002). Methodology of Educational Research, Vikas Publishing House, New Delhi.</li> <li>➤ Oyster, C. K., Hanten, W. P., &amp; Llorens, L. A. (1987). Introduction to research: A guide for the health science professional. Landon: J.B. Lippincott Company.</li> <li>➤ Thomas, J.R., &amp; Nelson J.K. (2005). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.</li> <li>➤ Thomas, J.R., Nelson, J.K. &amp; Silverman, S.J. (2011). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.</li> <li>➤ Verma, J. P. (2000). A textbook on sports statistics. Gwalior: Venus Publication</li> </ul>			
<b>This course can be opted as an elective by the students of following subjects: Open for all</b>			
<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.			
Course prerequisites: <b>There is not any prerequisites only students physical and medically fit.</b>			
<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.			
Course prerequisites: <b>There is not any prerequisites only students physical and medically fit.</b>			
<b>Suggested equivalent online courses:</b>			
<ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>			

PROGRAM/CLASS: DEGREE WITH RESEARCH		YEAR: FOURTH	SEMESTER: EIGHT
SUBJECT: PHYSICAL EDUCATION -PAPER 2			
COURSE CODE: E020802T		COURSE TITLE: PHYSICAL EDUCATION FOR DIVYANG	
Course outcomes: This subject will help the students to understand the needs of the disabled (DIVYANG) people and make them ready to tackle any situation which comes in front of them while dealing disabled people. This subject can also teach Inclusion in sports for adapted people.			
Credits: 04		Elective	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-2			
Unit	Topics		No. of Lectures
I	<b>INTRODUCTION:</b> <ul style="list-style-type: none"> <li>• Meaning and Definition.</li> <li>• Aims and Objective.</li> <li>• Need and Importance of Physical Education.</li> <li>• Historical Review.</li> </ul>		6
II	<b>Physical Disabilities:</b> <ul style="list-style-type: none"> <li>• Causes.</li> <li>• Functional Limitations.</li> <li>• Characteristics.</li> </ul>		8
III	<b>Mental Retardation:</b> <ul style="list-style-type: none"> <li>• Causes.</li> <li>• Characteristics.</li> <li>• Functional Limitations.</li> </ul>		8
IV	<b>Outdoor Activities:</b> <ul style="list-style-type: none"> <li>• Outdoor program for the disabled.</li> <li>• Rhythmic and Dance Activities.</li> </ul>		8
V	<ul style="list-style-type: none"> <li>• Aquatic Activity Program for disables.</li> </ul>		8
VI	<b>Rehabilitation:</b> <ul style="list-style-type: none"> <li>• Functional and Occupational rehabilitation.</li> <li>• Psychological Rehabilitation.</li> </ul>		8
VII	<b>Programs:</b> <ul style="list-style-type: none"> <li>• Personality Development Program for DIVYANG.</li> <li>• Social Welfare Program for Disabled.</li> </ul>		7
VIII	<b>Inclusion in sports for Adapted People:</b> <ul style="list-style-type: none"> <li>• Recreational sports/ games.</li> <li>• Competitive sports/ games.</li> </ul>		7
<b>RECOMMENDED READINGS</b> <ul style="list-style-type: none"> <li>➤ 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).</li> <li>➤ Barton, L. (1993) „Disability, empowerment and physical education“, in J. Evans (ed.), Equality, Education and Physical Education. London: The Falmer Press.</li> <li>➤ Guttman, L. (1976) Textbook of Sport for the Disabled. Oxford: HM &amp; M Publishers.</li> <li>➤ K, DePauw &amp; S. Gavron, (2005). Disability and Sport. (2nd Ed) Illinois: Human Kinetics.</li> <li>➤ R, Metts. (2000). Disability Issues, Trends and Recommendations for the World Bank (Washington D.C.: World Bank,).</li> <li>➤ Oliver, M. (1990). The Politics of Disablement. Basingstoke: Macmillan.</li> <li>➤ Sport England (2000) Young People with a Disability and Sport. London: Sport England.</li> </ul>			
<b>This course can be opted as an elective by the students of following subjects: Open for all</b>			
Suggested Continuous Evaluation Methods:			
<b>INTERNAL ASSESSMENT (25 Marks)</b>			
Written Test – 10 marks Assignment - 10 marks Attendance – 5 marks			
Course prerequisites: There is no any prerequisites only student's physical and medically fit.			
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>			

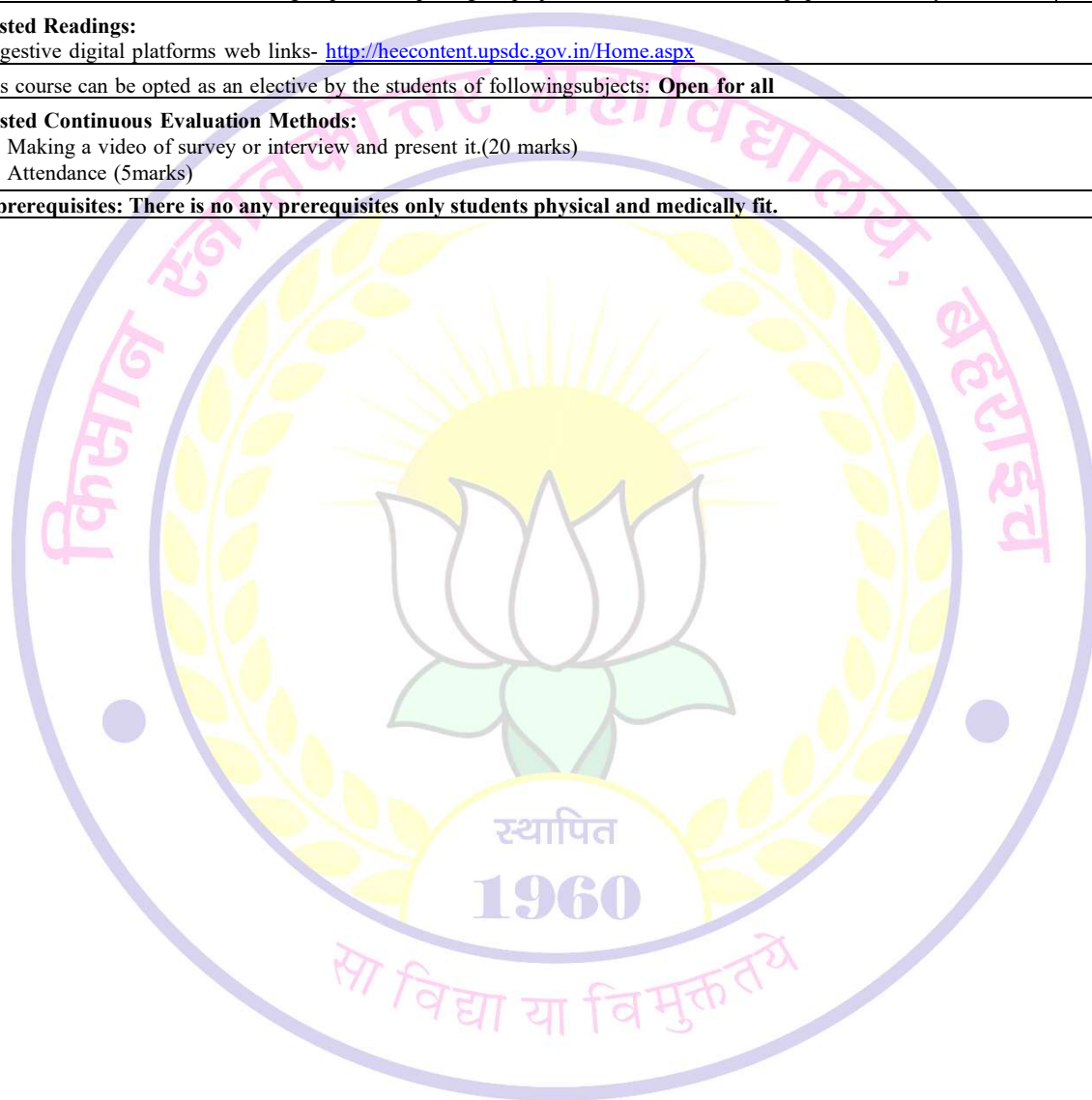
<b>PROGRAM / CLASS: DEGREE WITH RESEARCH</b>		<b>YEAR: FOURTH</b>	<b>SEMESTER: SEVENTH</b>
<b>SUBJECT: PHYSICAL EDUCATION-THEORY</b>			
<b>COURSE CODE: E020803T</b>		<b>COURSE TITLE: SPORTS TRAINING</b>	
<b>Course outcomes:</b> Students can be able to understand Various Aspects of Sports Training.			
<b>Credits:04</b>		<b>Elective</b>	
<b>Max.Marks:25+75</b>		<b>Min.PassingMarks:10+25</b>	
<b>Total No. of Lectures-Tutorials-Practical (In Hours per week): L-T-P:4-0-0</b>			
<b>Unit</b>	<b>Topics</b>		<b>No. of Lectures</b>
<b>I</b>	<b>Fundamentals of Sports Training,</b> <ul style="list-style-type: none"> <li>• Meaning of sports training</li> <li>• Aims and objectives of sports training</li> <li>• Principles of Sports Training</li> <li>• System of sports training- Training Load, Types of training load, Intensity, Volume of training and Recovery.</li> </ul>		<b>8</b>
<b>II</b>	<b>Training Means &amp; Method:</b> Principles means of training, Additional means of training, Medical & Physiotherapeutic means, Psychological means, Biomechanical means, Natural means		<b>8</b>
<b>III</b>	<b>Technical &amp; Tactical Training:</b> <ul style="list-style-type: none"> <li>• Skill , Phases of skill acquisition</li> <li>• Tactics</li> <li>• Technical Training- Meaning &amp; method</li> <li>• Tactical Training- Meaning &amp; method</li> </ul>		<b>9</b>
<b>IV</b>	<b>Training Components</b> <ul style="list-style-type: none"> <li>• Means and methods for development of Physical Fitness Components–</li> <li>• Speed</li> <li>• Strength</li> <li>• Endurance</li> <li>• Flexibility</li> <li>• Coordinative abilities</li> </ul>		<b>15</b>
<b>V</b>	<b>Psychological preparation of a sports person</b> Psychological preparation of a sports person during various phases of schedule- Preparatory, Competition, Transitional		<b>10</b>
<b>VI</b>	<b>Training Programme</b> Periodization- Meaning & types of Periodization Aims & content of period-Preparatory, Competition, Transitional Planning training session Talent Identification and organizing coaching camps		<b>10</b>
<b>Reference:</b>			
1. Singh, Hardayal (1995) Science of Sports Training (New Delhi: DVS Publications KalkaJi) 2. Ajmer Singh & et.al.(2018 Physical Education & Olympic Movement) New Delhi: Kalyani Publication .			
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>			
<b>Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT( 25Marks)</b>			
Written Test–10marks Assignment/Research Based Project- 10marks Attendance–5marks Research Orientation of the student.			

<b>PROGRAM/CLASS: DEGREE WITH RESEARCH</b>		<b>YEAR: FOURTH</b>	<b>SEMESTER: SEVENTH</b>
<b>SUBJECT: PHYSICAL EDUCATION-THEORY</b>			
<b>COURSE CODE: E020804T</b>		<b>COURSE TITLE: SPORTS STATISTICS</b>	
<b>Course outcomes:</b> Students can be able to understand various aspects of statistic that will help them in research.			
<b>Credits: 04</b>		<b>Elective</b>	
<b>Max. Marks:25+75</b>		<b>Min. Passing Marks:10+25</b>	
<b>Total No. of Lectures-Tutorials-Practical (In Hours per week): L-T-P:4-0-0</b>			
<b>Unit</b>	<b>Topics</b>		<b>No. of Lectures</b>
<b>I</b>	<b>Statistical Concepts for Physical Education:</b> <ul style="list-style-type: none"> <li>• Meaning</li> <li>• Types of statistics, Purpose and Characteristics</li> </ul>		<b>5</b>
<b>II</b>	<b>Data</b> <ul style="list-style-type: none"> <li>• Data Meaning &amp; its types- qualitative &amp; quantitative Score: Raw score &amp; Statistical score</li> <li>• Methods of data collection</li> <li>• Variables: Independent and Dependent variable Methods of data collection</li> </ul>		<b>10</b>
<b>III</b>	<b>Representation of Data:</b> Graphical representation of data- Bar graph, Frequency polygon, Pie Diagram		<b>10</b>
<b>IV</b>	<b>Sampling</b> Concept of sample, Need of sampling Sampling methods- Random sampling, Stratified sampling, Cluster sampling		<b>10</b>
<b>V</b>	<b>Statistical Model In Physical Education &amp; Sports</b> Type I & Type II error, Level Of significance, Degree of freedom, Measure of central tendency-Mean, Median Mode, Measure of variability; Meaning and importance		<b>15</b>
<b>VI</b>	<b>Statistical Tests</b> Test of significance-T & F test, Analysis of variance (ANOVA), Correlation Chi square		<b>10</b>
<b>REFERENCES:</b>			
1. Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc. 2. Clark D.H. (1999) Research Problem in Physical Education 2 <sup>nd</sup> edition, Eagle wood Cliffs, Prentice Hall, Inc. 3. Rothstein A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc. 4. Siva rama krishnan, S. (2006) Statistics for Physical Education, Delhi; Friends Publication Thirumalaisamy (1998) 5. Statistics in Physical Education, Karaikudi, Senthil Kumar Publications			
This course can be opted as an elective by the students of following subjects: Open for all			
<b>Continuous Evaluation Methods (CIE) IN TERNAL ASSESSMENT (25 Marks)</b> Written Test-10 marks Assignment/Research Based Project- 10 marks Attendance-5 marks Research Orientation of the student.			

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<b>PROGRAM/CLASS: DEGREE WITH RESEARCH</b>		<b>YEAR: FOURTH</b>	<b>SEMESTER: EIGHT</b>
<b>SUBJECT: PHYSICAL EDUCATION- PROJECT</b>			
<b>COURSE CODE: E020802P</b>		<b>COURSE TITLE: RESEARCH PROJECT</b>	
<b>Course outcomes:</b> It will help the learner to understand the basic problems of school going students related to sports and Physical Education and finding their solution with the help of analyzed data.			
<b>Credits: 04</b>		<b>Compulsory</b>	
<b>Max. Marks: 25+75</b>		<b>Min. Passing Marks:</b>	
<b>Unit</b>	<b>Topics</b>		<b>No. of Hours</b>
<b>I</b>	<ul style="list-style-type: none"> <li>➤ To conduct a survey or interview of primary or secondary government school students for the interest to wards physical education and sports programs.</li> <li>➤ Analyze the data and submit a detailed report and a presentation.</li> <li>➤ The student will work in groups in completing the project but will write the final paper individually</li> </ul>		60
<b>Suggested Readings:</b> Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>			
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>			
<b>Suggested Continuous Evaluation Methods:</b> <ul style="list-style-type: none"> <li>➤ Making a video of survey or interview and present it.(20 marks)</li> <li>➤ Attendance (5marks)</li> </ul>			
<b>Course prerequisites: There is no any prerequisites only students physical and medically fit.</b>			



<b>PROGRAM/CLASS: DEGREE WITH RESEARCH</b>		<b>YEAR: FOURTH</b>	<b>SEMESTER: EIGHT</b>
<b>SUBJECT: PHYSICAL EDUCATION-PRACTICAL</b>			
<b>COURSE CODE: E020803P</b>		<b>COURSE TITLE: SPORTS TRAINING</b>	
<b>Course outcomes:</b>			
To Learn layout & measurement of games & sports along with rules & regulations & advanced skill of selected team games			
<b>Credits:04</b>		<b>Elective</b>	
<b>Max.Marks:25+75</b>		<b>Min.PassingMarks:10+25</b>	
<b>Total No. of Lectures-Tutorials-Practical (In hours per week):L-T-P:0-0-2</b>			
Unit	Topics		No. of Hours
	<b>Part-A</b>		
<b>I</b>	<b>To Learn layout &amp; measurement of games &amp; sports alongwith rules &amp; regulations:</b> <ul style="list-style-type: none"> <li>• Layout and measurement of selected game/sports</li> <li>• Rules and regulation of selected games /sports</li> </ul>		30
	<b>Part-B</b>		
<b>II</b>	<b>Learning the advanced skill of selected team games:</b> <ul style="list-style-type: none"> <li>• Specific exercise for selected game/sports</li> <li>• Techniques and skills of selected game/sports</li> </ul>		30
<b>Suggested Readings:</b>			
<ol style="list-style-type: none"> <li>1. ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, NewYork, U.S.A.</li> <li>2. Anspaugh, D.J., G. Ezelland K.N. Goodman (2006) Teaching Today Health, Mos by Publishers, Chicago (USA</li> <li>3. Donatelle, R.J. and Ketcham P. (2007), Access to Health, BenjaminCummings, Boston, USA.</li> <li>4. Flyod, P.A.,S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.</li> </ol>			
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>			
Suggested Continuous Evaluation Methods:			
<b>INTERNAL ASSESMENT (25 Marks)</b>			
Written Test–10 marks Assignment - 10 marks Attendance–5marks			
<b>PRACTICALASSESSMENT(75Marks)</b>			
Practical–50 VIVA–15			
Record book chart setc–10			
Course prerequisites: <b>There are no any pre requisites only students physical and medically fit.</b>			
<b>Suggested equivalent online courses:</b>			
<ul style="list-style-type: none"> <li>• IGNOU</li> <li>• Other centrally/ state operated Universities /MOOC platforms such as “SWAYAM” in Indiaand Abroad.</li> <li>• Rajarshi Tandon open University.</li> </ul>			

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