

NATIONAL EDUCATION POLICY-2020

**Sri Dev Suman Uttarakhand University,
Badshahithaul, Tehri Garhwal
(Uttarakhand)**

**Syllabus for all
Colleges Affiliated to Sri Dev Suman
Uttarakhand University for
First Three Years of Degree Course of
Higher Education**

UG - SYLLABUS ON PHYSICAL EDUCATION

From the Session 2022-23



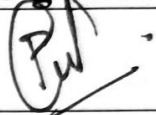
SRI DEV SUMAN UTTARAKHAND UNIVERSITY

Curriculum Design Committee, Uttarakhand

Sr.No.	Name & Designation	
1.	Prof. N.K. Joshi Vice-Chancellor, Kumaun University Nainital	Chairman
2.	Prof. O.P.S. Negi Vice-Chancellor, Uttarakhand Open University	Member
3.	Prof. P. P. Dhyani Vice-Chancellor, Sri Dev Suman Uttarakhand University	Member
4.	Prof. N.S. Bhandari Vice-Chancellor, Soban Singh Jeena University Almora	Member
5.	Prof. Surekha Dangwal Vice-Chancellor, Doon University, Dehradun	Member
6.	Prof. M.S.M. Rawat Advisor, Rashtriya Uchchatar Shiksha Abhiyan, Uttarakhand	Member
7.	Prof. K. D. Purohit Advisor, Rashtriya Uchchatar Shiksha Abhiyan, Uttarakhand	Member

CURRICULUM PREPARATION COMMITTEE


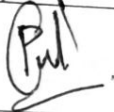

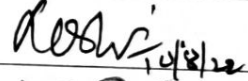

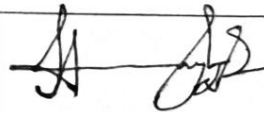

Department of Physical Education

Sl. No	Name	Designation	Department	Signature
1	Sh. Pushkar Gaur	Asst. Professor	Physical Education	

Syllabus**Subject:** Physical Education

Syllabus of B.A. Ist, IInd & IIIrd Semesters respectively for Sri Dev Suman Uttarakhand University (SDSUU) Badshahithoul, Tehri-Garhwal and its Affiliated Colleges w.e.f. Educational Session: 2022-23

Syllabus checked & modified by the following President/ Members of B.O.S. (Board of Studies) on Wednesday, 10.08.2022

Sr. No.	Name	Designation & Institute	Designation in BOS	Signature
A: Faculty of Arts, SDSUU, Tehri-Garhwal				
1	Prof. Dinesh Chandra Goswami	Dean, SDSUU, Tehri Garhwal Pt. L.M.S. University Campus, Rishikesh (U.K.)	President	
2	PUSHKAR GAUR	H.O.D.-Department of Physical Education SDSUU, Tehri Garhwal, Pt. L.M.S. University Campus, Rishikesh (U.K.)	Member	
B: Three Principals of Post-Graduate Colleges				
1	Prof. Janaki Panwar	Principal Govt. P.G. College, Kotdwar (U.K.)	Member	
2	Prof. Lavani Rajvanshi	Principal Govt. P.G. College, Jaiharikhal (U.K.)	Member	
3	Prof. K.L. Talwar	Principal Govt. Degree College, Chakarata (U.K.)	Member	
C: Director of any Research Institute				
1	Dr. Himanshu Das	Director Rashtriya Drishti Badhitarth Sansthan, Dehradun (U.K.)	Member	
Sr. No.	Name	Designation & Institute	Designation in BOS	Signature
D. Two Professors & 01 External Expert nominated by honourable Vice-Chancellor				
1	Prof. M.S.M. Negi	S.R.T. Campus Badshahithoul, Tehri-Garhwal (U.K.)	Member	
2	Prof. M.C. Sati	Department of Economics HNBGU, Srinagar-Garhwal (U.K.)	Member	
3	Prof. S.L. Bhatt	Principal (Rtd.) Govt. P.G. College, Kotdwar (U.K.)	Member	

SRI DEV SUMAN UTTARAKHAND UNIVERSITY

Badshahithaul, Tehri Garhwal (Uttarakhand)

List of Members of Board of Studies - Physical Education

Sl. No.	Name of the Members	Designation	Nominated as
1	Prof. Dinesh Chandra Goswami	Dean of Arts	Chairman
2	Prof. Muktinath Yadav	Professor	Member
3	Prof. Hemant Kumar Shukla	Professor	Member
4	Prof. Sangeeta Mishra	Professor	Member
5	Prof. Preeti Kumari	Professor	Member
6	Prof. Anand Prakash Singh	Professor	Member
7	Prof. Pushpanjali Arya	Asso. Professor	Member
8	Prof. D K P. Choudhury	Professor	Member
9	Dr. Poonam Pathak	Professor	Member
10	Dr. Atal Bihari Tripathy	Asst. Professor	Member
11	Dr. Pushkar Gaur	Asst. Professor	Member
12	Dr. Shikha Mamgai	Asst. Professor	Member
13	Prof. M. S, Mawri	Professor	Member
14	Dr. Preeti Gupta	Asst. Professor	Member
15	Dr. Narmadeshwar Shukla	Professor	Member
16	Dr. Poonam Pandey	Asst. Professor	Member
17	Dr. Vandana Sharma	Principal	Member
1	Prof, Janki Panwar	Principal	GPGC Kotdwar
2	Prof. Lovely Rajvanshi LOVNEY	Principal	GPGC, Jaiharikhal
3	Prof. K. L. Talwar	Principal	GDC, Chakrata
4	Dr. Himanshu Das	Director	NIVH, Rajpur Road
5	Prof. M. S. M. Negi	Professor	SRT Campus, HNBGU, Srinagar
6	Prof. M. C. Sati	Professor	HNBGU, Srinagar
7	Prof. S. L. Bhatt	Ex. Principal	GPGC, Kotdwar
8	Dr. P.C. Painuli	Asst. Professor	GPGC, New Tehri
9	Dr. Asha Devi	Asso. Prof.	GPGC, Kotdwar

OBJECTIVES



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 human body 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.

Handwritten signature and initials. The signature on the left is a cursive 'P. D.' with a dot. To its right is a stylized, bold signature consisting of a vertical line with a horizontal crossbar and a diagonal stroke.

**SRIDEV SUMAN, UTTARAKHAND
VISHWAVIDHYALAYA
National Education Policy-2020**

SEMESTER-WISE TITLES OF THE PAPERS IN PHYSICAL EDUCATION

List of all Papers in Six Semester Semester-wise Titles of the Papers in Physical Education					
Year	Sem.	Course Code	Paper Title	Theory/ Practical	Credits
Certificate in Physical Education					
FIRST YEAR	I	PE101T	HISTORY AND BASIC CONCEPTS OF PHYSICAL EDUCATION	Theory	4
		PE102P	FITNESS AND YOGA	Practical	2
	II	PE201T	ORGNISATION AND ADMINISTRATION IN PHYSICAL EDUCATION	Theory	4
		PE202P	SPORTS EVENT AND TRACK & FIELD	Practical	2
Diploma in Physical Education					
SECOND YEAR	III	PE301T	ANATOMY & EXERCISE PHYSIOLOGY	Theory	4
		PE302P	HEALTH AND INDIVIDUAL SPORTS	Practical	2
	IV	PE401T	SPORTS PSYCHOLOGY AND RECREATION IN PHYSICAL EDUCATION	Theory	4
		PE402P	TRADITIONAL AND TEAM GAMES	Practical	2
Bachelor of Physical Education					
THIRD YEAR	V	PE501T	SPORTS INJURIES AND ITS REHABILITATION	Theory	4
		PE502T	KINESIOLOGY AND BIOMECHANICS IN PHYSICAL EDUCATION	Theory	4
		PE503P	THERAPEUTIC EXERCISES AND GAME SPECIALIZATION	Practical	2
		PE504P	RESEARCH PROJECT	Project	3
	VI	PE601T	RESEARCH METHODS IN PHYSICAL EDUCATION	Theory	4
		PE602T	TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	Theory	4
		PE603P	ADVENTURE SPORTS AND GAME SPECIALIZATION	Practical	2
		PE604P	RESEARCH PROJECT	Project	3

Programme outcomes (POs):

PO 1	<ul style="list-style-type: none">Acquire good health, physical fitness and bodily coordination through participating regularly in physical activity
PO2	<ul style="list-style-type: none">Develop motor skills, acquire necessary knowledge through physical activities and cultivate positive values and attitudes for the development of an active and healthy lifestyle
PO 3	<ul style="list-style-type: none">Promote desirable moral behaviours, cooperation in communal life, ability to make decisions, and the appreciation of aesthetic movement.
PO 4	<ul style="list-style-type: none">Participating in various activities, students can acquire knowledge and skills, develop generic skills, as well as desirable values and attitudes.
PO 5	<ul style="list-style-type: none">Sound knowledge in the field of research
PO 6	<ul style="list-style-type: none">Multidimensional development of students.

Programme specific outcomes (PSOs):
Certificate in Physical Education

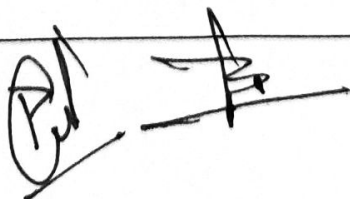
1. The physical education is very wide concept and this subject teaches about introduction and Sociological concept of Physical Education and this also teaches about historical development of physical education in India and other countries. It introduces a general concept of good health and wellness. 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.

Yoga 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.

This course is designed to give real time exposure to students in the area of organizing an event/ sports. The students will also learn about store management, purchasing and budget making

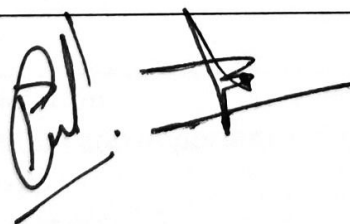
Programme specific outcomes (PSOs):
Diploma in Physical Education]

1. Students can be able to understand human structure and function as well as effects of exercise on various human body systems. Students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.



Programme specific outcomes (PSOs):
UG III Year / Bachelor of Physical Education

PSO 1	Students can be able to understand Athletic Injuries and Athletic Care and Rehabilitation.
PSO2	To understand various aspects of Kinesiology and Biomechanics in Sports and able to apply in sports activities.
PSO3	Students can be able to understand Research methods in Sports and Physical Education.
PSO4	This subject will help the students to understand the different types of test and measurement in Physical Education which will help the students in research area.
PSO5	Students can be able to understand Research methods in Sports and Physical Education.
PSO6	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.

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SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER I/ PAPER I

Program/Class: Certificate		Year: First	Semester: First
SUBJECT: PHYSICAL EDUCATION – THEORY			
Course Code: PE101T		Course Title: HISTORY AND BASIC CONCEPTS OF PHYSICAL EDUCATION	
Course Outcomes: 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. It introduces 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.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0			
GWG WKU NIT	TOPIC		NO. OF LECTUR ES
I	Education <ul style="list-style-type: none">• Meaning, definition and importance of education. Physical Education <ul style="list-style-type: none">• Scope, aim and objective of Physical education.• Importance of Physical education in Modern era.• Relationship of physical education with general education		07
II	Sociological Foundation: <ul style="list-style-type: none">• Meaning, Definition and importance of sports Sociology• Culture and sports• Socialization and sports• Gender and Sports.		07
III	History: <ul style="list-style-type: none">• History and development of Physical education in India: pre and post-independence.• Eminent person of Sports – Major Dhayan Chand, K.D. Jadhav, Abhinav Bindra, Karnam Malleshwari, Sushil Kumar, Bijendra Singh, Rajyavardhan Singh Rathore, Yogeshwar Datt, Vijay Kumar, Gagan Narang, Marry Kom, Saina Nehwal, P. V. Sindhu, Anuj Kumar, Alka Tomar & Sanjeev Kumar.• National awards of India – Major Dhyan Chand Khel Ratna Award, Arjun Award, Major Dhyan Chand Award, Dronacharya Award, Maulana Abul Kalam Azad Trophy,• Sports schemes of India		06
IV	Olympic Games, Asian Games and Commonwealth Games: <ul style="list-style-type: none">• Olympics Movement: Ancient Olympic, Modern Olympic, Revival, Aims, Objectives, Spirit, Torch Relay, Flag, Motto, Opening and Closing Ceremonies.• Asian Games.		08




	<ul style="list-style-type: none"> • Commonwealth Games. 	
V	Health Education: <ul style="list-style-type: none"> • Meaning, Definition and Dimensions of Health. • Meaning, Definition objectives, Principals and importance of Health Education. • Role of Different Agencies in Promoting Health (WHO, UNICEF). • Meaning of Nutrients, Nutrition, and Balance Diet • Health and drugs 	08
VI	Wellness and Life Style <ul style="list-style-type: none"> • Importance of wellness and life style. • Role of Physical Activity Maintaining Healthy Life Style. • Stress Management. • Obesity and Weight Management. 	08
VII	Fitness and yoga: <ul style="list-style-type: none"> • Meaning, Definition and types of fitness • Component of physical fitness • Factor affecting physical fitness • Development and maintenances of fitness Yoga <ul style="list-style-type: none"> • Patanjli yoga sutra. 	08
VIII	Posture: <ul style="list-style-type: none"> • Meaning, Definition of Posture. • Importance of Good Posture. • Causes of Bad Posture. • Postural Deformities – Kyphosis, Lordosis, Scoliosis, Round Shoulder, Knock Knee, Bow Leg, Flat foot, Claw Foot (causes and remedial exercise). • Fundamental Movements of Body Parts • Anatomical standing position. 	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.
- Krishana Murthy V. and Paramesara Ram, N. "Educational Dimensions of Physical. Education", 2nd Revised edition, Print India, New Delhi 1990.
- Singh, S.N. (2019). Sharirik Siksha Ke Sidhant Evam Aadhar, Khel Sahitya Kendra, Daryaganj, New Delhi
- Methodology of training. by – Harre
- Ravanes R.S., "Foundation of Physical Education", Houghton Millin Co. Boston USA (1978)
- Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut
- Science of sports training. by - Hardayal Singh
- Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.
- Track & Field. by – Gerhardt schmolinsky, Leipzig college of physical culture (DHFK)
- Ajmer Singh JB, JSG, RSB., "Essentials of Physical Education", 2017 5th edition

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


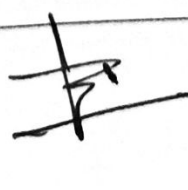
SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER I/ PAPER II

Program/Class: Certificate	Year: First	Semester: First
SUBJECT : PHYSICAL EDUCATION – PRACTICAL		
Course Code: PE102P	Course Title: FITNESS AND YOGA IN PHYSICAL EDUCATION	
Course Outcomes: Yoga is very helpful in prevention of many diseases and students will learn about it. This subject deals with basic knowledge about Aerobics and Gymnasium classes which will help students to excel in the fitness industry.		
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
	PART – A	
I	<ul style="list-style-type: none">• Learn and demonstrate the techniques of warm-up, general exercise and cooling down• Lean and demonstrate physical fitness through aerobic, circuit training and calisthenics.• Diet chart & measurement of BMI	15
II	PART – B	
	<p>INTRODUCTION OF YOGA:</p> <ul style="list-style-type: none">• Historical aspect of yoga.• Definition, types, scopes & importance of yoga.• Yoga relation with mental health and value education.• Yoga relation with Physical Education and sports. <p>ASANAS:</p> <ul style="list-style-type: none">• Definition of Asana, differences between asana and physical exercise.• Suraya-Namaskar, 02 Standing Asanas, 02 – Sleeping (Supine Position) Asanas, 02 – Sitting Asanas <p>PRANAYAMA:</p>	15

	<ul style="list-style-type: none"> • Difference and classification of pranayama. • Difference between pranayama and deep breathing. • Anulom, Viham. 	
Suggested Readings: <ul style="list-style-type: none"> • ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A. • Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA) • Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. • Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA. • Pandey, K.G. (2011). Sharirik Siksha Evam Khel, Shri Gyan Sagar Publication, Meerut 		
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. PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book charts etc – 10		
Course prerequisites: There is no any prerequisites only students physical and medically fit.		
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. • Rajarshi Tandon open University. 		

LABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER II/ PAPER I

Program/Class: Certificate	Year: First	Semester: Second
SUBJECT : PHYSICAL EDUCATION – THEORY		
Course Code: PE201T	Course Title: ORGNISATION AND ADMINISTRATION IN PHYSICAL EDUCATION	
Course Outcomes: This course is designed to give real time exposure to students in the area of organizing an event/ sports. The students will also learn about store management, purchasing and budget making.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES

I	Introduction: <ul style="list-style-type: none"> • Meaning, concept and definition of sports management. • Nature and scope of sports management. • Aims and objectives of sports management. • Principles of sports management. 	07
II	Event Management <ul style="list-style-type: none"> • Meaning and concept of event management • Planning and management of sports event. • Role of sports event manager. • Steps in event management: • Planning, • Executing • Evaluating 	08
III	Budget <ul style="list-style-type: none"> • Meaning, Definition, Preparation, Principals of making Sports Budget. • Basics of Sports Event Accounting. 	07
IV	<ul style="list-style-type: none"> • Format of Budget Preparation. • Preparing the Departmental Financial Plan and estimate. • Expenditure management. 	08
V	Organization <ul style="list-style-type: none"> • Meaning and definition of Organization. • Need and importance of Organization. • Principles of Organization. • Structure and functions of S.A.I., University Sports Council and A.I.U. 	07
VI	Supervision <ul style="list-style-type: none"> • Meaning and Definition • Principals of Supervision • Techniques of supervision in sports management. • Methods of supervision. • Role of a coach/manager. 	07
VII	Facilities Equipment <ul style="list-style-type: none"> • Procedure to purchase sports goods and equipment. • Procedure of Stock entry & Write Off. • Storing and distribution. • List of Consumable and Non- Consumable sports goods and equipment. • Care and maintenance of Equipment. 	08
VIII	Job Opportunities <ul style="list-style-type: none"> • Physical Educational professional, career avenues and professional preparation. • Clients and Sponsorship with respect to Players/ Teams 	08

Suggested Readings:

- Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport,"
- MC Grow Hill publication, Now York (US) 2002
- Hert, Renis(1961) New Patterns of Management, McGraw Hill,.
- Horine, Larry," Administration of Physical Education and Sport programs. WM-C Brown Publishers

Dubuque (US) 1991

- Kotler, P and G Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo.
- Parkhouse, Bonnie L., "The management of Sports – if foundation and application," Mosby publication, St. Louis (US), 1991
- Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut
- Sandhu, K. Sports Dynamics: Psychology, Sociology and Management.
- 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

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.

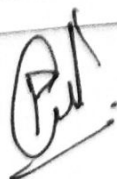

Suggested equivalent online courses:

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

LABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER II/ PAPER II

ABUS FOR B.A. PHYSICAL EDUCATION

Program/Class: Certificate	Year: First	Semester: Second
SUBJECT : PHYSICAL EDUCATION – PRACTICAL		
Course Code: PE202P	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
	PART – A	
	<ul style="list-style-type: none">● To make a plan for organizing an event.● To organize an Interclass Competition (Intramurals) of any games with in the wall.● To prepare a budget plane for interclass competition as Intramural● Make a Sample Time Table for college.● Prepare the list of Consumable and Non- Consumable items.● Prepare a Biodata/ Vita/ curriculum vitae.	15
	PART – B	

	Track & Field : <ul style="list-style-type: none"> • Measurements. • Marking. 	15
	<ul style="list-style-type: none"> • Rules. • Officials. • Regulatory Governing Bodies. • Championship/ Meet - National and International. • World and National Records. 	

Suggested Readings:

- Parkhouse, Bonnie L., "The management of Sports – if foundation and application," Mosby publication, St. Louis (US), 1991
- Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," MC Grow Hill Ppublication, Now York (US) 2002
- Horine, Larry," Administration of Physical Education and Sport programs. WM-C Brown Publishers • Dubuque (US) 1991
- Kotler, P and G Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo.
- Hert, Renis(1961) New Patterns of Management, McGraw Hill,.
- Sandhu, K. Sports Dynamics: Psychology, Sociology and Management.
- Singh, S. N. (2019). Khelo Ke Niyam, Khel Sahitya Kendra, Daryaganj, New Delhi
- 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.

Suggested Continuous Evaluation Methods:

INTERNAL ASSESSMENT (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

PRACTICAL ASSESSMENT (75 Marks)

Practical – 50

VIVA – 15

Record book charts etc – 10

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 I

SYLLABUS FOR		
Program/Class: Certificate	Year: Second	Semester: Third
SUBJECT : PHYSICAL EDUCATION – THEORY		
Course Code: PE301T	Course Title: ANATOMY & PHYSIOLOGY IN PHYSICAL EDUCATION	
Course Outcomes 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-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	INTRODUCTION : <ul style="list-style-type: none"> • Meaning Definition and Importance of Anatomy and Physiology in the field of Physical Education & Sports • Brief introduction of Cell, Tissue, Organ and system 	06
II	TISSUE <ul style="list-style-type: none"> • Types of Tissue • Connective & Epithelial Tissue 	07
III	SKELETAL SYSTEM: <ul style="list-style-type: none"> • Structural and functional classification of bones. • Types of joints 	08
IV	MUSCULAR SYSTEM: <ul style="list-style-type: none"> • Types of Muscle • Structural and functional classification of Muscles. • Types of joints • Effects of Exercise on Muscular System 	08
V	CIRCULATORY SYSTEM: <ul style="list-style-type: none"> • Structure and function of human heart • Circulation of blood • Effects of exercise on circulatory system 	08
VI	RESPIRATORY SYSTEM : <ul style="list-style-type: none"> • Structure and function of respiratory system • Effects of exercise on respiratory system • The effects of altitude on the respiratory system. 	08
VII	DIGESTIVE SYSTEM: <ul style="list-style-type: none"> • Structure and function of digestive system • Importance of Digestive system. • Mechanism of Digestive System. 	08
VIII	GENERAL PHYSIOLOGICAL CONCEPTS : <ul style="list-style-type: none"> • Vital Capacity-VC • Second Wind • Oxygen Debt • Fatigue • Types of Fatigue • Blood Pressure 	07

Suggested Readings:

- ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)
- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.
- Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.

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[Signature]

- Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health & Wellness Club, New York, U.S.A.
- Jain, J. (2004) Khel Dawaon Ka (New Delhi : Delhi University Press).
- Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA.
- Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).
- Koley, Shyamal (2007), Exercise Physiology — A Basic Approach (New Delhi: Friends Publications).
- Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
- Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India.
- Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi.
- Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
- Singh, S. N. (2019). Sharir Rachna Evam Vyayam Kriya Vigyan, Khel Sahitya Kendra, Daryaganj, New Delhi
- Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons.
- William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin.
- Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill

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 but students are to be physical & 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

Program/Class: Certificate		Year: Second	Semester: Third
SUBJECT : PHYSICAL EDUCATION – PRACTICAL			
Course Code: PE302P		Course Title: HEALTH AND INDIVIDUAL SPORTS	
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			
	TOPICS		NO. OF HOURS
UNIT	PART – A		
I	<ul style="list-style-type: none">● Draw and label any two-body system.● Prepare an Model of any one System.● Measuring height, weight, waist circumference and hip circumference, calculation of waist-Hip ratio.● Learn to Measure Blood Pressure by Sphygmomanometer.		15

	PART – B	
II	<p>Chose any one individual sports as per given Annexure-A with following activity:</p> <ul style="list-style-type: none"> – History and development of selected game/sports – Lay out and measurement of selected game/sports – Rules and regulation of selected games/sports – Specific exercise for selected game/sports – Techniques and skills of selected game/sports 	15

Suggested Readings:

- ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)
- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.
- Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
- Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health & Wellness Club, New York, U.S.A.
- Jain, J. (2004) Khel Dawaon Ka (New Delhi : Delhi University Press). New York, USA.
- Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill
- Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).
- Koley, Shyamal (2007), Exercise Physiology — A Basic Approach (New Delhi: Friends Publications).
- Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
- Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India.
- Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi.
- Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
- Singh, S. N. (2019). Sharir Rachna Evam Vyayam Kriya Vigyan, Khel Sahitya Kendra, Daryaganj, New Delhi
- Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons.
- William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin.
- Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill
- Livingstone

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.

PRACTICAL ASSESMENT (75 Marks)

Practical – 50

VIVA – 15

Record book charts etc – 10

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 IV/ PAPER I

Program/Class: Certificate		Year: Second	Semester: Fourth
SUBJECT : PHYSICAL EDUCATION – THEORY			
Course Code: PE401T		Course Title: SPORTS PSYCHOLOGY AND RECREATION IN PHYSICAL EDUCATION	
Course Outcomes: students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.			
Credits : 04		Max. Marks: 25+75	Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week):L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	INTRODUCTION: <ul style="list-style-type: none">• 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.		06
II	PERSONALITY: <ul style="list-style-type: none">• Meaning and definition of personality, characteristics of personality.• Dimensions of personality, personality and sports performance		08
III	LEARNING: <ul style="list-style-type: none">• Nature of learning, theories of learning.• Law of learning, plateau in learning, transfer of learning		08
IV	MOTIVATION : <ul style="list-style-type: none">• Nature of motivation, factors influencing motivation.• Motivational techniques and its impact on sports performance.		08
V	PLAY: <ul style="list-style-type: none">• Meaning of Play• Definition of play• Various Theories of play		08
VI	RECREATION : <ul style="list-style-type: none">• 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.		08
VII	TRADITIONAL GAMES OF INDIA: <ul style="list-style-type: none">• Meaning.• Types of Traditional Games-• Gilli- Danda, Kanche, Stapu, Gutte, Posampa, Pitthoo, Vish Amrit		07

	<ul style="list-style-type: none"> • Importance/ Benefits of Traditional Games. • How to Design Traditional Games. • Development of Personalities by the help of Traditional Games.of 	
VIII	INTRAMURALS: <ul style="list-style-type: none"> • Meaning. • Importance. • Conducting Extramural Competitions. 	07

Suggested Readings:

- Alliance, A. (1999). Physical Best Activity Guide, New Delhi,
- Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA.
- Dheer, S. and Radhika. (1991). Organisation and Administration of Physical Edu., ND: Friends Pub.
- Frost, R.B. and Others. (1992). Administration of Physical Education and Athletics, Delhi: UniversalBook.
- Gangwar, B.R. (1999). Organisation Admn. & Methods of Physical education, Jalandhar: A.P. Pub.
- Gangwar, B.R. (1999). Sharirik Shiksha Ka Prabandh Prashashan Avam Vidhiya, Jalandhar: A.P. Pub.
- Gupta R. Kumar P. & Sharma D.P. (1999). Lesson Plan in Physical Education & Sports. R.D.P. Publication. New Delhi.
- Gupta R. Kumar P. & Sharma. D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. Sahyog Prakashan. New Delhi.
- Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.
- Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut
- Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi.
- Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends Publication. Delhi.
- Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi.
- Shaw D & Kaushik S (2001). Lesson Planning- Teaching Methods and Classman in Physical Education. K.S.K. Delhi.

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 student 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.

(Signature)

SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER IV/ PAPER II

Program/Class: Certificate		Year: Second	Semester: Fourth
SUBJECT : PHYSICAL EDUCATION – PRACTICAL			
Course Code: PE402P		Course Title: TRADITIONAL AND TEAM GAMES	
Credits: 02		Elective	
Max. Marks : 25 + 75		Min. Passing Marks: 10 + 25	
Total No. of Lectures – Tutorials – Practicals (in hour per week) L-T-P :0-0-2			
UNIT	TOPICS		NO. OF HOURS
	PART – A		
I	<ul style="list-style-type: none">• Make a Model/ Chart of any one Traditional games• Organize a recreational activity at college level and write a report on it.• Design a Traditional/ Recreational games with new ideas.		15
	PART – B		
II	Chose any one Team Games as per given Annexure- A with following activity: <ul style="list-style-type: none">• History and development of selected game/sports• Lay out and measurement of selected game/sports• Rules and regulation of selected games/sports• Specific exercise for selected game/sports• Techniques and skills of selected game/sports		15

Suggested Readings:

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

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.

PRACTICAL ASSESSMENT (75 Marks)

- Practical – 50
VIVA – 15
Record book charts etc – 10

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.

LABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER V/ PAPER I

Program/Class: Certificate		Year: Third	Semester: Fifth
SUBJECT : PHYSICAL EDUCATION – THEORY			
Course Code: PE501T		Course Title: SPORTS INJURIES AND ITS REHABILITATION	
Course Outcomes: Students can be able to understand Athletic Injuries and Athletic Care and Rehabilitation.			
Credits : 04		Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0			
UNIT	TOPICS	NO. OF LECTURES	
I	Athletic Injuries and Athletic Care. <ul style="list-style-type: none">• Concept and Significance.• Factors causing Injuries.• General Principles of Prevention of Injuries.	06	
II	Rehabilitation - <ul style="list-style-type: none">• PRICER- Prevention, Rest, Ice, Compression, Elevation, Rehabilitation• DRABC- Danger, Response, Airways, Breathing, Circulation.• First aid – meaning, definition.• Importance of First aid.• Back Pain & Neck Pain and their Rehabilitation.	08	
III	Common Sports Injuries I : SOFT TISSUE INJURIES: Sprain, Strain, Contusion, Abrasion , Blister, Concussion, Abrasion, Laceration, Hematoma <ul style="list-style-type: none">• First Aid of Soft Tissue Injuries• Bandages for Soft Tissue Injuries• Taping and Supports	08	
IV	Common Sports Injuries II: BONE & JOINT INJURIES: <ul style="list-style-type: none">• Fracture• Dislocation• First Aid of Bone & Joint Injuries• Bandages for Bone & Joint Injuries• Taping and Supports	08	
V	Physiotherapy- <ul style="list-style-type: none">• Definition• Guiding principles of physiotherapy.• Importance of physiotherapy Massage-	08	



	<ul style="list-style-type: none"> • Meaning • Types and Importance. 	
VI	Hydrotherapy- <ul style="list-style-type: none"> • Meaning and Importance. • Different methods of giving Hydrotherapy 	08
VII	Treatment modalities- <ul style="list-style-type: none"> • Introduction an understanding of treatment modalities through Electrotherapy, Infrared rays, Ultraviolet rays, short wave diathermy, ultra sound. 	07
VIII	Therapeutic Exercise- <ul style="list-style-type: none"> • Meaning, Definition. • Importance. • Muscle Strengthening through Active and Passive Exercise. • Therapeutic value with Yoga asanas for rehabilitation and strengthening of the muscles. 	07

Suggested Readings:

- ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago, USA.
- Beotra, Alka (2001-02) Drug Education Handbook on Drug Abuse in Sports, Applied Nutrition Sciences, Mumbai.
- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.
- Fahey, T.D., M.P. Insel and W.T. Rath (2006), Fit & Well: Core Concepts and Labs in Physical Fitness, mcgraw Hill, New York.
- Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
- Hoeger, W K and S.A. Hoeger (2004). Principles and Labs for Fitness and Wellness, Thomson Wadsworth, California, USA.
- Jain, J. (2004) Khel Dawaon Ka (New Delhi: Delhi University Press).
- Singh, S.N. (2019). Khel Chikitsa Shastra Evam Yoga, Khel Sahitya Kendra, Daryaganj, New Delhi
- Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, (2008), Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi.
- Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers).
- 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).

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 student physical and medically fit.**

Suggested equivalent online courses:

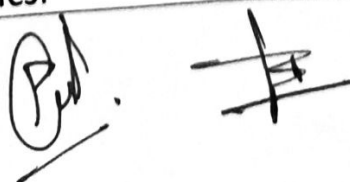
- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and

Abroad.

- Rajarshi Tandon open University.

SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER V/ PAPER II

Program/Class: Certificate	Year: Third	Semester: Fifth
SUBJECT : PHYSICAL EDUCATION – THEORY		
Course Code: PE502T	Course Title: KINESIOLOGY AND BIOMECHANICS IN PHYSICAL EDUCATION	
Course Outcomes: students can be able to understand various aspects of Kinesiology and Biomechanics in Sports and 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	TOPIC	NO. OF LECTURES
I	INTRODUCTION: <ul style="list-style-type: none">• Meaning, Definitions, Aims, Objective.• Importance of Kinesiology for games and sports.	06
II	<ul style="list-style-type: none">• Kinesiological Fundamental Movements.• Center of Gravity.• Line of Gravity.	08
III	<ul style="list-style-type: none">• Planes and Axes• Types of muscles contraction.	08
IV	Location & Action of Muscles at Various Joints: - i) Upper extremity – Shoulder Joint , Elbow Joint iii) Lower extremity – Hip joint, Knee Joint	08
V	BIOMECHANICAL CONCEPT: INTRODUCTION: Friction: <ul style="list-style-type: none">• Meaning, Definitions and Types.• Newton’s Law of Motion	08
VI	FORCE AND LEVERS: FORCE: <ul style="list-style-type: none">• Meaning• Definitions• Types• Application to sports activities. LEVERS: <ul style="list-style-type: none">• Meaning• Definition• Uses of them in the Human body.	08
VII	KINENIAMTICS:	07



	<ul style="list-style-type: none"> • Meaning of Kinematics. • Types- Linear and Angular • Speed, Velocity, Acceleration, Distance, Displacement. 	
VIII	KINETICS: <ul style="list-style-type: none"> • Meaning of Kinetics • Types- Linear and Angular. • Mass, Weight, Force, Momentum and Pressure. 	07

Suggested Readings:

- Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA.
- Blazeovich, A. (2007). Sports Biomechanics. A & C Black Publishers, USA.
- Breer & Zarnicks (1979). Efficiency of human movement. WIB Sounders Co. USA.
- Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA.
- Hay (1993). The biomechanics of sports techniques. Prentice Hall Inc. New Jersey.
- McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA.
- Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut
- Oatis, C.A. (2008). Kinesiology. 2nd Ed. Lippincott, Williams & Wilkins, USA.

Continuous Evaluation Methods (CIE)

INTERNAL ASSESMENT (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

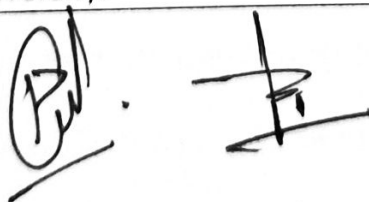
Attendance – 5 marks

Research Orientation of the student.

Course prerequisites: There is not 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 V/ PAPER III

Program/Class: Certificate		Year: Third	Semester: Fifth
SUBJECT : PHYSICAL EDUCATION – PRACTICAL			
Course Code: PE503P		Course Title: THERAPEUTIC EXERCISE AND GAME SPECIALIZATION	
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	
	PART – A		
I	<ul style="list-style-type: none">Practice for Bandaging.Practice for massage techniques.Demonstration of Therapeutic Exercise.A visit to Physiotherapy lab.Write a Brief Report on the visit of the lab.	15	
	PART – B		
II	<p>Choose any one game:</p> <ul style="list-style-type: none">Games Specialization- (Any One) Kabaddi/ Kho- Kho/Badminton/ Table Tennis/ Volleyball/Basketball/ Cricket/ football/ Handball/ HockeyHistory and development of selected game/sportsLay out and measurement of selected game/sportsRules and regulation of selected games/sportsSpecific exercise for selected game/sports Techniques and skills of selected game/sports <p>Note: Students will not repeat the previous semester's game specialization</p>	15	

Suggested Readings:

- ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago, USA.
- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.
- Fahey, T.D., M.P. Insel and W.T. Rath (2006), Fit & Well: Core Concepts and Labs in Physical Fitness, Mgraw Hill, New York.
- Koley, Shymlal(2007) Exercise Physiology – A basic Approach, friends publication New Delhi
- Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers).
- Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA.
- Singh, S. N. (2019). Khel Chikitsa Shastra Evam Yoga, Khel Sahitya Kendra, Daryaganj, New Delhi
- Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).

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.

PRACTICAL ASSESSMENT (75 Marks)

Practical – 50

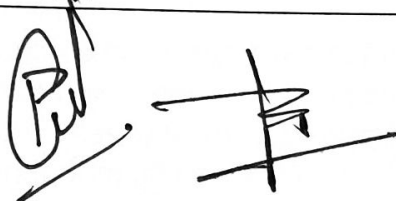
VIVA – 15

Record book charts etc – 10

Course prerequisites: **There is no any prerequisites only student 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.

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B. A. PHYSICAL EDUCATION/ SEMESTER V/RESEARCH PROJECT/ PAPER IV

Program/Class: Degree		Year: Third	Semester: Fifth
SUBJECT: PHYSICAL EDUCATION – PROJECT			
Course Code: PE504P		Course Title: RESEARCH PROJECT	
Course Outcomes: <ul style="list-style-type: none">• Learn to Prepare Questionnaire.• Learn to write research report.			
Credits: 03		Compulsory	
Max marks: 25+75		Min Passing Marks: 10+25	
Unit	Topic	No. of Lectures	
I	<ul style="list-style-type: none">• Chose a topic from your theory syllabus and Prepare a Questionnaire with 20 Questions for your college students.• Chose any one sports/ games for your syllabus and conduct an interview for your college students• Student has to learn to prepare research report.• Submit primarily project report	45	
Suggested readings: http://heecontent.upsdc.gov.in/Home.aspx			
This course can be opted as an elective by the students of following subjects: only for physical education Students			
Suggested Continuous Evaluation Methods: <ul style="list-style-type: none">• Seminar/Assignment/ report.• Test• Research orientation of the student.• Quiz• Attendance			

SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER VI / PAPER I

Program/Class: Certificate		Year: Third	Semester: Sixth
SUBJECT: Physical Education – Theory			
Course Code: PE601T		Course Title: RESEARCH METHODS IN PHYSICAL EDUCATION	
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			
TOPICS			NO. OF HOURS
UNIT			06
I	INTRODUCTION: <ul style="list-style-type: none">• Definition, Meaning of Research.• Need and Importance of Research in Physical Education		

(Signature)

	and sports. • Scope of Research in Physical Education and sports.	
II	Type of research • Basic Research • Applied Research • Action Research	08
III	Research Problem: • Meaning of the term • Formation of Research problem • Limitation and D Limitation • Location and Criteria of Selection of Problem.	08
IV	Hypothesis: • Meaning of research Hypothesis. • Meaning of Null Hypothesis.	08
V	Survey of Related Literature: • Literature sources. • Library Reading. • Need for Surveying related literature.	08
VI	Survey Studies: • Meaning of Survey • Scope of survey in Research.	08
VII	Questionnaire and Interview: • Meaning of Questionnaire and Interview. • Construction and development of Questions. • Procedure of conducting Interview.	07
VIII	Research Report: • Meaning of Research Report. • Qualities of a good research report. • How to write Research Report	07

Suggested Readings:

- Author's guide: Research Methods applied to Health Physical and Recreation, Washington, D.C. 1991.
- Best John & Kahni, J.V. 1992). Research in Education, New Delhi. Prentice Hall of India (Pvt.) Ltd.
- Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall.
- Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc.
- Garrett, H.E. (1981). Statistics in psychology and education. New York: Vakils Feffer and Simon Ltd.
- Koul, L. (2002). Methodology of Educational Research, Vikas Publishing House, New Delhi.
- Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). Introduction to research: A guide for the health science professional. Landon: J.B. Lippincott Company.
- Thomas, J.R., & Nelson J.K. (2005). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
- Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.

(Signature)

<ul style="list-style-type: none"> Verma, J. P. (2000). A textbook on sports statistics. Gwalior: Venus Publication
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 not any prerequisites only student physical and medically fit.
Suggested equivalent online courses: <ul style="list-style-type: none"> 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 VI/ PAPER II

Program/Class: Certificate		Year: Third	Semester: Sixth
SUBJECT: Physical Education -Paper 2			
Course Code: PE602T		Course Title: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	
Course Outcomes: This subject will help the students to understand the different types of test and measurement in Physical Education which will help the students in research area.			
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	TOPIC		NO. OF LECTURES
I	Test, Measurement and evaluation: <ul style="list-style-type: none">History of measurement in physical education, Meaning of test and measurement and evaluationNeed for test and measurement in Physical-Education.The use of test and measurement in Physical -Education.Importance of evaluation		06
II	Physical Disabilities: <ul style="list-style-type: none">Criteria for selecting tests,Validity, Reliability, Objectivity, Norms, Standard normsAccuracy and interpretability		08
III	Mental Retardation: <ul style="list-style-type: none">Physical Fitness Test, Strength Test, Freshman's battery on basic fitness test		08

	<ul style="list-style-type: none"> Physical fitness index, Sargent test, Motor Fitness Tests – J.C.R. Test, National Physical efficiency test, Cardiovascular test, Harvard's Step test, Foster test Copper's Twelve minute Run and walk test 	
IV	Outdoor Activities: <ul style="list-style-type: none"> Sport skills test, Application of skill test. Fundamental of measuring techniques in sports. Standard activity tests Miler Volley ball test, Johnson Baskaball ability test. Goal shooting test in hockey. 	08
V	Test construction: <ul style="list-style-type: none"> Meaning of testing, Types of tests, Uses of tests, function and purpose of testing, characteristics of effective tests, steps involved in a test construction 	08
VI	Measurement: <ul style="list-style-type: none"> the concept of measurement, measurement scales (nominal, ordinal, ratio and interval scales) 	08
VII	Measures of central tendency: <ul style="list-style-type: none"> Representation of scores (normal distribution, measures of central tendency and variation mean, median, mode, range, standard deviation, 	07
VIII	Test- Retest <ul style="list-style-type: none"> Reliability: Test-Retest, Alternate form, Interscorer, Internal Consistency 	07

- Suggested Readings:**
- Gronlund, N.E. & Linn, R.L. (1990). Measurement and Evaluation in Teaching (6th ed.). USA: MacMillan Publishing Company.
- Miller, M.D., Linn, R.L., Gronlund, N.E. (2009). Measurement and Assessment in Teaching. Pearson Education: Upper Saddle River, NY, 07458 Haladyna, T. M. (1994).
- Developing and validating multiple-choice test items. Hillsdale: Lawrence Erlbaum.
- Pallant, J. (2007) SPSS Survival Manual a Step by Step Guide to Data analysis. McGrawHill, NY. third edition

Suggested Continuous Evaluation Methods:
INTERNAL ASSESMENT (25 Marks)

Written Test – 10 marks

Assignment - 10 marks

Attendance – 5 marks

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

(Signature)

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 VI/ PAPER IIIProgram/Class: **Certificate**Year: **Third**Semester: **Sixth****SUBJECT : PHYSICAL EDUCATION – PRACTICAL**Course Code: **PE603P**Course Title: **ADVENTURE SPORTS AND GAME
SPECIALIZATION****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: 0-0-2

UNIT	TOPIC	NO. OF LECTURES
I	PART – A	15
	Adventure sports / Educational tour Camp (At least 3 days camp) <ul style="list-style-type: none">• All students have to submit detailed report of Adventure / Educational tour and camp	
II	PART – B	15
	Choose any one game: <ul style="list-style-type: none">• Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey• History and development of selected game/sports• Lay out and measurement of selected game/sports• Rules and regulation of selected games/sports• Specific exercise for selected game/sports Techniques and skills of selected game/sports• Note: Students will not repeat the previous semester's game specialization	

Suggested Readings:

- ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)
- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. Flyod, P.A., S.E. Mimms and C.
- Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.

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

Written Test – 10 marks

Assignment - 10 marks

Attendance – 5 marks

PRACTICAL ASSESSMENT (75 Marks)

Practical – 50

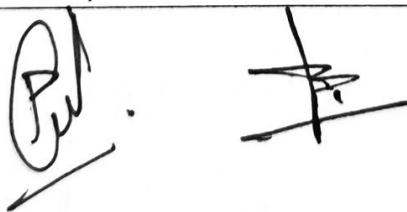
VIVA – 15

Record book charts etc – 10

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

Suggested equivalent online courses:**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 VI/RESEARCH REPORT/ PAPER IV

Program/Class: Degree	Year: Third	Semester: Sixth
SUBJECT : Physical Education- Project		
Course Code: PE604P	Course Title: RESEARCH PROJECT	
Course outcomes: 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.		
Credits: 03	Compulsory	
Max. Marks : 25 + 75	Min. Passing Marks: 10+25	
UNIT	TOPICS	NO. OF HOURS
I	<ul style="list-style-type: none">To conduct a survey or interview of primary or secondary school students for the interest towards physical education and sports programs.Analyze the data and submit a detailed report and a presentation.	45
Suggested Readings: Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx		
Suggested Continuous Evaluation Methods: <ul style="list-style-type: none">Making a video of survey or interview and present it.(20 marks)Attendance (5marks)		
Course prerequisites: There is no any prerequisites only student physical and medically fit.		

Minor Elective Courses

List of Minor Electives offered by Physical Education

Course Code	Paper Title	Theory/ Practical	Credits	To opt in the Semester
MEPE 101T	BASIC CONCEPTS OF PHYSICAL EDUCATION	Theory	4	I
MEPE 301T	SPORTS PSYCHOLOGY AND RECREATION	Theory	4	III

Note: Equivalent minor elective course shall also be pursued in the online mode via the wayam portal.

Occupational Course/ Skill Development course (3 Credits)

Occupational Course/ Skill Development courses shall be pursued in the online mode via the wayam portal.

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Programme outcomes (POs):

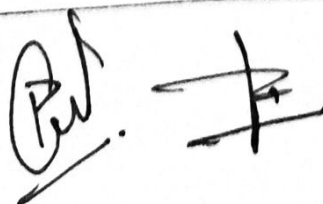
PO1	<ul style="list-style-type: none">Acquire good health, physical fitness and bodily coordination through participating regularly in physical activity
PO2	<ul style="list-style-type: none">Develop motor skills, acquire necessary knowledge through physical activities and cultivate positive values and attitudes for the development of an active and healthy lifestyle
PO3	<ul style="list-style-type: none">Promote desirable moral behaviours, cooperation in communal life, ability to make decisions, and the appreciation of aesthetic movement.
PO4	<ul style="list-style-type: none">Participating in various activities, students can acquire knowledge and skills, develop generic skills, as well as desirable values and attitudes.
PO5	<ul style="list-style-type: none">Sound knowledge in the field of research
PO6	<ul style="list-style-type: none">Multidimensional development of students.

Programme specific outcomes (PSOs):
Certificate in Physical Education

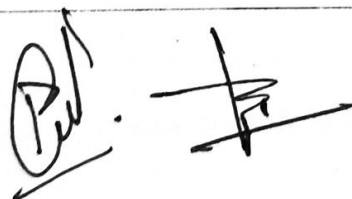
1. The physical education is very wide concept and this subject teaches about introduction and Sociological concept of Physical Education and this also teaches about historical development of physical education in India and other countries. It introduces a general concept of good health and wellness. This program will also help students to promote healthy way of living and they will also be able to make fitness and health plan.
- Yogas very helpful in prevention of many diseases and students will learn about it. This subject deals with basic knowledge about Aerobics and Gymnasium classes which will help students to excel in the fitness industry.
- This course is designed to give real time exposure to students in the area of organizing an event/sports. The students will also learn about store management, purchasing and budget making

Programme specific outcomes (PSOs):
Diploma in Physical Education

1. Students can be able to understand human structure and function as well as effects of exercise on various human body systems. Students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.



<p style="text-align: center;">Programmespecificoutcomes(PSOs): UGIIIYear/BachelorofPhysicalEducation</p>	
PSO1	StudentscanbeabletounderstandAthleticInjuriesandAthleticCareandRehabilitation.
PSO2	TounderstandvariousaspectsofKinesiologyandBiomechanicsinSportsandabletoapplyinsportsactivitie s.
PSO3	StudentscanbeabletounderstandResearchmethods inSportsandPhysicalEducation.
PSO4	Thissubjectwillhelpthestudentstounderstandthedifferent types of test and measurement in Physical Education which will help the students in research area.
PSO5	StudentscanbeabletounderstandResearchmethods inSportsandPhysicalEducation.
PSO6	ItwillhelpthelearnertounderstandthebasicproblemsofschoolgoingstudentsrelatedtosportsandPhysic alEducationandfindingtheirsolutionwiththehelpofanalyzeddata.



Minor Elective Subject/Semester-I

Program: Minor Elective		Year:First	Semester:First
SUBJECT:PHYSICAL EDUCATION-THEORY			
CourseCode:MEPE 101T		CourseTitle:BASIC CONCEPTS OF PHYSICAL EDUCATION	
CourseOutcomes:ThePhysicalEducationisverywideconceptandthissubjectteachesaboutintroductionand Sociologicalconcept of PhysicalEducationand thisalsoteachesaboutthehistoricaldevelopmentofphysicaleducationinIndiaandothercountries.Itintroducesa generalconceptofgoodhealthandwellness.Thisprogramwillalsohelpastudenttopromotehealthywayoflivi ngand theywillalsoabletomakefitnessandhealthplan.			
Credits : 4		Max.Marks :25+75	Min.Passing Marks:10 +25
TotalNo. of Lectures-Practical(in hours perweek):4-0-0			
UNIT	TOPIC		NO.OF LECTUR ES
I	PhysicalEducation <ul style="list-style-type: none">• Scope,aimandobjectiveofPhysicaleducation.• ImportanceofPhysicaleducation inModern era.• Relationshipofphysicaleducationwithgeneraleducation		07
II	SociologicalFoundation: <ul style="list-style-type: none">• Meaning,DefinitionandimportanceofsportsSociology• Cultureandsports GenderandSports.		07
III	History: <ul style="list-style-type: none">• HistoryanddevelopmentofPhysicaleducationinIndia:preandpost-independence. National awards of India– Major Dhyan Chand Khel RatnaAward,Arjun Award, Major Dhyanchand Award, Dronacharya Award,MaulanaAbul KalamAzadTrophy, SportsschemesofIndia		06
IV	OlympicGames,AsianGamesandCommonwealthGames: <ul style="list-style-type: none">• Olympics Movement: Ancient Olympic, Modern Olympic, Revival,Aims, Objectives, Spirit, Torch Relay, Flag, Motto, Opening andClosingCeremonies.• AsianGames.		08

	<ul style="list-style-type: none"> Commonwealth Games. 	
V	Health Education: <ul style="list-style-type: none"> Meaning, Definition and Dimensions of Health. Meaning, Definition, Objectives, Principles and Importance of Health Education. Meaning of Nutrients, Nutrition, and Balance Diet 	08
VI	Wellness and Life Style <ul style="list-style-type: none"> Importance of wellness and lifestyle. Role of Physical Activity in Maintaining Healthy Life Style. Stress Management. Obesity and Weight Management. 	08
VII	Fitness and yoga: <ul style="list-style-type: none"> Meaning, Definition and types of fitness Factors affecting physical fitness Yoga <ul style="list-style-type: none"> Importance of Yoga 	08
VIII	Posture: <ul style="list-style-type: none"> Meaning, Definition of Posture. Importance of Good Posture. Causes of Bad Posture. Postural Deformities – Kyphosis, Lordosis, Scoliosis, Round Shoulder, Knock Knee, Bow Leg, Flat foot, Claw Foot (causes and remedial exercise). 	08

Suggested readings:

- Barrow Harold M., "Man and movement principles of Physical Education", 1978.
- Difiore, J. (1998). Complete guide to postnatal fitness. London: A & C Black.
- Dynamic 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.
- Krishana Murthy V. and Paramesara Ram, N. "Educational Dimensions of Physical Education", 2nd Revised edition, Print India, New Delhi 1990.
- Singh, S.N. (2019). Sharirik Siksha Ke Sidhant Evam Aadhar, Khel Sahitya Kendra, Daryaganj, New Delhi
- Methodology of training. by - Harre
- Ravanes R.S., "Foundation of Physical Education", Houghton Millin Co. Boston USA (1978)
- Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut
- Science of sport training. by - Hardayal Singh
- Sharkey, B.J. (1990). Physiology of fitness, Human Kinetics Book.
- Track & Field. by - Gerhardt Schmolin sky, Leipzig college of physical culture (DHFK)

- Ajmer Singh JB, JSG, RSB., "Essentials of Physical Education", 2017 5th edition

Pub. for

Minor Elective Subject/Semester- III

Program: Minor Elective

Year: Second

Semester: Third

SUBJECT: PHYSICAL EDUCATION-THEORY

Course Code: MEPE301T

Course Title: **SPORTS PSYCHOLOGY AND RECREATION**

Course Outcomes: Students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.

Credits : 04

Max. Marks: 25+75

Min. Passing Marks: 10 +25

Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0

UNIT	TOPIC	NO. OF LECTURES
I	INTRODUCTION: <ul style="list-style-type: none"> • Meaning, Importance and scope of sports psychology • General characteristics of various stages of growth and development. 	06
II	PERSONALITY: <ul style="list-style-type: none"> • Meaning and definition of personality, characteristics of personality. • Personality and sports performance 	08
III	LEARNING: <ul style="list-style-type: none"> • Nature of learning, theories of learning. • Law of learning 	08
IV	MOTIVATION: <ul style="list-style-type: none"> • Nature of motivation, factors influencing motivation. • Motivational techniques and its impact on sports performance. 	08
V	PLAY: <ul style="list-style-type: none"> • Meaning of Play • Definition of play • Various Theories of play 	08
VI	RECREATION: <ul style="list-style-type: none"> • Meaning and importance of recreation in physical education • Principles of recreation in physical education 	08
VII	TRADITIONAL GAMES OF INDIA: <ul style="list-style-type: none"> • Meaning. • Types of Traditional Games- • Gilli-Danda, Kanche, Stapu, Gutte, Posampa, Pitthoo, Vish Amrit 	07

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	• Importance/BenefitsofTraditionalGames.	
VIII	INTRAMURALS: • Meaning. • Importance. • ConductingExtramuralCompetitions.	07

Suggested Readings:

- Alliance, A. (1999). Physical Best Activity Guide, New Delhi,
- Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA.
- Dheer, S. and Radhika. (1991). Organisation and Administration of Physical Edu., ND: Friends Pub.
- Frost, R. B. and Others. (1992). Administration of Physical Education and Athletics, Delhi: Universal Book.
- Gangwar, B. R. (1999). Organisation Admn. & Methods of Physical Education, Jalandhar: A. P. Pub.
- Gangwar, B. R. (1999). Sharirik Shiksha Ka Prabandh Prashashan Avam Vidhiya, Jalandhar: A. P. Pub.
- Gupta R. Kumar P. & Sharma D. P. (1999). Lesson Plan in Physical Education & Sports. R. D. P. Publication. New Delhi.
- Gupta R. Kumar P. & Sharma D. P. S. (2004). Sharirik Shiksha Mein Path Yojna. Sahyog Prakashan. New Delhi.
- Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.
- Pandey, K. G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut
- Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi.
- Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends Publication. Delhi.
- Panday Laxmikant (1996). Sharirik Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi.
- Shaw D & Kaushik S (2001). Lesson Planning-Teaching Methods and Classman in Physical Education. K. S. K. Delhi.

This course can be opted as a selective 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 prerequisite only student physical and medically fit.

Suggested equivalent online courses:

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

VOCATIONAL/SKILL DEVELOPMENT COURSE

COURSE TITLE: WELLNESS FITNESS TRAINING

TYPE OF COURSE: PROGRASSIVE NATURE SUBJECT PRE REQUISTITES : OPEN FOR ALL

PROGRAMME OUTCOMES:

Physical Fitness is one area of study with in exercise Physiology. Physical fitness is the ability of the body system to function efficiently and effectively. Individuals who are physically fit have the ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies. Health fitness is important for all individuals through out their life span. The achievement and maintenance of those qualities necessary for an individual to function efficiently and to enhance his or her health through the prevention and remediation of disease are the central focus of health fitness. An increasing body of research supports the contribution of regular, appropriate physical activity to health and quality of life. The awareness of the benefits of physical activity by the public, corporate sector, and medical profession has stimulated the growth of preventive and rehabilitative physical activity programs. Students aspiring to pursue careers in this growing area should familiarize themselves with the types of programs typically offered and the nature of responsibilities associated with them, the many career opportunities available, and strategies to prepare themselves for a fitness and exercise related career.

SEMESTER -I	TOPICS
UNIT - I	<ul style="list-style-type: none">❖ Concept of Wellness❖ Importance of Wellness❖ Meaning and Definition of Physical Fitness❖ Type of Physical Fitness❖ Component of Physical Fitness❖ Strength, Endurance, Speed, Flexibility❖ Factors affecting Physical Fitness❖ Clothing❖ Importance of Physical Fitness
UNIT - II	<ul style="list-style-type: none">❖ Meaning of Warming up❖ Type of Warming up❖ Importance of Warming up❖ Duration of Warming up❖ Methods of Warming up❖ Meaning of Cooling down❖ Methods of Cooling down
Unit-III	<ul style="list-style-type: none">❖ When to exercise❖ Type of Exercise❖ Free hand exercise❖ Stretching Exercise

	<ul style="list-style-type: none"> ❖ Callisthenic Exercise. ❖ Measuring heart rate ❖ Measuring Blood Pressure. ❖ Meaning of BMI ❖ Familiar to Fitness equipment.
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SEMESTER –II	TOPICS
UNIT –I	<ul style="list-style-type: none"> ❖ Types of Body Joints ❖ Major Movement of Joints ❖ Types of Muscles. ❖ Structure of Skeletal Muscles. ❖ Function of Skeletal Muscles. ❖ Balance Diet ❖ Elements of Balance Diet
UNIT –II	<ul style="list-style-type: none"> ❖ Classification of Skeletal Muscles ❖ Effect of Training on Muscular system ❖ Effect of Training on Respiratory system. ❖ Effect of Training on Circulatory System ❖ Body Composition
UNIT-III	<ul style="list-style-type: none"> ❖ Muscles Exercise. ❖ Physical Training ❖ Physical Detraining. ❖ Effects of Physical Detraining ❖ Work out with Different Fitness Machines

SEMESTER –III	TOPICS
UNIT-I	<ul style="list-style-type: none"> ❖ Meaning and Definition of Sports Training. ❖ Aims and Objectives of Sports Training ❖ Characteristics of Sports Training. ❖ Principle of Sports Training. ❖ Physical Conditioning
UNIT-II	<ul style="list-style-type: none"> ❖ Sports Training Methods ❖ Development Methods of Strength



	<ul style="list-style-type: none"> ❖ Development methods of Speed ❖ Development Methods of Endurance ❖ Development Methods of Flexibility ❖ Muscular Contractions ❖ Types of Muscular Contractions
UNIT-III	<ul style="list-style-type: none"> ❖ Application of Training Methods. ❖ Aerobics Fitness Dance ❖ Zumba Fitness dance ❖ Mixed Methods of Fitness. ❖ Workout with various Fitness Machines

SEMESTER -IV	TOPICS
UNIT -I	<ul style="list-style-type: none"> ❖ Environmental effect on Fitness. ❖ Temperature Variation. ❖ Humidity ❖ Altitude ❖ Type of Altitude ❖ Fatigue ❖ Nutrition and Fitness
UNIT-II	<ul style="list-style-type: none"> ❖ Meaning of Obesity ❖ Type of Obesity ❖ Methods of Weight Management ❖ Vital capacity ❖ Second Wind ❖ Oxygen debt ❖ Measuring Blood Pressure
UNIT-III	<ul style="list-style-type: none"> ❖ Physical Training at Different Altitude ❖ Physiological effect at Altitude ❖ Development and Maintenances of Fitness ❖ Workout with Different Kinds of Fitness Equipment

(Signature)

Title of course:				Wellness Fitness Training	
Nodal Department of HEI to run course					
Board Area/Sector-					
Sub Sector-				Physical Education	
Nature of Course-Independent and Progressive				Health Care	
Name of Suggestive Sector Skill Council				Progressive	
Aliened NSQF Level				SPEFL- SC	
Expected fee of the Course-Free/Paid				4	
Stipend to Student expected from industry				No	
Number of Seats.....					
Course Code- PSD YS 101				Credits-03(1 Theory,2 Practical)	
Max Mark....100..... Minimum Marks.....				40 : 60	
Name of proposed skill Partner (Please Specify, Name of industry, company etc. for practical/training/internship/OJT.					
Job prospects- Expected field of Occupation where student will be able to Get job after the completing this course in (Please Specify, Name of industry, company etc.)				In Government and Private Sector, in Fitness Center, in research field, in Management sector, in Consultancy, and in fitness club etc.	
Syllabus:-					
Unit	Topics	General/Skill Component	Theory/Practical /OJT/internship /Training	No. of Theory Hours (Total-15 Hours=1 credit)	No. of skill hours (Total=60 Hours=2 credits)
Semester-1					
3 Credits					
I.	Concept of wellness and fitness. Components of physical fitness, importance of physical fitness	General	Theory/Practical	15 Hours	
II.	Warming up and cooling down, Type and methods of warming up. Type of Exercise, importance of warming up	Skill	Theory/Practical		30 Hours
III.	Practical	Skill	Practical/internship /Training		30 Hours
Semester-2					
3 Credits					
I.	Major Movements of Joints, Structural classification of Skeletal Muscles, Muscle exercise, Balance Diet	General	Theory/Practical	15 Hours	
II.	Effect of exercise on body systems, Physical training and Detraining, Body Composition	Skill	Theory/Practical		30 Hours
III.	Practical	Skill	Practical/internship /Training		30 Hours
Semester-3					
3 Credits					

I.	Meaning and Definition of Sports Training, Aims and objective of sports training, Principles of sports training.	General	Theory/Practical	15 Hours	
II	Muscular Contraction, Sports training methods, New trends in physical fitness, Aerobics fitness Dance, Zumba fitness Dance.	Skill	Theory/Practical		30 Hours
III.	Practical	Skill	Practical/internship /Training		30 Hours

Semester-4

3 Credits

I.	Environmental factors of Fitness. Variation in temperature, Different Altitude, Fatigue, Nutrition and Fitness.	General	Theory/Practical	15 Hours	
II	Obesity and weight management, Vital Capacity, Second Wind, Oxygen Debt..	Skill	Theory/Practical		30 Hours
III.	Practical	Skill	Practical/internship /Training		30 Hours

Suggested Readings:

Singh, Hardhyal (1991) Science of sports Training. New Delhi D V S Publication.
 Dick, Frank W.(1980) Sports Training Principle. Landon Lepus Books
 Fox, Edward L 1984 Sports Physiology Halt: CBS college Publishing
 Nieman, David C(1998) The exercise health connection. Champaign IL : Human kinetics
 Harre, Dietrich (1982) principle of sports training. Berlin: Sportver lag
 Myshne, David A(1982) Human Anatomy and Physiology. Moscow: MIR Publisher
 Park, J.E and Park K(1990) Text book of Prevantive and Social Medicine. Jabalpur: Banarsidass
 Bhanot Publisher
 S.Dheer, M Basu, R. Kamal, Introduction to health Education, A.P.Publication 1989.
 Singh, Dr.. Ajmer. Essentials of physical Education, Kalyani Publication, 2003

द्वर, डॉ आर० सी०, आरोग्य शास्त्र एवं स्वास्थ्य शिक्षा, अकित ब्रदर्स पब्लिकेशन, 2004
 हेतसिंह, स्वास्थ्य शिक्षा एवं शारीरिक शिक्षा शिक्षण, राजस्थान प्रकाशन, 2004
 रंजु, डॉ राजकुमार, शैक्त अली, गुलाम मुस्तफा, स्वास्थ्य एवं शारीरिक शिक्षा, राखी प्रकाशन 2005

Suggested Digital platforms/web link for reading-

www.aahperd.org, www.nata.org, www.acsm.org, www.naspspa.org, www.aaasponline.org, www.iaps.net
www.nassh.org, www.nassm.com, www.uwm.edu/~aycock/nasss/nasss.html

Suggested OJT/Internship/Training/Skill partner :



Suggested Continuous Evaluation Methods: <https://ugemooes.inflibnet.ac.in/quiz/>, NSQF, NSDC

Course Pre-requisites:

- No pre-requisite required, open to all
- To study this Course, a student must have the Subject.....in class/12th/certificate/diploma.
- If progressive to study this course a student must have passed previous courses of this series.
- If progressive to study this course:SWAYAM, UGC, SDC, NSQF, NISHTHA, IGNOU

Suggested Equivalent online courses:

Any remarks/suggestions:

परीक्षा प्रणाली

श्री देव सुमन उत्तराखण्ड विश्वविद्यालय परिसर, ऋषिकेश में दिनांक 10 अगस्त 2022 को कला संकाय की अध्यापन समिति (Board of Studies) में लिए गए निर्णय के क्रम में श्री देव सुमन उत्तराखण्ड विश्वविद्यालय में संचालित स्नातक पाठ्यक्रमों के निम्न विषयों -

हिन्दी ,
अंग्रेजी ,
संस्कृत,
इतिहास ,
गृह विज्ञान ,
भूगोल,
राजनीति विज्ञान ,
समाज शास्त्र,
अर्थशास्त्र ,
शिक्षा शास्त्र ,
शारीरिक शिक्षा ,
संगीत ,
चित्रकला ,
मानव शास्त्र ,
मनोविज्ञान ,
दर्शन शास्त्र तथा

सैन्य विज्ञान विषयों के स्नातक कक्षाओं के सेमेस्टर परीक्षा 2022-23 हेतु पारित निर्णय निम्नवत हैं :

राष्ट्रीय शिक्षा नीति 2020 के अंतर्गत प्रवर्तित पाठ्यक्रमों के प्रत्येक सेमेस्टर में प्रत्येक लिखित प्रश्न पत्र तीन घंटों का होगा तथा प्रत्येक प्रश्न पत्र अधिकतम 75 अंकों का होगा । प्रत्येक प्रश्न पत्र के दो खंड होंगे - खंड अ और खंड ब । खंड अ में 8 लघु उत्तरीय प्रश्न पूछे जाएंगे जिनमें से परीक्षार्थी को 5 प्रश्नों के उत्तर देना अनिवार्य होगा । खंड अ का प्रत्येक प्रश्न 6 अंकों का होगा । खंड ब में 5 प्रश्न दीर्घ उत्तरीय प्रकृति के होंगे जिनमें से परीक्षार्थी को 3 प्रश्नों के उत्तर देना अनिवार्य होगा । प्रत्येक दीर्घ उत्तरीय प्रश्न 15 अंकों का होगा ।

अध्यक्ष , अध्यापन समिति (Board of Studies)

कला संकाय, श्री देव सुमन उत्तराखण्ड विश्वविद्यालय , बादशाहीथाल