

NATIONAL EDUCATION POLICY-2020





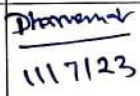


**Sri Dev Suman Uttarakhand University,
Badshahithaul, Tehri Garhwal (Uttarakhand)**





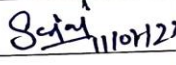
**Syllabus for all Colleges Affiliated to Sridev Suman
Uttarakhand University for Four Year Degree Course
UG - Syllabus on Physical Education**

**SYLLABUS FRAMED AS PER THE
NATIONAL EDUCATION POLICY-2020**

**Sridev Suman Uttarakhand University,
Badshahithaul, Tehri Garhwal (Uttarakhand)
List of Members of Board of Studies (Education)**

Sl. No.	Name of the Members	Designation	Nominated as	Signature
1	Prof. Dinesh Chandra Goswami	Dean of Arts, SDSUV, Pt. LMS Campus-Rishikesh	Chairman	
2	Pushkar Gaur	Asst. Professor and Head, SDSUV, Pt. LMS Campus-Rishikesh	Member	
3	Dr. Kapil Mishra	Associate Professor, Gurukul Kangri, University Haridwar	Member	
4	Dr. Sanjay Sriwastava	Associate Professor, JRIET Dehradun, UK	Member	
5	Dr. Dhermendra Singh	Assistant Professor, JRIET Dehradun, UK	Member	
6	Prof. Janki Panwar	Principal	GPGC, Kotdwar	
7	Prof. Lately Rajvanshi	Principal	GPGC, Jaiharikhal	
8	Prof. K. L. Talwar	Principal	GPGC, Chakrata	
9	Nideshak, Uttarakhand Bhasha Sansthan	-	Rajpur Road, Dehradun (Uttarakhand)	

**CURRICULUM PREPARATION
COMMITTEE**

Sl. No	Name	Designation	Department	Signature
1	Pushkar Gaur	Assistant Professor	Physical Education	
2	Dr. Kapil Mishra	Assistant Professor	Physical Education	
3	Dr. Sanjay Sriwastava	Associate Professor,	Physical Education	
4	Dr. Dhermendra Singh	Assistant Professor	Physical Education	

NATIONAL EDUCATION POLICY-2020



Syllabus for all Colleges Affiliated to Sridev Suman Uttarakhand University for Four Year Degree Course

UG - PHYSICAL EDUCATION

SYLLABUS FRAMED AS PER THE NATIONAL EDUCATION POLICY- 2020

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.

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
<i>Certificate in Physical Education</i>					
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
<i>Diploma in Physical Education</i>					
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
<i>Bachelor of Physical Education</i>					
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
		PE601T	RESEARCH METHODS IN PHYSICAL EDUCATION	Theory	4
		PE602T	TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	Theory	4

	VI	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): <i>Certificate in Physical Education</i>	

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): <i>UG III Year / Bachelor of Physical Education</i>	
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 sportsactivities.
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 sportsand Physical Education and finding their solution with the help of analyzed data.

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		
	TOPIC	NO. OF LECTURES
I	<p>Education</p> <ul style="list-style-type: none"> • Meaning, definition and importance of education. <p>Physical Education</p> <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
I I	<p>Sociological Foundation:</p> <ul style="list-style-type: none"> • Meaning, Definition and importance of sports Sociology • Culture and sports • Socialization and sports • Gender and Sports. 	07
I I I	<p>History:</p> <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

I V	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
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	<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"> • Patanjali 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
- Ravaness 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 and Aerobics and Gymnasium classes which will help students to excel in the fitness industry.		
Credits: 02		
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		
UNI	TOPICS	NO. OF

T		HOURS
	PART – A	
I	<ul style="list-style-type: none"> • Learn and demonstrate the techniques of warm-up, general exercise and cooling down • Learn 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 (SupinePosition) 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, Viem. 	
<p>Suggested Readings:</p> <ul style="list-style-type: none"> • ACSM’s Guidelines for Exercise Testing and Prescription (2001), American College of SportsMedicine, 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 		
<p>Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks)</p> <p>Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.</p> <p>PRACTICAL ASSESSMENT (75 Marks)</p> <p>Practical – 50 VIVA – 15 Record book charts etc – 10</p>		
<p>Course prerequisites: There is no any prerequisites only students physical and medically fit.</p>		

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 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: <ul style="list-style-type: none"> • 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 		
<ul style="list-style-type: none"> • 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.

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

Program/Class: Certificate	Year: First	Semester: Second
SUBJECT : PHYSICAL EDUCATION – PRACTICAL		
Course Code: PE202P	Course Title: SPORTS EVENT AND TRACK & FIELD	
Credits: 02		
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		
UNI T	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 GrowHill 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 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 andAbroad.
- Rajarshi Tandon open University.

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

Program/Class: Diploma	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		
Max. Marks : 25+75		Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNI T	TOPI CS	NO. OF LECTUR

		ES
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.

- 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: Diploma	Year: Second	Semester: Third
SUBJECT : PHYSICAL EDUCATION – PRACTICAL		
Course Code: PE302P	Course Title: HEALTH AND INDIVIDUAL SPORTS	
Credits: 02		
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"> ● 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.
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- Singh, S. N. (2019). Sharir Rachna Evam Vyayam Kriya Vigyan, Khel Sahitya Kendra, Daryaganj, New Delhi
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- 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 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.
<ul style="list-style-type: none"> • Rajarshi Tandon open University.

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

Program/Class: Diploma	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		
UNI T	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: <ul style="list-style-type: none"> • Alliance, A. (1999). Physical Best Activity Guide, New Delhi, • Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. RoutledgePublishers, USA. • Dheer, S. and Radhika. (1991). Organisation and Administration of Physical Edu., ND: FriendsPub. • 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. FriendsPublication. 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 PhysicalEducation. 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: <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 IV/ PAPER

II

Program/Class: Diploma	Year: Second	Semester: Fourth
SUBJECT : PHYSICAL EDUCATION – PRACTICAL		
Course Code: PE402P	Course Title: TRADITIONAL AND TEAM GAMES	
Credits: 02		
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 withfollowing 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.

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

Program/Class: Degree	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		
UNI T	TOPI CS	NO. OF LECTUR ES
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
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	<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: <ul style="list-style-type: none"> • ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of SportsMedicine, 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 NutritionSciences, 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 PhysicalFitness, 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, ThomsonWadsworth, 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: <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 V/ PAPER II

Program/Class: Degree	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		
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: <ul style="list-style-type: none"> • 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: <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 V/ PAPER III

Program/Class: Degree	Year: Third	Semester: Fifth
SUBJECT : PHYSICAL EDUCATION – PRACTICAL		
Course Code: PE503P	Course Title: THERAPEUTIC EXERCISE AND GAME SPECIALIZATION	
Credits: 02		
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/ 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 <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, Shymal(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 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 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.

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		
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: Degree	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		
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 HOURS

I	INTRODUCTION: <ul style="list-style-type: none"> • Definition, Meaning of Research. • Need and Importance of Research in Physical Education 	06
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	<ul style="list-style-type: none"> and sports. • Scope of Research in Physical Education and sports. 	
II	Type of research <ul style="list-style-type: none"> • Basic Research • Applied Research • Action Research 	08
III	Research Problem: <ul style="list-style-type: none"> • Meaning of the term • Formation of Research problem • Limitation and D Limitation • Location and Criteria of Selection of Problem. 	08
IV	Hypothesis: <ul style="list-style-type: none"> • Meaning of research Hypothesis. • Meaning of Null Hypothesis. 	08
V	Survey of Related Literature: <ul style="list-style-type: none"> • Literature sources. • Library Reading. • Need for Surveying related literature. 	08
VI	Survey Studies: <ul style="list-style-type: none"> • Meaning of Survey • Scope of survey in Research. 	08
VII	Questionnaire and Interview: <ul style="list-style-type: none"> • Meaning of Questionnaire and Interview. • Construction and development of Questions. • Procedure of conducting Interview. 	07
VIII	Research Report: <ul style="list-style-type: none"> • 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 SimonLtd.
- 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.

- 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:

- 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: Degree	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		
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 evaluation • Need 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 norms • Accuracy and interpretability 	08

III	Mental Retardation: <ul style="list-style-type: none"> • Physical Fitness Test, Strength Test, Fleschman’s battery on basic fitness test • Physical fitness index, Sargen test, Motor Fitness Tests – J.C.R. Test, National Physical efficiency test, Cardiovascular test, Harward’s Step test, Foster test • Copper’s Twelve minute Run and walk test 	08
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
<ul style="list-style-type: none"> • 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		

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 III

Program/Class: Degree	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		
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 ASSESSMENT (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		
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.		

SRIDEV SUMAN UTTARAKHAND UNIVERSITY

National Education Policy-2020

SEMESTER-WISE TITLES OF THE PAPERS IN PHYSICALEDUCATION

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
<i>Bachelor (Research) in Physical Education</i>					
FOURTH-YEAR	B.A. VII	PE701T	RESEARCH PROCESS IN PHYSICAL EDUCATION	Theory	4
		PE702T	EDUCATIONAL PSYCHOLOGY-I	Theory	4
		PE703T	SPORTS JOURNALISM	Theory	4
		PE704T	WATER SPORTS	Theory	4
		PE705P	INTRAMURAL AND EXTREMURAL COMPETITION	Practical	4
		PE706P	INSTRUMENTATION AND EDUCATIONAL PSYCHOLOGY-I	Practical	4
	B.A. VIII	PE801T	TEACHING METHODOLOGY IN PHYSICAL EDUCATION	Theory	4
		PE802T	EDUCATIONAL PSYCHOLOGY-II	Theory	4
		PE803T	STATISTICS IN PHYSICAL EDUCATION & SPORTS	Theory	4
		PE804T	ADVENTURE SPORTS	Theory	4
		PE805P	GAME SPECIALIZATION	Practical	4
	PE806P	RESEARCH PROJECT/DISSERTATION	Project	4	

*IF THE STUDENT LEAVING OR EXIT THE COURSE IN THE EVEN SEMESTER (CERTIFICATE, DIPLOMA, DEGREE, RESEARCH/HONERS) HE/ SHE MUST UNDER GO THE INTERNSHIP OF MINIMUM EIGHT WEEKS.

Program/Class: Research degree	Year: Fourth	Semester: Seventh
SUBJECT: PHYSICAL EDUCATION - THEORY		
Course Code: PE701T	Course title: Research process in Physical Education	
Course Outcomes: Define the Meaning and Definition of Research. Discuss the Need, Nature, and Scope of research in Physical Education. Generalizing the Methods of Research. Determining the knowledge to design. Applying the knowledge of Sampling process. Reviewing the impact of all units in preparing the Research Proposal.		
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	<ul style="list-style-type: none"> Meaning and Definition of Research – Need, Nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher. 	15
II	<ul style="list-style-type: none"> Descriptive Methods of Research; Survey Study, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism. 	15
III	<ul style="list-style-type: none"> Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design. 	15
IV	<ul style="list-style-type: none"> Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgement Sampling, Quota Sampling. <p>Chapterization of Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals, Mechanics of writing Research Report, Footnote and Bibliography writing.</p> <ul style="list-style-type: none"> 	15

Suggested readings:

Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc. Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London; Routledge Press Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics; Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam Rothstein, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi

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.

SYLLABUS FOR B.A. /SEMESTER VII/ PAPER II

Program/Class: Research Degree	Year: Fourth	Semester: Seventh
SUBJECT: PHYSICAL EDUCATION - THEORY		
Course Code: PE702T	Course Title: Educational Psychology-I	
<p>The Course learning outcomes (COs): On completion of the four years program, the students will be learning and able to do/perform the following.....</p> <p>CO-1. State the Meaning and Definition of Psychology. CO-2. Estimating the stages of Growth and Development. CO-3. Acquiring the knowledge of Individual Differences. CO-4. Determining the reasons of Behavioral development. CO-5. Estimating the knowledge of learning theories. CO-6. Combining the knowledge of Transfer of training.</p>		
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	Meaning of Psychology <ul style="list-style-type: none">- Nature of Psychology- Sources of psychology- Definition of Psychology- Psychology is a Sciences- Branches of Psychology- Importance of Psychology in Education with specialreference to Physical Education.	15
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<p align="center">II</p>	<ul style="list-style-type: none"> - Growth and Development - Meaning of growth and Maturation - Development by maturation - Development by exercise and learning - Behavioral development with special reference to perceptual, Language intellectual social, emotional and physical 	<p align="center">15</p>
<p align="center">III</p>	<p>Individual differences: meaning of the terms individual differences.</p> <ul style="list-style-type: none"> - Heredity and environment as cause of individual differences - Interaction of heredity and environment. - Body types based on psychological parameters according to Jung. 	<p align="center">15</p>
<p align="center">IV</p>	<p>Learning Meaning and nature of learning</p> <ul style="list-style-type: none"> - Principles of learning - Types of learning - Theories of learning (Trial and error, conditioned reflex, insight theory, learning by imitation). - Meaning of transfer of training. Conditions of transfer of training. learning curve. - How to overcome plateau 	<p align="center">15</p>

Suggested Readings:

Boaz, G.D General psychology , Madras: Boaz institute of Psychological Service, 1957 -Skinner, C. E. Educational Psychology ,New Delhi : Prentice Hall of India Pvt. Ltd.

- Lindren, H. E. Educational Psychology in classroom ,New York :John Wiley & Sons Inc. 1963.
- Kamlesh ,M.L. Psychology of Physical Education and Sports , New Delhi Metropolitan Bros.
- Snum, Richar M. Psychology in Sports ,Surjeet Publication ,1982

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. /SEMESTER VII/ PAPER III

Program/Class: Research degree	Year: Fourth	Semester: Seventh
SUBJECT: PHYSICAL EDUCATION - THEORY		
Course Code: PE703T	Course Title: Sports Journalism	
Course outcomes: Describing the Meaning and Definition of Journalism. Explaining the role of Sports News agencies. Determining the Concept of Sports Bulletin. Comparing the General news reporting and sports reporting. Editorializing and evaluating of Reported News.		
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	<ul style="list-style-type: none"> Meaning and Definition of Journalism, Ethics of Journalism - Canons of journalism-Sports Ethics and Sportsmanship - Reporting Sports Events. National and International Sports News Agencies. Principles of modern journalism. 	15
II	<ul style="list-style-type: none"> Concept of Sports Bulletin, Types of bulletin Journalism and sports education - Structure of sports bulletin - Compiling a bulletin - Complete information on investigative Sports Journalism 	15
III	<ul style="list-style-type: none"> Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education - Sports organization and sports journalism - General news reporting and sports reporting. 	15
IV	<ul style="list-style-type: none"> Advantages of Division of labor in sports journalism Sports organization and Sports Journalism - General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach 	15
<p>Suggested Readings: Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi :Surjeet Publications Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press. Kannan K (2009) SoftSkills, Madurai: Madurai: Yadava College Publication Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication. Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.</p>		

Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd. Venkataiah. N (2009)Value Education- New Delhi: APH Publishing Corporation. 43
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 but students are to be physical & 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. /SEMESTER VII/ PAPER IV

Program/Class: Research Degree	Year: Fourth	Semester: Seventh
SUBJECT: PHYSICAL EDUCATION - THEORY		
Course Code: PE704T	Course Title: Water Sports	
Course outcomes: Define the Meaning and Definition of water sports. Discuss the Ethics of water sports. Acquiring the knowledge of Equipment use in water sports. Determining the Careeropportunities in water sports. Appling the knowledge of water sports.		
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	<ul style="list-style-type: none"> • Introduction of Water Sports History of Water Sports Types of Water Sports 	15
II	<ul style="list-style-type: none"> • Scope of Water Sports in India Need and Importance of Water Sports List of Equipment’s used in Various Water Sports Purchase and Care of Equipment’s used in Water Sports Career opportunities in water sports. 	15
III	<ul style="list-style-type: none"> • Introduction of Kayaking and Kenoying Equipment’s and It’s availability Training of handling equipment’s Competitions and role of Federation/ Indian Government 	15

IV	<ul style="list-style-type: none"> • Introduction of Water Surf, Sailing and Power Boats Equipment's and It's availability Training of handling equipment's Competitions and role of Federation/ Indian Government	15
Suggested Readings: Aamidor A (2003). Real Sports Reporting. Indiana University Press. Valparaiso. Indiana. U.S.A. Ahuja, B.N (1988) Theory and Practice of Journalism. Surjeet Delhi. Andrews P (2005). Sports Journalism: A Practical Introduction. Sage Publications Ltd. Delhi. Boyle R (2006). Sports Journalism: Context and Issues. Sage Publications Ltd. Kamath, M V (1980). Professional Journalism. K.S.K. New 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 but students are to be physical & 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. /SEMESTER VII/ PAPER V

Program/Class: Research Degree	Year: Fourth	Semester: Seventh
SUBJECT: PHYSICAL EDUCATION - PRACTICAL		
Course Code: PE705T	Course Title: INTRAMURAL AND EXTREMURAL COMPETITION	
Course Outcomes: Students will know the athletics events and practice of coaching and teaching.		
Credits: 04		
Max. Marks : 25 + 75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	The group of students(max 5 in a group) will undergo through this practical from the beginning of the semester and each group will organize an Intramural activity, through different games and sports, in which the group members(those who are organizing the programme) will not participate.	15
II	PART – B	

	Record and report a scrape file with photographs and news paper cuttings Viva voce	15
III	Part-C	
	The group of students(max 5 in a group) will undergo through this practical from the beginning of the semester and each group will organize an Extramural activity, through different games and sports, in which the group members(those who are organizing the programme) will not participate.	15
IV	Part-D	
	Rules and their interpretations and duties of officials. File and viva voce Famous personalities	15
<p>Suggested Readings:</p> <ul style="list-style-type: none"> • Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana, 2000 • Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000 • Sharma, Vyas Dev. "Introduction to physical and health education", Avichal publishing company, New Delhi. • Dagar, R.K.S. & Chauhan, S.K. "Psycho-Historical bases of Physical Education" Friends Publications, New Delhi 2005. • Thomas R. Baechle and Roger W. Earle, (2000). 		
<p>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</p>		
<p>Course prerequisites: There is no any prerequisites only students physical and medically fit.</p>		
<p>Suggested equivalent online courses:</p> <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 VII/RESEARCH REPORT/ PAPERVI

Program/Class: Research Degree	Year: Fourth	Semester: Seventh
SUBJECT: Physical Education- Practical		
Course Code: PE706P	Course Title: INSTRUMENTATION AND EDUCATIONAL PSYCHOLOGY-1	
Course outcomes: Students will aware of the status of Sports in Uttarakhand.		
Credits: 04		
Max. Marks : 25 + 75	Min. Passing Marks: 10+25	
UNIT	TOPICS	NO. OF HOURS
I	<ul style="list-style-type: none"> To write a report on the status of Sports Instruments. Analyze the data and submit a detailed report and a presentation of Instruments and educational psychology. 	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.		

SYLLABUS FOR B.A. SEMESTER VIII/ PAPER I

Program/Class: Research degree	Year: Fourth	Semester: Eighth
SUBJECT: PHYSICAL EDUCATION - THEORY		
Course Code: PE801T	Course title: Teaching methodology in Physical Education	
Course Outcomes: Define the Meaning and types of Teaching Methods. Discuss the Presentation Techniques in Physical Education. Generalizing the Methods of Words of command. Determining the knowledge to Lesson Planning. Applying the knowledge to take Lesson Plan in different categories. Reviewing the impact of all units in conduction of competitions.		
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	<p>(A) Meaning Meaning of the term "teaching method" its scope and importance The factors to be considered in determining the method of teaching.</p> <p>(B) Types of method Part-whole method, whole part method, command method, discussion method, project method, demonstration method, imitation method</p> <p>(C) Principles of teaching</p>	15
II	<p>Presentation Techniques</p> <ul style="list-style-type: none"> (a) Personal preparation. (b) Technical preparation. (c) Steps of presentation. (d) Command and their techniques. (e) Situation which require different words of command. (f) Types of class management. 	15
III	<p>Lesson planning Types of lessons and their values Types of lesson planning: - General lesson plan, coaching lesson plan, Classroom teaching lesson plan</p> <ul style="list-style-type: none"> (a) Objectives of different lesson plans and part of the lesson introductory and development. (b) Skill practice/group work. (c) Class activity/recreation part (reassembly revision and dismissal). 	15
IV	<p>Organization and conduct of competitions</p> <ul style="list-style-type: none"> (a) Tracks and field (b) Gymnastics. (c) Weight lifting, body building and best physique contest. (d) Wrestling and combative games. (e) Swimming, diving -aquatics. (f) Games and sports tournaments. 	15
<p>Suggested readings: -Tirunaryanan, c. and hariharan, s. methods in physical education, karai kudi south india press, 1962. - Kozman, b. cassidy, rosalind and jakson, c.d., methods in physical education, london: w.b.saunders company, 1960. - Knapp, clyde and hagman, e.p. teaching methods foe physical education, new yoek: mcgraw hill book co., 1948</p>		

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.

SYLLABUS FOR B.A. /SEMESTER VIII/ PAPER II

Program/Class: Research Degree	Year: Fourth	Semester: Eighth
SUBJECT: B.P.E.S. - THEORY		
Course Code: PE802T	Course Title: Educational Psychology-II	
<p>Course Outcomes: The Course learning outcomes (COs): On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following..... The Course learning outcomes (COs): On completion of the four years B.P.E.S, program,the students will be learning and able to do/perform the following.....</p> <p>State the Meaning and Definition of Psychology. Estimating the motivation level. Acquiring the knowledge of Emotions. Determining the reasons of development of Personality. Estimating the knowledge of Mechanism of the process of remembering.</p>		
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	Motivation Meaning of motivation. concept of need, drive, motive, incentive and achievement Types of Motivation Role of motivation on teaching physical activities	15
II	Emotion Meaning and nature of emotion. Types of emotion. Emotional experiences (anxiety and fear) and their effecton learning of physical activities.	15
III	Personality Meaning and nature of personality. Physiological and social factors in personality.Development of personality	15
IV	Memory Definition of memoryTypes of Memory. Mechanism of the process of remembering, memory training. Meaning of forgetting, Reasons of forgetting, curves of forgetting	15

	Importance of memory in learning physical activities.	
Suggested Readings:		
<p>Boaz, G.D General psychology , Madras: Boaz institute of Psychological Service,1957 -Skinner, C. E. Educational Psychology ,New Delhi : Prentice Hall of India Pvt. Ltd.</p> <p>- Lindren, H. E. Educational Psychology in classroom ,New York :John Wiley & Sons Inc. 1963.</p> <p>- Kamlesh ,M.L. Psychology of Physical Education and Sports , New Delhi Metropolitan Bros.</p> <p>- Snum, Richar M. Psychology in Sports ,Surjeet Publication ,1982</p> <p>- Silva ,J.M. and Weinberg R.S Psychology of foundations of Sports , Illinois , Human Kinetics Publishers Inc.</p>		
Suggested Continuous Evaluation Methods: INTERNAL ASSESSMENT (25 Marks)		
<p>Written Test – 10 marks</p> <p>Assignment/ Research Based Project - 10 marks Attendance – 5 marks</p> <p>Research Orientation of the student.</p>		
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. /SEMESTER VIII/ PAPER III

Program/Class: Bachelor Degree	Year: Fourth	Semester: Eighth
SUBJECT: PHYSICAL EDUCATION - THEORY		
Course Code: PE803T	Course Title: Statistics in Physical Education & Sports	
<p>Course outcomes: State the Meaning and Definition of Statistics. Acquiring the knowledge of Parametric and non-parametric statistics. Estimating the Measures of Central Tendency. Acquiring the knowledge of Measures of Dispersions and Scales. Estimating the Calculation and advantages of various scales. Combining the data, statistical procedure and interpretation of data.</p>		
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	<ul style="list-style-type: none"> Meaning and Definition of Statistics. Function, need and importance of Statistics. Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data. Variables; Discrete, Continuous. Parametric and non-parametric statistics. 	15
II	<ul style="list-style-type: none"> Data Classification, Tabulation and Measures of Central Tendency Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode. 	15
III	<ul style="list-style-type: none"> Measures of Dispersions and Scales Meaning, Purpose, Calculation and advantages of Range, Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale 	15
IV	<ul style="list-style-type: none"> Probability Distributions and Graphs Normal Curve. Meaning of probability- Principles of normal curve – Properties of normal curve. Divergence from normality – Skewness and Kurtosis. Graphical Representation in Statistics; Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve. Inferential and Comparative Statistics Tests of significance; Independent “t” test, Dependent “t” test – chi – square test. level of confidence and interpretation of data. Meaning of correlation – co-efficient of correlation. 	
<p>Suggested Readings: Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc. Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics; Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications.</p>		
<p>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.</p>		
<p>Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.</p>		
<p>Suggested equivalent online courses:</p> <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. /SEMESTER VIII/ PAPER IV

Program/Class: Research Degree	Year: Fourth	Semester: Eighth
SUBJECT: PHYSICAL EDUCATION - THEORY		
Course Code: PE804T	Course Title: Adventure Sports	
Course Outcomes: Memorizing the Importance of Adventure Sports, Describing the Scope, Need and Importance of Adventure Sports, Acquiring the knowledge of various government agencies of Adventure Sports, Determining the Role of Local Bodies for promoting Adventure Sports, Applying the concept of First Aid, Estimating the Rehabilitation process.		
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	<ul style="list-style-type: none"> • Introduction of Adventure Sports • History of Adventure Sports • Types of Adventure Sports 	15
II	<ul style="list-style-type: none"> • Adventure Sports at global level • Scope of Adventure Sports in India • Need and Importance of Adventure Sports 	15
III	<ul style="list-style-type: none"> • Role of Indian government in promotion of AdventureSports • Role of SAI in promotion of Adventure Sports • Role of Associations and Federations in promotion ofAdventure Sports • Role of Uttarakhand Government for promotingAdventure Sports • Role of Local Bodies for promoting Adventure Sports 	15
IV	<ul style="list-style-type: none"> • Equipment's required for adventure sports • Precautions during adventure sports • First aid required for adventure sports • Rehabilitation required for adventure sports 	15
Suggested Readings:		
Dougherty NJ et al (2002) Sport, Physical Activity and the Law. Sagamore Pub. Champaign. IL. Driskell JA and Wolinky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla. Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness: Changing the mwayyou ok, feel and perform. Human Kinetics. Champaign. IL. Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth		
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.		

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. /SEMESTER VIII/ PAPER V

Program/Class: Research Degree	Year: Fourth	Semester: Eighth
SUBJECT: PHYSICAL EDUCATION - PRACTICAL		
Course Code: PE805P	Course Title: Game specialization	
Course Outcomes: Students will know the athletics events and practice of coaching and teaching.		
Credits: 04		
Max. Marks : 25 + 75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	Warming up: - General & Specific Specific conditioning programme Basic skills Techniques Tactics A Scrape File Viva-voce	15
II	PART – B	
	<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
III	Part-C	
	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 	15
IV	Part-D	

	<p>Rules and their interpretations and duties of officials.</p> <ul style="list-style-type: none"> • File and viva voce of selected games/sports • Specific 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
<p>Suggested Readings:</p> <ul style="list-style-type: none"> • Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000 • Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000 Sharma,Vyas Dev. "introduction to physical and health education", avichal publishingcompany, new delhi. • Dagar,R.K.S. & Chauhan, S.K "Psycho-Historical bases of Physical Education" friends publications, New Delhi 2005. • Thomas R. Baechle and Roger W. Earle, (2000). 		
<p>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</p>		
<p>Course prerequisites: There is no any prerequisites only students physical and medically fit.</p>		
<p>Suggested equivalent online courses:</p> <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 VIII/RESEARCH REPORT/
DISSERTATION
PAPER VI**

Program/Class: Research Degree	Year: Fourth	Semester: Eighth
SUBJECT: Physical Education- Project/ DISSERTATION		
Course Code: PE806P	Course Title: RESEARCH PROJECT/ DISSERTATION	
Course outcomes: Students will aware of the status of Sports in India.		
Credits: 04		
Max. Marks : 25 + 75		Min. Passing Marks: 10+25
UNIT		
TOPICS		NO. OF HOURS
I	<ul style="list-style-type: none"> • Dissertation writing as per the guidance of supervisor. • 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 Subject/Semester- I

Program: Minor Elective		Year: First	Semester: First
SUBJECT: PHYSICAL EDUCATION - THEORY			
Course Code: MEPE 101T		Course Title: BASIC CONCEPTS OF PHYSICAL EDUCATION	
<p>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.</p>			
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	<p>Physical Education</p> <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	<p>Sociological Foundation:</p> <ul style="list-style-type: none"> • Meaning, Definition and importance of sports Sociology • Culture and sports Gender and Sports. 		07
III	<p>History:</p> <ul style="list-style-type: none"> • History and development of Physical education in India: pre and post-independence. <p>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</p>		06
IV	<p>Olympic Games, Asian Games and Commonwealth Games:</p> <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. • Meaning of Nutrients, Nutrition, and Balance Diet 	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 • Factor 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 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

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

	<ul style="list-style-type: none"> • Importance/ Benefits of Traditional Games. 	
VIII	INTRAMURALS: <ul style="list-style-type: none"> • Meaning. • Importance. • Conducting Extramural Competitions. 	07
Suggested Readings: <ul style="list-style-type: none"> • 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. 		
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 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. 		

Vocational/Skill Development Course

COURSE TITLE: WELLNESS FITNESS TRAININGTYPE 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 havethe 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 fitnessis important for all individuals through out their life span. The achievement and maintenance ofthose qualities necessary for an individual to function efficiently and to enhance his or herhealth 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 ❖ 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 –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
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Title of course:		Wellness Fitness Training			
Nodal Department of HEI to run course					
Board Area/Sector-		Physical Education			
Sub Sector-		Health Care			
Nature of Course-Independent and Progressive		Progressive			
Name of Suggestive Sector Skill Council		SPEFL- SC			
Aliened NSQF Level		4			
Expected fee of the Course-Free/Paid					
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
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 Preventive 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

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Suggested Digital platforms/web link for reading-

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

Suggested OJT/internship/Training/Skill partner :

Suggested Continuous Evaluation Methods: <https://ugcmoocs.inflibnet.ac.in/quiz/> , N S Q F, N S D C

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.

Suggested Equivalent online courses:SWAYAM, U G C, S D C, N S Q F, NISHTHA, IGNOU

Any remarks/suggestions:

