**SRIDEV SUMAN UTTARAKHAND UNIVERSITY**

**National Education Policy-2020**

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

**EDUCATION**

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|  |  | **List of all Papers in Six Semester** **Semester-wise Titles of the Papers in Physical Education**  |  |  |
| **Year**  | **Sem.**  | **Cours e Code**  | **Paper Title**  | **Theory/ Practical**  | **Credit s**  |
|  |  | ***Bachelor*** (Research) in ***Physical Education***  |  |  |
| 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 LEVING OR EXIT THE COURSE IN THE EVEN SEMESTER (CERTIFICATE, DIPLOMA, DEGREE, RESEARCH/HONERS) HE/ SHE MUST UNDER GO THE INTERNSHIP OF MINIMUM EIGHT WEEKS.

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| **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. Appling 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** **LECTUR ES**  |
| **I**  |  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**  |  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**  |  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**  |  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. 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.  | **15**  |

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

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| **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, Londonl Routledge Press Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics; Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam Rothstain, 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 ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.  |
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| Program/Class**: Research Degree**  | Year: **Fourth**  | Semester: **Seventh**  |
| SUBJECT: **PHYSICAL EDUCATION - THEORY**  |
| Course Code: PE702T  | Course Title: Educational Psychology-I  |
| **The Course learning outcomes (COs):** On completion of the four years program, the students will be learning and able to do/perform the following……. **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.  |
| 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 LECTUR ES**  |
| **I**  | Meaning of Psychology * Nature of Psychology
* Sources of psychology
* Definition of Psychology
* Psychology is a Sciences
* Branches of Psychology
* Importance of Psychology in Education with special reference to Physical Education.
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| **II**  | * 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
 | **15**  |
| **III**  | Individual differences: meaning of the terms individual differences. * Heredity and environment as cause of individual differences
* Interaction of heredity and environment.
* Body types based on psychological parameters according to jung.
 | **15**  |
| **IV**  | Learning Meaning and nature of learning * 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
 | **15**  |
| **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.
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**SYLLABUS FOR B.A. /SEMESTER VII/ PAPER III**

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| 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**  |  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**  |  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**  |  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**  |  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**  |
| **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) Soft Skills, 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.  |
| 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:** * IGNOU
* Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in  India and Abroad.
* Rajarshi Tandon open University.
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**SYLLABUS FOR B.A. /SEMESTER VII/ PAPER IV**

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| 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 Career opportunities 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**  |  Introduction of Water Sports History of Water Sports Types of Water Sports  | **15**  |
| **II**  |  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**  |  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**  |  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:** * IGNOU
* Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in  India and Abroad.
* Rajarshi Tandon open University.
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**SYLLABUS FOR B.A. /SEMESTER VII/ PAPER V**

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| **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**  |   |

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|   | 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**  |
| **Suggested Readings:** * 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).
 |
| **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.
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**SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER VII/RESEARCH REPORT/ PAPER VI**

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| 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**  | * 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](http://heecontent.upsdc.gov.in/Home.aspx)  |
|   |
| **Suggested Continuous Evaluation Methods:**  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

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| **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. Appling 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**  |

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| **UNIT**  | **TOPIC**  | **NO. OF** **LECTUR ES**  |
| **I**  | 1. **Meaning**

Meaning of the term" teaching method” its scope and importance The factors to be considered in determining the method of teaching. 1. **Types of method**

Part-whole method, whole part method, command method, discussion method, project method, demonstration method, imitation method 1. Principles of teaching
 | **15**  |
| **II**  | **Presentation Techniques** (a) Personal preparation. 1. Technical preparation.
2. Steps of presentation.
3. Command and their techniques.
4. Situation which require different words of command.
5. Types of class management.
 | **15**  |
| **III**  | **Lesson planning** **Types of lessons and their values** Types of lesson planning: - General lesson plan, coaching lesson plan, Classroom teaching lesson plan 1. Objectives of different lesson plans and part of the lesson introductory and development.
2. Skill practice/group work.
3. Class activity/recreation part (reassembly revision and dismissal).
 | **15**  |
| **IV**  | **Organization and conduct of competitions** (a) Tracks and field (b) Gymnastics. 1. Weight lifting, body building and best physique contest.
2. Wrestling and combative games.
3. Swimming, diving -aquatics.
4. Games and sports tournaments.
 | **15**  |
| **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: mc graw hill book co., 1948
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|   |
| 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**

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| **Program/Class: Research Degree**  | **Year: Fourth**  | **Semester: Eighth**  |
| **SUBJECT: B.P.E.S. - THEORY**  |
| **Course Code:** PE802T  | **Course Title:** Educational Psychology-II  |
| **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……. 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. .  |
| **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 effect on 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 memory Types 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:**  |
| 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
* Silva ,J.M. and Weinberg R.S Psychology of foundations of Sports , Illinois , Human Kinetics Publishers Inc.
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| **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.
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**SYLLABUS FOR B.A. /SEMESTER VIII/ PAPER III**

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| Program/Class**: Bachelor Degree**  | Year: **Fourth**  | Semester: **Eighth**  |
| SUBJECT: **PHYSICAL EDUCATION - THEORY**  |
| Course Code: PE803T  | Course Title: Statistics in Physical Education & Sports  |
| 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.  |
| 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**  |  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**  |  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**  |  Measures of Dispersions and Scales Meaning, Purpose, Calculation and advances 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**  |  Probability Distributions and Graphs Normal Curve. Meaning of probability- Principles of normal curve – Properties of normal curve. Divergence form 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.  |   |
| **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; Illonosis; Human Kinetics; Kamlesh, M. L. (1999) Reserach 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.  |
| **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:** * IGNOU
* Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in  India and Abroad.
* Rajarshi Tandon open University.
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## SYLLABUS FOR B.A. /SEMESTER VIII/ PAPER IV

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| **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**,** Appling 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**  | * Introduction of Adventure Sports
* History of Adventure Sports
* Types of Adventure Sports
 | **15**  |
| **II**  | * Adventure Sports at global level
* Scope of Adventure Sports in India
* Need and Importance of Adventure Sports
 | **15**  |
| **III**  | * Role of Indian government in promotion of Adventure Sports
* Role of SAI in promotion of Adventure Sports
* Role of Associations and Federations in promotion of Adventure Sports
* Role of Uttarakhand Government for promoting Adventure Sports
* Role of Local Bodies for promoting Adventure Sports
 | **15**  |
| **IV**  | * 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 mway you 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.  |

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| **Suggested equivalent online courses:** * IGNOU
* Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
* Rajarshi Tandon open University.
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**SYLLABUS FOR B.A. /SEMESTER VIII/ PAPER V**

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| --- | --- | --- |
| **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**  |   |
|   | * 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: * 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**  |   |

|  |  |  |
| --- | --- | --- |
|   | Rules and their interpretations and duties of officials. * File and viva voce 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  | **15**   |
| **Suggested Readings:** * 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).
 |
| **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.
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## SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER VIII/RESEARCH REPORT/ DISSERTATION PAPER VI

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| 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**  |  * 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](http://heecontent.upsdc.gov.in/Home.aspx)  |
|   |
| **Suggested Continuous Evaluation Methods:**  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.  |