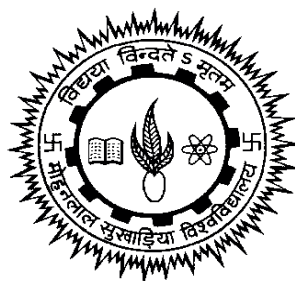


# MOHANLAL SUKHADIA UNIVERSITY UDAIPUR

## SYLLABUS OF PHYSICAL EDUCATION

**Based on National Education Policy 2020**

FACULTY OF EDUCATION



**Bachelor of Arts**

**2023-24 onwards**

<b>B.A. Physical Education I<sup>st</sup> Semester (I<sup>st</sup> -Year)</b>	
Code of the course	PES5000T
Title of the course	<b>HISTORY AND FOUNDATION OF PHYSICAL EDUCATION</b>
Level of the course	NHEQF Level - 4.5
Credit	4
Credit of the course	Discipline Centric Core Course
Delivery type of the course	Theory- 60 Hours (40 Lecture for content delivery and 10 hours for tutorials, class activity, case study and 10 hours of for formative and Diagnostic Assessment)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• To make aware the students about History of Physical Education.</li> <li>• To apart knowledge about Foundation of Physical Education to Students.</li> </ul>
Learning Outcomes:	<ul style="list-style-type: none"> <li>• The pass out would be able to know about the history &amp;developmental foundation of Physical Education.</li> <li>• Students would be able to know the Contribution to the growth of Physical Education by leaders and movement</li> <li>• The Students will be able to compare the relationship between Philosophy, education &amp; Physical education.</li> </ul>
<b>Syllabus</b>	
<b>Unit-I</b>	<b>Historical Development of Physical Education &amp; Sports: (12 Hours)</b> Vedic Period, Epic period and Buddhist period, Physical Education in the city state of Greece. Olympic Association, Sports Authority of India, LNIPE Gwalior, Arjuna Award, Dornachrya Award, Major Dhanchand KhelRatan Award, Tenzing Norgay National Adventure Award, Maulana Abul Kalam Azad Trophy
<b>Unit-II</b>	<b>Modern Olympics Games: (12 Hours)</b> Start of Olympics, Objectives of Olympic, Olympic Ring, Olympic motto and flag, Olympic charter, opening and closing ceremonies, <b>Contribution to the growth of Physical Education by leaders and movement:</b> John Basedow, Johan Federick Gut Muths, Per Henric Ling, Dr. P.M. Joseph, Prof.Karan Singh H.C.Buck, D.G.Wakharker, Turnverin Movement, Philanthropinum movement.
<b>Unit-III</b>	<b>Introduction of Physical Education: (12 Hours)</b> Physical Education: Meaning, Definition, Aims and Objectives of Physical Education. Importance of Physical Education. Relationship of Physical Education with Other Sciences.
<b>Unit-IV</b>	<b>Biological, Physiological and Philosophical Foundation: (12 Hours)</b> Heredity and Environment, its importance in stage of growth and development. Chronological, Anatomical, Physiological and Mental-ages of individual. Idealism and Physical Education, Pragmatism and Physical Education. Naturalism and Physical Education, Realism and Physical Education.
<b>Unit-V</b>	<b>Psychological &amp; Sociological Foundation: (12 Hours)</b> Importance and implication of psychological elements in physical education. Notions about mind and body, psycho-physical unity of man, Conditions and Factors effecting learning. Physical Education and sports a need of the society. Sociological implications of Physical Education and sports. Physical activities and sports man's cultural heritage.
<b>Reference</b>	Khan Eraj Ahmed: History of Physical Education, Scientific, Book Co., Patna Leonard, fred Engene and Affieck George B: Guide to the History of Physical education, Philadelphia Leo & Febiger 1962 Rajgopalan, K.A.: Brief History of Physical Education in India, Delhi, Army publishers, 1962 Singer, R.N. (ed.): Physical Education: Foundations, New York, Hall Renehert and Winston Bucher, Charles A: Foundations of Physical Education, St. Louis, The C.V. Mosby Company 1986 Kamlesh M.L.: Physical Education: Facts & Foundation, P.B. Publisher, Faridabad Nixon Co. 1969.

<b>B.A. Physical Education I<sup>st</sup> Semester (I<sup>st</sup> -Year)</b>	
Code of the course	PES5000P
Title of the course	<b>GAMES AND SPORTS-I</b>
Level of the course	NHEQF Level - 4.5
Credit	2
Credit of the course	Discipline Centric Core Course
Delivery type of the course	Practical (60 Hours)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• To impart knowledge of Ball/Stick Games</li> <li>• To Development of skills of Selected Games</li> </ul>
Learning Outcomes:	<ul style="list-style-type: none"> <li>• The student will be oriented with the inherited sign and symptoms that make one adapt for excellence and give performance/demonstration in a particular games.</li> <li>• The student will be familiarity with Rules, Measurement and Techniques</li> <li>• The student will be oriented with the inherited sign and symptoms that make one adapt for excellence and give performance/demonstration in games.</li> <li>• The student will be familiarity with Rules, Measurement and Techniques in Ball/Bat/Stick games</li> <li>• The student will be able to quantify those sign &amp; symptoms through specific tools &amp; techniques and thus guide the individual to that sports activity for which his/her physique is best suited.</li> </ul>
<b>Syllabus</b>	
<b>A)-TEAM BALL - BAT/SLUGGER/STICK BALL GAME</b> (a) Cricket (20 Hours) (b) Hockey (20 Hours) (c) Softball (20 Hours)	
<b>Theory Syllabus of above Four Games:</b> <ol style="list-style-type: none"> <li>1. History and development of the games and sports</li> <li>2. Dimension and Marking of Playing Arena/Apparatus</li> <li>3. National &amp; International Organization/Federation of the game.</li> <li>4. Standard equipments</li> <li>5. Important rules and their interpretation</li> <li>6. Officiating &amp; Referee/Umpire/Scorer/Curatorship for Self employment</li> </ol>	
<b>Practice Syllabus:</b> <ol style="list-style-type: none"> <li>1. General and specific warming (exercise)</li> <li>2. Teaching Main Skills</li> <li>3. Lead up games</li> <li>4. Fundamental Motor Qualities/Skills Development Drills</li> <li>5. Playing ability (performance)</li> </ol>	

<b>B.A. Physical Education II<sup>rd</sup> Semester (I<sup>st</sup> -Year)</b>	
Code of the course	PES5001T
Title of the course	<b>PSYCHOLOGY AND SOCIOLOGY IN PHYSICAL EDUCATION</b>
Level of the course	NHEQF Level - 4.5
Credit	4
Credit of the course	Discipline Centric Core Course
Delivery type of the course	Theory- 60 (Hours) (40 Lecture for content delivery and 10 hours for tutorials, class activity, case study and 10 hours of for formative and Diagnostic Assessment)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>To Orient students about Psychology &amp; Sociology in Physical Education.</li> <li>To interpret the role of psychology in personality Development.</li> <li>To interpret the role of Sociology in Personality Development.</li> </ul>
Learning Outcomes	<ul style="list-style-type: none"> <li>The student will be oriented with the Basic concept of Psychology &amp; Sociology.</li> <li>The student would able to relate and interpret role of Psychology &amp; Sociology in personality development.</li> <li>The students will come across the learning situations and factor affecting learning.</li> <li>The students through learning &amp; practicing physical education develop leadership quality.</li> </ul>
<b>Syllabus</b>	
<b>Unit-I</b>	<p><b>Introduction: (12 Hours)</b>  Meaning, Importance and scope of Educational and Sports Psychology Types and nature of individual differences,  Meaning and definition of personality, Dimension of personality, Personality and Sports performance  Psycho-sociological aspects of Human behavior in relation to physical education and sports</p>
<b>Unit-II</b>	<p><b>Sports Psychology (12 Hours)</b>  Nature of learning, theories of learning, Laws of learning,  Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance.  Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety  Meaning and nature of stress; Types of stress, Stress, Arousal and their effects on sports performance.</p>
<b>Unit-III</b>	<p><b>Relation between Social Science and Physical Education. (12 Hours)</b>  Orthodoxy, customs, Tradition and Physical Education.  Festivals and Physical Education. Socialization through Physical Education.</p>
<b>Unit-IV</b>	<p><b>Culture: Meaning and Importance. (12 Hours)</b>  Features of culture, Importance of culture. Effects of culture on people life style.  Different methods of studying Observation/ Inspection method, Questionnaire method, Interview method.</p>
<b>Unit-V</b>	<p><b>Sport Group and Sport Organization (12 Hours)</b>  Social Group life, Social conglomeration and Social group, Primary group and Remote group. Group leadership, composition and structure, process and performance.  Organization leadership, structure and composition, process and performance.</p>
<b>Reference</b>	<p>Chaurasia B.D Human Anatomy-Upper Limb &amp; Thorax, Lower Limb Abdomen &amp; Pelvis Head-Neck Brain (Vol.1-3) CBS Publishers &amp; Distributors Pvt.Ltd.  Cunningham's R &amp; G.J.Romanes Manual of Practical Anatomy.Upper Lower Limbs, Head, Brain, Thorax &amp; Abd. (Vol.1-3) OUP Oxford Publication.  Guyton.A.C, John E. Hall: Text book of Medical Physiology. Elsevier Publication.  Guyton A.C.: Functions of Human Body, W.B. Saunders Co., London Jain A K: Text book of Physiology: Avichal Publication Company  Karpovich &amp; Sinnser: Physiology of Muscular Activity, WB, Saunders Co., London Krishna Garg: Hand book of General Anatomy  Morehouse &amp; Miller : Physiology of Exercise : C.V. Mosby Co., St. Louis  Pearce Evelyn, C.: Anatomy and Physiology of Nurses, Faber &amp; Faber-Ltd., London  Pearce, J.W.: Anatomy for Students &amp; Teacher of Physical Education, Edward Arnold &amp; Co., London  Srivastava etc.:  Text book of Practical Physiology, Scientific Book Agency, Calcutta</p>

<b>B.A. Physical Education II<sup>rd</sup> Semester (II<sup>nd</sup> -Year)</b>	
Code of the course	PES5001P
Title of the course	<b>TRACK AND FIELD ( RUNNING EVENTS)</b>
Level of the course	NHEQF Level - 4.5
Credit	2
Credit of the course	Discipline Centric Core Course
Delivery type of the course	Practical (60 Hours)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• To develop excellence and performance in Athletics.</li> <li>• To make students Families with rules, measurement and techniques of Athletics.</li> </ul>
Learning Outcomes:	<ul style="list-style-type: none"> <li>• The student will be oriented with the inherited sign and symptoms that make one adapt for excellence and giveperformance/demonstration in a track of field (Running event) .</li> <li>• The student will be oriented with the inherited sign and symptoms that make one adapt for excellence and giveperformance/demonstration in a running event.</li> <li>• The student will be familiarity with Rules, Measurement and Techniques in running event.</li> <li>• The student will be able to quantify those sign &amp; symptoms through specific tools &amp; techniques and thus guide the individual to that sports activity for which his/her physique is best suited.</li> </ul>
<b><u>Syllabus</u></b>	
<p>A candidate shall be required to show his/her and give performance/demonstration in the following</p> <p><b>Running (Track) Events: (10 Hours per Event)</b></p> <p>(a) Starting Technique(Crouch/Block Start)</p> <p>(b) Sprinting</p> <p>(c) Finishing Technique</p> <p>(d) Hurdle</p> <p>(e) Walking</p> <p>(f) Relay Race</p>	
<p><b>Theory Syllabus:</b></p> <ol style="list-style-type: none"> <li>1. History and development of the track and field.</li> <li>2. Dimension and Marking of Athletics track</li> <li>3. National &amp; International Organization/Federation of Athletics.</li> <li>4. Standard equipments</li> <li>5. Important rules and their interpretation</li> <li>6. Officiating &amp; Referee/Umpire/Scorer of running event</li> </ol>	
<p><b>Practice Syllabus:</b></p> <ol style="list-style-type: none"> <li>1. General and specific warming (exercise)</li> <li>2. Teaching Main Skills</li> <li>3. Lead up games</li> <li>4. Fundamental Motor Qualities/Skills Development Drills</li> <li>5. Running Ability (performance)</li> </ol>	

<b>B.A. Physical Education III<sup>rd</sup> Semester (II<sup>nd</sup> -Year)</b>	
Code of the course	PES6002T
Title of the course	<b>BASIC ANATOMY AND PHYSIOLOGY</b>
Level of the course	NHEQF Level - 5.0
Credit	4
Credit of the course	Discipline Centric Core Course
Delivery type of the course	Theory- 60 Hours (40 Lecture for content delivery and 10 hours for tutorials, class activity, case study and 10 hours of for formative and Diagnostic Assessment)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• To make students aware about the Basic Body structure and function.</li> <li>• To make students aware about the Importance of Exercise on Human systems.</li> </ul>
Learning Outcomes	<ul style="list-style-type: none"> <li>• The student will be oriented with the Basic Structure &amp; function of human body by identifying, comparing, relating different system, organs &amp; their functional &amp; structural units.</li> <li>• The student would able to relate and interpret role of exercise on body system and its relation to wellbeing through literature reviews and physical conditioning exercise.</li> <li>• Adapt the Art to apply the knowledge of anatomy &amp; physiology in physical activities classes in school &amp; colleges.</li> <li>• To construct anatomy &amp; physiology related pedagogical materials exploring their creative imagination whileworking in group and using in technology.</li> </ul>
<b>Syllabus</b>	
<b>Unit-I</b>	<b>Introduction: (12 Hours)</b> Concept of Anatomy, Physiology & Physiology of Exercise. Need and Importance of Anatomy & Physiology in Physical Education.Introduction to cell, tissue, organ and system.
<b>Unit-II</b>	<b>Skeleton &amp; Muscles: (12 Hours)</b> Function of bones, general features of scapula, radius, ulna, humorous, Femur, Tibia & Fibula.Terminology of movements around joints & ligaments. Types of Muscles (Voluntary, involuntary and cardiac)
<b>Unit-III</b>	<b>System: (12 Hours)</b> Basic knowledge of Cardio-Vascular, Respiratory, Digestive & Nervous Systems.
<b>Unit-IV</b>	<b>Physiology: (12 Hours)</b> Pumping action of heart and its regulation Function of blood and blood clotting Mechanism of Respiration Secretion and Function of the digestive juices.
<b>Unit-V</b>	<b>Physiology of Exercise: (12 Hours)</b> Effects of exercise on respiratory, circulatory and muscular system.Neuro Muscular co-ordination. Second wind & oxygen depth Stitch and cramps, obesity and body weight control. Physiological concept of warming up, training & fatigue.
<b>Reference</b>	Chaurasia B.D Human Anatomy-Upper Limb & Thorax,Lower Limb Abdomen & Pelvis Head-Neck Brain(Vol.1-3) CBS Publishers & Distributors Pvt.Ltd. Cunningham's R & G.J.Romanes Manual of Practical Anatomy.Upper Lower Limbs,Head,Brain,Thorax & Abd. (Vol.1-3) OUP Oxford Publication. Guyton.A.C, John E. Hall: Text book of Medical Physiology. Elsevier Publication. Guyton A.C.: Functions of Human Body, W.B. Saunders Co., LondonJain A K: Text book of Physiology: Avichal Publication Company Karpovich & Sinnser: Physiology of Muscular Activity, WB, Saunders Co., LondonKrishna Garg: Hand book of General Anatomy Morehouse & Miller : Physiology of Exercise : C.V. Moshy Co., St. Louis Pearce Eveln, C.: Anatomy and Physiology of Nurses, Faber & Faber-Ltd., London Pearce,J.W.: Anatomy for Students & Teacher of Physical Education, Edward Arnold & Co., LondonSrivastava etc.: Text book of Practical Physiology, Scientific Book Agency, Calcutta

<b>B.A. Physical Education III<sup>rd</sup> Semester (II<sup>nd</sup> -Year)</b>	
Code of the course	PES6002P
Title of the course	<b>GAMES AND SPORTS-III</b>
Level of the course	NHEQF Level - 5.0
Credit	2
Credit of the course	Discipline Centric Core Course
Delivery type of the course	Practical (60 Hours)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• To make students oriented with Ball Games skill and Techniques.</li> <li>• To make students familiar about ground, equipment of the Ball Games.</li> </ul>
Learning Outcomes:	<ul style="list-style-type: none"> <li>• The student will be oriented with the inherited sign and symptoms that make one adapt for excellence and give performance/demonstration in team game.</li> <li>• The student will be oriented with the inherited sign and symptoms that make one adapt for excellence and give performance/demonstration in the games.</li> <li>• The student will be familiarity with Rules, Measurement and Techniques in team games.</li> <li>• The student will be able to quantify those sign &amp; symptoms through specific tools &amp; techniques and thus guide the individual towards the games for which his/her physique is best suited.</li> </ul>
<b><u>Syllabus</u></b>	
<b>GAMES: (15 Hours per games)</b>	
(a) Basketball (b) Football (c) Handball (d) Volleyball	
<b>Theory Syllabus:</b>	
1. History and development of the games and sports. 2. Dimension and Marking of Playing Arena/Apparatus. 3. National & International Organization/Federation of the game. 3. Standard equipments. 4. Important rules and their interpretation 6. Officiating & Referee/Umpire/Scorer/Curatorship for Self-employment.	
<b>Practice Syllabus:</b>	
1. General and specific warming (exercise) 2. Teaching Main Skills 3. Lead up games 4. Fundamental Motor Qualities/Skills Development Drills 5. Playing ability (performance)	

<b>B.A. Physical Education IV<sup>th</sup> Semester (II<sup>nd</sup> -Year)</b>	
Code of the course	PES6003T
Title of the course	<b>METHODS IN PHYSICAL EDUCATION</b>
Level of the course	NHEQF Level - 5.0
Credit	4
Credit of the course	Discipline Centric Core Course
Delivery type of the course	Theory- 60 Hours (40 Lecture for content delivery and 10 hours for tutorials, class activity, case study and 10 hours of for formative and Diagnostic Assessment)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• To impart knowledge of Methods of Physical Education.</li> <li>• To make students aware about tournaments.</li> </ul>
Learning Outcomes	<ul style="list-style-type: none"> <li>• The student would understand the importance of Methods in physical education.</li> <li>• The student shall gain knowledge in managing physical education &amp; sports by applying methods.</li> <li>• The student would able to organize &amp; Admin various physical education program &amp; sporting events</li> <li>• The student would able to know about the planning of facility and financial management.</li> </ul>
<u><b>Syllabus</b></u>	
<b>Unit-I</b>	<b>Introduction: (12 Hours)</b> Meaning, Importance & Scope of "Teaching Methods." Factors to be considered in determining the methods of teaching, Types of teaching methods, Presentation Technique.
<b>Unit-II</b>	<b>Organization and Tournaments (12 Hours)</b> Organization and conduct of following: (a) Demonstration (b) Adventure sports (c) Competition (d) Annual Sports Meet Tournaments: Meaning and their types (a) Knock-out (b) League or Round Robin (c) Combination (d) Challenges of perennial (Ladder & Pyramid) Methods of drawing fixture.
<b>Unit-III</b>	<b>Facilities and Equipments: (12 Hours)</b> Audio-Visual aids & Teaching gadgets values. Criteria for selecting and steps to be followed in using teaching aids. An ideal list of basic facilities and equipment's for Physical education and sports Improvisation: Ways and means of improvisation of following: (a) Area (b) Apparatus (c) Equipments (d) Leadership
<b>Unit-IV</b>	<b>Management: (12 Hours)</b> Meaning, Functions and Principles of Management. Office Management: Records keeping, Filing, Correspondence & Store Keeping. Sports Budget: Purpose, Principles & Account Preparation (receipt & Payments, Income & Expenditure)
<b>Unit-V</b>	<b>Performance &amp; Evaluation: (12 Hours)</b> Training Structure and performance Dynamics, Psychological and Sociological preparation. Evaluation: Need, Importance and methods of evaluation.
<b>Reference</b>	Bucher, C.A: Administration of Physical Education & Athletic Programmes, The C.V. Mosby Company, London, 1983 C. Tirunaryanan & S. Hariharan: Methods in Physical Education, Alagappa College of Physical Education, Alagappauram Karaikudi Knapp Clyde and Hagman, E.P.: Teaching Methods of Physical Education, New York, McGraw Hill Book Co., 1984 Sharma H. S.: Physical Education-Organization, Administration and Supervision (Hindi)



<b>B.A. Physical Education IV<sup>th</sup> Semester (II<sup>nd</sup> -Year)</b>	
Code of the course	PES6003P
Title of the course	<b>GAMES AND SPORTS-IV</b>
Level of the course	NHEQF Level - 5.0
Credit	2
Credit of the course	Discipline Centric Core Course
Delivery type of the course	Practical (60 Hours)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• To make students aware about the Traditional Games of India.</li> <li>• To develop the skill of Indigenous games in students.</li> </ul>
Learning Outcomes:	<ul style="list-style-type: none"> <li>• The student will be oriented with the inherited sign and symptoms that make one adapt for excellence and give performance/demonstration in a indigenous games/sports.</li> <li>• The student will be familiarity with Rules, Measurement and Techniques of indigenous games and sports</li> <li>• The student will be able to quantify those sign &amp; symptoms through specific tools &amp; techniques and thus guide the individual towards the indigenous games/sports activity for which his/her physique is best suited.</li> </ul>
<b><u>Syllabus</u></b>	
<p><b>Indigenous Sport: (20 Hours per game)</b></p> <p>(a) Archery (b) Kabaddi (c) Kho-Kho</p>	
<p><b>Theory Syllabus:</b></p> <ol style="list-style-type: none"> <li>1. History and development of the games and sports</li> <li>2. Dimension and Marking of Playing Arena/Apparatus</li> <li>3. National &amp; International Organization/Federation of the game.</li> <li>4. Standard equipments</li> <li>5. Important rules and their interpretation</li> <li>6. Officiating &amp; Referee/Umpire/Scorer/Curatorship for Self employment</li> </ol>	
<p><b>Practice Syllabus:</b></p> <ol style="list-style-type: none"> <li>1. General and specific warming (exercise)</li> <li>2. Teaching Main Skills</li> <li>3. Lead up games</li> <li>4. Fundamental Motor Qualities/Skills Development Drills</li> <li>5. Playing ability (performance)</li> </ol>	

<b>B.A. Physical Education IV<sup>th</sup> Semester (II<sup>nd</sup> -Year)</b>	
Code of the course	SEA630XT
Title of the course	<b>BASICS OF TRACK AND FIELD PRACTICES</b>
Level of the course	NHEQF Level - 5.0
Credit	2
Credit of the course	Skill Enhancement Course
Delivery type of the course	Theory- 60 Hours (40 Lecture for content delivery and 10 hours for tutorials, class activity, case study and 10 hours of for formative and Diagnostic Assessment)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• To make students familiar about rules and measurement of Track and Field.</li> <li>• To impart knowledge of skills, techniques of Track and Field.</li> </ul>
Learning Outcomes	<ul style="list-style-type: none"> <li>• The student will be oriented with the inherited sign and symptoms that make one adapt for excellence and give performance/demonstration in a Track and field Event</li> <li>• The student will be familiarity with Rules, Measurement and Techniques in Track and field events.</li> <li>• The student will be able to quantify those sign &amp; symptoms through specific tools &amp; techniques and thus guide the individual towards the Track and field activity for which his/her physique is best suited.</li> </ul>
<b>Syllabus</b>	
<b>Unit-I</b>	<b>Introduction to Athletics (12 Hours)</b> Definition of Athletics, Meaning of Athletics, Running Events, Marking of Running Track, Introduction to Running Events.
<b>Unit-II</b>	<b>Introduction of Jumping Events (12 Hours)</b> Types of Jumping Events, Specific Exercise for Jumping Events, Marking and Measurement of Jumping events.
<b>Unit-III</b>	<b>Introduction of Throwing Events (12 Hours)</b> Types of throwing Events, Specific Exercise for throwing Events, Marking and Measurement of throwing events.
<b>Unit-IV</b>	<b>Officiating (12 Hours)</b> Introduction to Official of Track and Field, Duties and Responsibilities of Different official in various events of Track and Field. Score sheets of track and Field events Qualities of Good officials.
<b>Unit-V</b>	<b>Tournaments (12 Hours)</b> National and International Level of Tournament of Athletics. Arjun Awardee, Dronacharya Awardee, and other redound athletes of International Level.
<b>Reference</b>	<ol style="list-style-type: none"> <li>1. J. Steele : Athletic tanning.</li> <li>2. A. K. Uppal : Sports Training, Friend Publication, New Delhi.</li> <li>3. Mihira A R Khopkar : Faster Strong a Higher. Notion Press.</li> <li>4. A.K. Uppal: Principal of Sports Training, Friend Publication, Delhi.</li> </ol>

<b>B.A. Physical Education V<sup>th</sup> Semester (III<sup>rd</sup> -Year)</b>	
Code of the course	PES710XT
Title of the course	<b>(0) KINESIOLOGY AND CORRECTIVE PHYSICAL EDUCATION</b>
Level of the course	NHEQF Level - 5.5
Credit	4
Credit of the course	Discipline Specific Elective (DSE)
Delivery type of the course	Theory- 60 Hours (40 Lecture for content delivery and 10 hours for tutorials, class activity, case study and 10 hours of for formative and Diagnostic Assessment)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• To make students aware about the injuries in sports</li> <li>• To impart the knowledge about deformities and remedies of body structure.</li> </ul>
Learning Outcomes	<ul style="list-style-type: none"> <li>• The student will be oriented with the skeletal structure of human body by identifying the origin &amp; its insertion of various muscles.</li> <li>• To orient students in basic structure and functions of primary joints of the body.</li> <li>• To relate &amp; interpret the role of various mechanical principles in human body.</li> </ul>
<b>Syllabus</b>	
<b>Unit-I</b>	<p><b>Introduction (12 Hours)</b>            Definition, brief history and concept of Kinesiology. Aims and objectives of Kinesiology. Role of Kinesiology in Physical Education and Physical Medicine. Definition and brief explanation of the following basic terms:-            (i) Mass (ii) Weight (iii) Force (iv) Motion (v) Equilibrium (vi) Friction (vii) Speed (viii) Velocity            (ix) Momentum.</p>
<b>Unit-II</b>	<p><b>Anatomical Concepts (12 Hours)</b>            Types of Muscle- Contraction (Isometric Isotonic &amp; Isokinetic - Concentric &amp; Eccentric) Concept of Mechanical basis of Kinesiology and its application to Physical Education &amp; Sports. Fundamental Concepts of the following terms:-            (i) Axes and Planes (ii) Centre of Gravity (iii) Line of Gravity Base (iv) Starting Positions</p>
<b>Unit-III</b>	<p><b>Corrective Physical Education (12 Hours)</b>            Meaning and scope of "Correctives" in Physical Education. Posture and its deviation. Definition, standard of standing posture values of good posture causes and drawbacks of bad posture. Common Postural deviations, their causes and remedial exercises:-            (i) Kyphosis (ii) Scoliosis (iii) Lordosis (iv) Knock knees (v) Bowleg (vi) Flat foot</p>
<b>Unit-IV</b>	<p><b>Injuries (12 Hours)</b>            Scope of sports injuries in Physical Education. General Principles regarding the Prevention of injuries. Common sports injuries and their immediate treatment:-            (i) Contusion (ii) Abrasion (iii) Laceration (iv) Sprain (v) Strain            (vi) Hematoma (vii) Fracture (viii) Dislocation</p>
<b>Unit-V</b>	<p><b>Rehabilitation (12 Hours)</b>            Definition, Aims and objectives and scope of Rehabilitation. An introduction effects and uses of Therapeutic Modalities in Rehabilitation. Definition and scope of Therapeutic Exercises in Athletic injuries.            Muscles strengthening Exercises and Causes of Muscle weakness &amp; their Preventive Methods</p>
<b>Reference</b>	Bunn, J.W.(1972).Scientific principles of coaching. Englewood Cliffs, N.J.:Prentice Hall Inc. Hay, J.G. & Reid, J. G.(1982).The anatomical and mechanical basis of human motion. Englewood Cliffs, N.J.: prentice Hall Inc. Hay,J.G.(1970).The Biomechanics of sports techniques. Englewood Cliffs,N.J.:Prentice Hall, Inc Hay, J.G.& Reid, J. G.(1988).Anatomy, mechanics and human motion. Englewood Cliffs,N.J.: prentice Hall Inc. Simonian,C.(1911).Fundamentals of sport biomechanics. Englewood Cliffs,N.J.:Prentice Hall Inc

<b>B.A. Physical Education V<sup>th</sup> Semester (III<sup>rd</sup> -Year)</b>	
Code of the course	PES710XT
Title of the course	<b>(1) OFFICIATING &amp; COACHING IN GAMES/SPORTS</b>
Level of the course	NHEQF Level - 5.5
Credit	4
Credit of the course	Discipline Specific Elective (DSE)
Delivery type of the course	Theory- 60 Hours (40 Lecture for content delivery and 10 hours for tutorials, class activity, case study and 10 hours of for formative and Diagnostic Assessment)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• To make students oriented with the different games of Ball/Stick.</li> <li>• To enhance the skill and performance of students in Ball games.</li> </ul>
Learning Outcomes	<ul style="list-style-type: none"> <li>• The student will be oriented with the inherited sign and symptoms that make one learn for excellence in a particular team Ball/Bat/Stick Game.</li> <li>• The student will be familiarity with Rules, Measurement and Techniques in team Ball/Bat Game.</li> <li>• The student will be oriented in the art of coaching in Team Ball/Bat Games.</li> <li>• The student will be able to gain knowledge about specific tools &amp; techniques and thus guide the individual towards that Ball/Bat Game.</li> <li>• The Student will able to organize &amp; officiating of Ball/Bat Game</li> </ul>
<b>Syllabus</b>	
<b>Unit-I</b>	<b>Introduction to Officiating &amp; Coaching: (12 Hours)</b> (Cricket/Volleyball/Football/Basketball) Concept of Officiating & Coaching Principles of Officiating & Coaching Importance of Officiating & Coaching. Qualification for Officials conducting various Tournaments/Competitions.
<b>Unit-II</b>	<b>Rules &amp; Layout: Ball /Bat/Stick Game (12 Hours)</b> Dimension, Layout and Marking of Playing Equipments/Arena/Field/Court of Chosen team Ball/Bat/Game Rules and their interpretation of Chosen team Ball/Bat Game Qualification and number of officials in Chosen team Ball/Bat Game Coaching in Chosen team Ball/Bat/ Game
<b>Unit-III</b>	<b>Rules &amp; Layout: (12 Hours)</b> Dimension, Layout and Marking of Playing Equipments/Arena. Rules and their interpretation. Qualification and number of officials.
<b>Unit-IV</b>	<b>History &amp; Development: Ball /Bat/Stick Game (12 Hours)</b> History & Development of Chosen team Ball/Bat/ Game National & International Organizations/Federations of the Chosen team Ball/Bat/ Game
<b>Unit-V</b>	<b>Motor Qualities and Skill Test: (12 Hours)</b> Fundamental Motor Qualities/Skill tests of Chosen team Ball/Bat/ Game National & International Sports Personalities of the Chosen team Ball/Bat Game
<b>Reference</b>	Bunn.J.W(1968) The art of officiating Sports. Englewood Cliff, N.J. Prentice Hall Bunn. J.W (1972) Scientific Principles of Officiating. Englewood Cliff, N.J. Prentice Hall Dyson G.H.(1963) The Mechanics of Athletics, London: University London Press, Ltd Official Rulebook/Handbook of Concern Organization/Association/Federation. Singer R.N (1972) Coaching, Athletic & Psychology. New York M.C. Grew Hill

<b>B.A. Physical Education V<sup>th</sup> Semester (III<sup>rd</sup> -Year)</b>	
Code of the course	PES710XT
Title of the course	<b>(2) EXERCISE PRESCRIPTION/THERAPEUTIC EXERCISE</b>
Level of the course	NHEQF Level - 5.5
Credit	4
Credit of the course	Discipline Specific Elective (DSE)
Delivery type of the course	Theory- 60 Hours (40 Lecture for content delivery and 10 hours for tutorials, class activity, case study and 10 hours of for formative and Diagnostic Assessment)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• To make student able to advice effective and proper exercises according to individual needs.</li> <li>• To make student able to learn and practice techniques to overcome body movement</li> </ul>
Learning Outcomes	<ul style="list-style-type: none"> <li>• The students would be able to advice effective exercise program as par the need of the individual.</li> <li>• The student will have the knowledge of curative &amp; strengthen aspects of body in general.</li> <li>• The student will be able to learn &amp; practice the technique to overcome bodily movement restrictions.</li> <li>• The learner will be able to assess the condition of people accordingly train or treat them.</li> </ul>
<b>Syllabus</b>	
<b>Unit-I</b>	<b>Exercise and their Types (12 Hours)</b> Meaning and definition of exercise. Types of exercise: Aerobic, Anaerobic and conditioning Importance of warming up, cooling down and stretching Therapeutic exercises and their principles.
<b>Unit-II</b>	<b>Principles of Exercise Program (12 Hours)</b> Means of Fitness development – aerobic and anaerobic exercises Exercises and Heart rate Zones for various aerobic exercise intensities Concept of free weight Vs Machine, Sets and Repetition etc Concept of designing different fitness training program for different age group.
<b>Unit-III</b>	<b>Weight management &amp; Gym Exercise (12 Hours)</b> Understanding body weight, components of body weight and ideal weight Fat burning exercises and their variations. Gym training exercise for weight loss and strengthening. Dance, Aerobic, Cycling and Swimming for Weight Loss.
<b>Unit-IV</b>	<b>Exercise and Elderly People (12 Hours)</b> Understanding aging and characteristics. Need and importance of exercise in aged people. Principles and precautions while giving exercises to elderly people.Type of exercise and recreational activities for elderly people.
<b>Unit-V</b>	<b>Exercise for special needs (12 Hours)</b> Exercise for rehabilitation after injuries Exercise for diabetics, exercises during & after pregnancy Exercises for casuals and weekenders. Exercise for recreations and kids.
<b>Reference</b>	Bessesen,D.H.(2008). Update on obesity. J ClinEndocrinol Metab. 93(6), 2027-2034. Butryn, M.L., Phelan,S., & Hill, J. O.(2007). Consistent self-monitoring of weight: a key Chu, S.Y.& Kim,L.J.(2007).Maternal obesity and risk of stillbirth: a Meta analysis. Am J DeMaria, E. J.(2007).Bariatric surgery for morbid obesity. N Engl J Med,356(21), 2176-2183. Difiore,J.(1998). Complete guide to postnatal fitness. London: A & C Black., Giam,C.K &,K.C.(1994).Sport medicine exercise and fitness. Singapore: P.G. Medical Book. McGlynn, G.,(1993). Dynamics of fitness. Madison: W.C.B Brown.. Sharkey,B. J.(1990). Physiology of fitness, Human Kinetics Book.

<b>B.A. Physical Education V<sup>th</sup> Semester (III<sup>rd</sup> -Year)</b>	
Code of the course	PES710XP
Title of the course	<b>(0) GAMES AND SPORTS-V</b>
Level of the course	NHEQF Level - 5.5
Credit	2
Credit of the course	<b>Discipline Specific Elective (DSE)</b>
Delivery type of the course	Practical (60 Hours)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• It will orient the students with inherited sign and symptoms for excellence in Racket Games.</li> <li>• It will guide individual towards Racket Game activities according to his/her physique.</li> </ul>
Learning Outcomes:	<ul style="list-style-type: none"> <li>• The student will be oriented with the inherited sign and symptoms that make one adapt for excellence and give performance/demonstration in a Racket games.</li> <li>• The student will be oriented with the inherited sign and symptoms that make one adapt for excellence and give performance/demonstration in Racket games.</li> <li>• The student will be familiarity with Rules, Measurement and Techniques in Racket games.</li> <li>• The student will be able to quantify those sign &amp; symptoms through specific tools &amp; techniques and thus guide the individual towards Racket games activity for which his/her physique is best suited.</li> </ul>
<b><u>Syllabus</u></b>	
<b>GAMES: RACKET GAMES (15 Hours per games)</b>	
(a) Badminton (b) Table Tennis (c) Squash (d) Tennis	
<b>Theory Syllabus:</b>	
1. History and development of the games and sports 2. Dimension and Marking of Playing Arena/Apparatus 3. National & International Organization/Federation of the game. 4. Standard equipment's 5. Important rules and their interpretation 6. Officiating & Referee/Umpire/Scorer/Curatorship for Self employment	
<b>Practice Syllabus:</b>	
1. General and specific warming (exercise) 2. Teaching Main Skills 3. Lead up games 4. Fundamental Motor Qualities/Skills Development Drills 5. Playing ability (performance)	

<b>B.A. Physical Education V<sup>th</sup> Semester (III<sup>rd</sup> -Year)</b>	
Code of the course	PES710XP
Title of the course	<b>(1) OFFICIATING AND COACHING GAMES AND SPORTS-I</b>
Level of the course	NHEQF Level - 5.5
Credit	2
Credit of the course	Discipline Specific Elective (DSE)
Delivery type of the course	Practical (60 Hours)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• To make student familiar with rules, measurement and techniques of selected games.</li> <li>• To make students able to qualify sign and symptoms through specific tools and techniques.</li> </ul>
Learning Outcomes:	<ul style="list-style-type: none"> <li>• The student will be oriented with the inherited sign and symptoms that make one adapt for excellence and give performance in officiating and coaching of games.</li> <li>• The student will be familiarity with Rules, Measurement and Techniques</li> <li>• The student will be oriented with the inherited sign and symptoms that make one adapt for excellence and give performance officiating and coaching Sports.</li> <li>• The student will be able to quantify those sign &amp; symptoms through specific tools &amp; techniques and thus guide the individual towards Sports activity for which his/her physique is best suited.</li> </ul>
<b><u>Syllabus</u></b>	
<b>GAMES: (15 Hours per games)</b>	
(a) Badminton (b) Kabbadi (c) Kho-Kho (d) Volleyball	
<b>Practice Syllabus:</b>	
1. General and specific warming (exercise) 2. Coaching Main Skills 3. Teaching Lead up games 4. Officiating of Games 5. Development of Official Qualities	

<b>B.A. Physical Education V<sup>th</sup> Semester (III<sup>rd</sup> -Year)</b>	
Code of the course	PES710XP
Title of the course	<b>(2) EXERCISE PRESCRIPTION/THERAPEUTIC EXERCISE</b>
Level of the course	NHEQF Level - 5.5
Credit	2
Credit of the course	Discipline Specific Elective (DSE)
Delivery type of the course	Practical (60 Hours)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• To make students familiar about deformities of Body structure.</li> <li>• To impart knowledge of remedies and exercises for correction of common deformities.</li> </ul>
Learning Outcomes:	<ul style="list-style-type: none"> <li>• The students would be able to advice effective exercise program as par the need of the individual.</li> <li>• The student will have the knowledge of curative &amp; strengthen aspects of body in general.</li> <li>• The student will be able to learn &amp; practice the technique to overcome bodily movement restrictions.</li> <li>• The learner will be able to assess the condition of people accordingly train or treat them.</li> </ul>
<b><u>Syllabus</u></b>	
<p><b>Practical Syllabus: Common Deformities (60 Hours)</b></p> <p>(a) Symptoms and Remedies of kyphosis.</p> <p>(b) Symptoms and Remedies of Scolosis.</p> <p>(c) Symptoms and Remedies of Lordosis.</p> <p>(d) Symptoms and Remedies of Knocknee.</p> <p>(e) Symptoms and Remedies of Bowleg.</p> <p>(f) Symptoms and Remedies of Flatfoot.</p> <p>(g) General and specific exercise for treatment all deformities.</p>	



<b>B.A. Physical Education V<sup>th</sup> Semester (III<sup>rd</sup> -Year)</b>	
Code of the course	SEA730XT
Title of the course	<b>YOGIC SCIENCE</b>
Level of the course	NHEQF Level - 5.5
Credit	2
Credit of the course	Skill Enhancement Course
Delivery type of the course	Theory- 60 Hours (40 Lecture for content delivery and 10 hours for tutorials, class activity, case study and 10 hours of for formative and Diagnostic Assessment)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>To make students familiar with basic concept of yoga.</li> <li>To impart knowledge of different Pranayams, Aasana, Kriya etc.</li> </ul>
Learning Outcomes	<ul style="list-style-type: none"> <li>The student will be oriented with the inherited sign and symptoms that make one adapt for excellence and give performance/demonstration in Yogic Science.</li> <li>The student will be familiarity with procedure, Rules, Measurement and Techniques of Yogic Science.</li> <li>The student will be oriented with the inherited sign and symptoms that make one adapt for excellence and give performance/demonstration in yoga.</li> <li>The student will be able to quantify those sign &amp; symptoms through specific tools &amp; techniques and thus guide the individual towards yoga activity for which his/her physique is best suited.</li> </ul>
<b>Syllabus</b>	
<b>Unit-I</b>	<b>YOGA: (12 Hours)</b> Meaning, Aim and types of Yoga, Concept of Hatha Yoga and its Relationship with physical, mental and special Health.
<b>Unit-II</b>	<b>Yoga Asanas: (12 Hours)</b> Practical Yoga Yogic Practices –Asana, Pranayama, & Surya Namaskara (Techniques, Salient, Features & Benefits)
<b>Unit-III</b>	<b>Meditative Possess (12 Hours)</b> Padhmasana, Vajraasana and sukhasana. Their Techniques, Passions and effects /Advantages.
<b>Unit-IV</b>	<b>Pranayama (12 Hours)</b> Breath awareness, Sectional breathing and Kriya Their Techniques, Passions and effects /Advantages.
<b>Unit-V</b>	<b>Yoga for Modern Era (12 Hours)</b> Role of Yoga in development of respiratory system. Role of Yoga in development of cardiovascular system. Role of Yoga in development of digestive system.
<b>Practice Syllabus:</b>	
<ol style="list-style-type: none"> <li>Practical of Knowledge of Asanas</li> <li>Types of Pranayam</li> </ol>	
<b>Refrences</b>	
<ol style="list-style-type: none"> <li>Basavaraddi, I.V. &amp; others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009</li> <li>Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009</li> <li>Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010</li> <li>Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Penanselvenia, 1998</li> <li>Swami Niranjananand Saraswati: Prana, Pranayama &amp; Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005.</li> </ol>	

<b>B.A. Physical Education VI<sup>th</sup> Semester (III<sup>rd</sup> -Year)</b>	
Code of the course	PES710YT
Title of the course	<b>(3) TEST AND MEASUREMENT IN PHYSICAL EDUCATION</b>
Level of the course	NHEQF Level - 5.5
Credit	4
Credit of the course	Discipline Specific Elective (DSE)
Delivery type of the course	Theory- 60 Hours (40 Lecture for content delivery and 10 hours for tutorials, class activity, case study and 10 hours of for formative and Diagnostic Assessment)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• To develop capability to recognize and relate re-concept of test measurement and evaluation.</li> <li>• To make able student to construct Physical fitness and sports skill test.</li> </ul>
Learning Outcomes	<ul style="list-style-type: none"> <li>• The student will be able to recognize &amp; relate the concept of test, measurement &amp; evaluation in context of physical education</li> <li>• The student will be able to construct the physical fitness and sports skill test</li> <li>• The student will be able to implement the criteria of test selection for fitness and sports skills.</li> </ul>
<b>Syllabus</b>	
<b>Unit-I</b>	<b>Introduction of Test Measurement and Evaluation (12 Hours)</b> Meaning, Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection – Scientific Authenticity – Administrative Considerations.
<b>Unit-II</b>	<b>Fundamentals of Statistics: (12 Hours)</b> Meaning of Statistics, Need and Importance of Statistics Frequency Tables-Meaning, Construction and Uses. Measures of Central Tendency-Meaning, uses and calculation from frequency tables.
<b>Unit-III</b>	<b>Test, Evaluation and Construction: (12 Hours)</b> Items to be included in Objective, Subjective and knowledge tests. Meaning, definition and establishing Validity, Reliability, Objectivity. Norms
<b>Unit-IV</b>	<b>Measurements of Physical Fitness and Skill performance: (12 Hours)</b> Fitness Tests: AAHPERD, Canadian Fitness Test, Roger's Physical Fitness Index. Sports Skill Tests: Johnson Basketball Ability Tests, McDonald Soccer Test, Dribble and Goal Shooting Test in Hockey, Brady Volleyball Test.
<b>Unit-V</b>	<b>Dimensions, Construction, Preparation and maintenance: (12 Hours)</b> Indoor & Outdoor facilities: Track & field, Football, Volleyball, Basketball, Cricket, Hockey, Badminton, Tennis, Kabaddi.
<b>Reference</b>	Clarke, H.H.: Application of measure to Health and Physical Education. Englewood Cliffs, N.J. Prentice Hall Inc. Larson, L.A. and Yacom R.D.: Measurement and Evaluation in Physical Health and Recreation Education St. Louis, C.V. Moslay Company. Neilson, N.P.: An Elementary Course in Statistics, Test and Measurement in Physical Educational, National Test Polo Athletic.

<b>B.A. Physical Education VI<sup>th</sup> Semester (III<sup>rd</sup> -Year)</b>	
Code of the course	PES710YT
Title of the course	<b>(4) OFFICIATING &amp; COACHING IN GAMES/SPORTS-II</b>
Level of the course	NHEQF Level - 5.5
Credit	4
Credit of the course	Discipline Specific Elective (DSE)
Delivery type of the course	Theory- 60 Hours (40 Lecture for content delivery and 10 hours for tutorials, class activity, case study and 10 hours of for formative and Diagnostic Assessment)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• To develop quality and knowledge among students about combative games /sports.</li> <li>• To impart knowledge specific tools and techniques to the individual about combative games/ sports.</li> </ul>
Learning Outcomes	<ul style="list-style-type: none"> <li>• The student will be oriented with the inherited sign and symptoms that make one learn for excellence in Combative Game/Sport.</li> <li>• The student will be familiarity with Rules, Measurement and Techniques in Combative Game/Sport.</li> <li>• The student will be oriented in the art of coaching in Combative Game/Sport.</li> <li>• The student will be able to gain knowledge about specific tools &amp; techniques and thus guide the individual to Combative Game/Sport activity.</li> <li>• The Student will able to organize &amp; officiate in combative Sport</li> </ul>
<b>Syllabus</b>	
<b>Unit-I</b>	<b>Introduction to Officiating &amp; Coaching: (12 Hours)</b> <b>COMBATIVE SPORTS (Karate/Judo/ Boxing/Wrestling)</b> Concept of Officiating & Coaching Principles of Officiating & Coaching Importance of Officiating & Coaching Qualification for Officials conducting various Tournaments/Competitions.
<b>Unit-II</b>	<b>Rules &amp; Layout: Combative Game/Sport. (12 Hours)</b> Dimension, Layout and Marking of Playing Equipment/ Arena/ Field/ Court of Chosen / Combative Game/Sport. Rules and their interpretation of Chosen Combative Game Qualification and number of officials in Chosen Combative Game/Sport Coaching in Chosen Combative Game/Sport
<b>Unit-III</b>	<b>Rules &amp; Layout: (12 Hours)</b> Dimension, Layout & Marking of Playing Equipment/Arena/Field/Court Rules and their interpretation of Combative Sports Qualification and number of officials.
<b>Unit-IV</b>	<b>History &amp; Development: Combative Sports (12 Hours)</b> History & Development of Chosen Combative Game/Sport National & International Organizations/Federations of the Chosen Combative Game/Sport-Fundamental Motor Qualities/Skill tests of Chosen team Combative Game/Sport National & International Sports Personalities of the Chosen Combative Game/Sport
<b>Unit-V</b>	<b>Tournament Preparation: (12 Hours)</b> National and International Tournaments of Combative Games Sports. Psychological preparation for combative games sport players. Weight Categories of combative games sport
<b>Reference</b>	Bunn.J.W(1968) The art of officiating Sports. Englewood Cliff, N.J.Prentice Hall Bunn.J.W(1972) Scientific Principles of Officiating. Englewood Cliff, N.J.Prentice Hall Dyson G.H.(1963) The Mechanics of  Athletics, London: University London Press,Ltd Official Rulebook/Handbook of Concern Organization/Association/Federation. Singer R.N (1972) Coaching, Athletic & Psychology. New York M.C.Grew Hill

<b>B.A. Physical Education VI<sup>th</sup> Semester (III<sup>rd</sup> -Year)</b>	
Code of the course	PES710YT
Title of the course	<b>(5) SPORTS ORGANISATION AND MANAGEMENT</b>
Level of the course	NHEQF Level - 5.5
Credit	4
Credit of the course	Discipline Specific Elective (DSE)
Delivery type of the course	Theory- 60 Hours (40 Lecture for content delivery and 10 hours for tutorials, class activity, case study and 10 hours of for formative and Diagnostic Assessment)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• It will give real time exposure to students in the area of organization of events/sports</li> <li>• It will enhance the quality of planning, supervising and organization of various tournament /events.</li> </ul>
Learning Outcomes	<ul style="list-style-type: none"> <li>• This courses deign to give real time exposure to students in the area of organization and event/ sport.</li> <li>• The students will also learn about store management purchasing and budget banking.</li> </ul>
<b>Syllabus</b>	
<b>Unit-I</b>	<p><b>Introduction (12 Hours)</b>  Meaning, concept and definition of sports management. Nature and scope of sports management. Aims and objectives of sports management. Guiding principles of sports Management.</p>
<b>Unit-II</b>	<p><b>Event Management (12 Hours)</b>  Meaning and concept event, Planning and management of events sports, Role of event sports manager. Steps in event management.  Planning  Executing  Evaluation</p>
<b>Unit-III</b>	<p><b>Budget (12 Hours)</b>  Meaning, Definition, Preparation, Principals of marking Budget, Financial Management Opportunities and Challenges, Basics of Sports Event Accounting. The Budget Cycle and Budget Preparation Format, Preparing the Departmental Financial Plan and estimate, Expenditure management, Financial Reporting.</p>
<b>Unit-IV</b>	<p><b>Organization (12 Hours)</b>  Meaning and definition of Organization, Need and importance of organization, Guiding principles of organization, Structure and functions of S.A.I, University sports Council and A.I.U.</p>
<b>Unit-V</b>	<p><b>Supervision (12 Hours)</b>  Meaning and definition, Principals of Supervision, Techniques of supervision in sports management, Methods of Supervision, Role of a coach/manager.</p>
<b>Reference</b>	<p>Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," MC Grow Hill Publication, Now York (US) 2002.  Hert, Renis (196) New Patterns of Management, McGraw Hill,  Horine, Larry," Administration of Physical Education and Sports programs. WM-C Brown Publishers Dubuque (US) 1991  Kotler, P and G Allen, L.A. (1988) Management &amp; Organization, Kogakusha Co. Tokyo, 5, Parhouse, Bonnie L, "The Management of Sports – If foundation and application," Mosby publication, St. Louis (US) 1991.  Sandhu, K. Sport 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.</p>

<b>B.A. Physical Education VI<sup>th</sup> Semester (III<sup>rd</sup> -Year)</b>	
Code of the course	PES710YP
Title of the course	<b>(3) GAMES AND SPORTS-VI</b>
Level of the course	NHEQF Level - 5.5
Credit	2
Credit of the course	Discipline Specific Elective (DSE)
Delivery type of the course	Practical (60 Hours)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• It will inherent the quality of Mass Demonstration activities among students.</li> <li>• It will make able the students about Yoga Activity which will be as par with his/her physique.</li> </ul>
Learning Outcomes:	<ul style="list-style-type: none"> <li>• The student will be oriented with the inherited sign and symptoms that make one adapt for excellence and giveperformance in Mass demonstration and Yoga.</li> <li>• The student will be familiarity with different drills and Aasanas.</li> <li>• The student will be able to quantify those sign &amp; symptoms through specific tools &amp; techniques and thus guide the individual towards the Mass demonstration and Yoga activity for which his/her physique is best suited.</li> </ul>
<b><u>Syllabus</u></b>	
<b>(A)- MASS DEMONSTRATION ACTIVITIES (12 Hours per activity)</b>	
(a) Aerobics (b) Calisthenics (c) Self Defence (d) Dumbles (e) Yoga	
<b>Practice Syllabus:</b>	
1. General and specific warming (exercise) 2. Teaching Main Skills 3. Lead up games 4. Fundamental Drills of Mass Demonstration 5. Introduction and Demonstration of Various Aasans	

<b>B.A. Physical Education VI<sup>th</sup> Semester (III<sup>rd</sup> -Year)</b>	
Code of the course	PES710YP
Title of the course	<b>(4) ATHLETICS (FIELD EVENTS)</b>
Level of the course	NHEQF Level - 5.5
Credit	2
Credit of the course	Discipline Specific Elective (DSE)
Delivery type of the course	Practical (60 Hours)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• It will make student oriented with throws and jumping events in track and field.</li> <li>• It will make familiar with rules, measurement and techniques of throws and jumps in track in field.</li> </ul>
Learning Outcomes:	<ul style="list-style-type: none"> <li>• The student will be oriented with the inherited sign and symptoms that make one adapt for excellence and give performance/demonstration in a athletics field events.</li> <li>• The student will be oriented with the inherited sign and symptoms that make one adapt for excellence and give performance/demonstration in a field event.</li> <li>• The student will be familiarity with Rules, Measurement and Techniques field event.</li> <li>• The student will be able to quantify those sign &amp; symptoms through specific tools &amp; techniques and thus guide the individual to that sports activity for which his/her physique is best suited.</li> </ul>
<b><u>Syllabus</u></b>	
<p style="text-align: center;"><b>ATHLETICS (FIELD EVENTS)</b></p> <p>A candidate shall be required to show his/her and give performance/demonstration in the following</p> <p><b>(A) Throwing Events: (30 Hours)</b></p> <p>(a) Shot put (b) Discus throw (c) Hammer throw (d) Javelin throw</p> <p><b>(B) Jumping Events: (30 Hours)</b></p> <p>(a) Long Jump (b) Tripple Jump (c) High Jump (d) Pole Vault</p>	
<p><b>Practice Syllabus:</b></p> <ol style="list-style-type: none"> <li>1. General and specific warming (exercise)</li> <li>2. Teaching Main Skills</li> <li>3. Lead up games</li> <li>4. Fundamental Motor Qualities/Skills Development Drills</li> <li>5. Throwing and Jumping Ability (performance)</li> </ol>	

<b>B.A. Physical Education VI<sup>th</sup> Semester (III<sup>rd</sup> -Year)</b>	
Code of the course	PES710YP
Title of the course	<b>(5) GYMNASTICS AND FITNESS</b>
Level of the course	NHEQF Level - 5.5
Credit	2
Credit of the course	Discipline Specific Elective (DSE)
Delivery type of the course	Practical (60 Hours)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• It will make one adapt for excellence in Gymnastics.</li> <li>• Through these activities the students will achieve excellence in Physical fitness.</li> </ul>
Learning Outcomes:	<ul style="list-style-type: none"> <li>• The student will be oriented with the inherited sign and symptoms that make one adapt for excellence in Gymnastics</li> <li>• The student will be oriented with the inherited sign and symptoms that make one adapt for excellence in Fitness.</li> </ul>
<b><u>Syllabus</u></b>	
<p><b>Practice Syllabus: (30 Hours)</b>  A candidate shall be required to show his/her and give performance/demonstration in the following:</p> <p><b>(A) Gymnastic Events:</b></p> <ol style="list-style-type: none"> <li>1. Floor Exercises</li> <li>2. Parallel Bars</li> <li>3. HorizontalBar</li> <li>4. Uneven Bars</li> </ol>	
<p><b>(B) MOTOR FITNESS (30 Hours)</b>  A candidate shall be required to show his/her and give performance/demonstration in the following:</p> <ol style="list-style-type: none"> <li>1. Motor Fitness test (AAPHER Test)</li> <li>2. JCR Test</li> <li>3. Cooper 12min run walk Test</li> <li>4. Harvard Step Test</li> </ol>	

<b>B.A. Physical Education VI<sup>th</sup> Semester (III<sup>rd</sup> -Year)</b>	
Code of the course	SEA730XT
Title of the course	<b>SPORTS TALENT IDENTIFICATION</b>
Level of the course	NHEQF Level - 5.5
Credit	4
Credit of the course	Skill Enhancement Course
Delivery type of the course	Theory- 60 Hours (40 Lecture for content delivery and 10 hours for tutorials, class activity, case study and 10 hours of for formative and Diagnostic Assessment)
Prerequisites	Foundation level (Equivalent to 10+2)
Objective of Course	<ul style="list-style-type: none"> <li>• This will develop quality of Identification of Talent in games/sports.</li> <li>• It will be helpful in enhancing the proper selection of the Players.</li> </ul>
Learning Outcomes	<ul style="list-style-type: none"> <li>• The Identifier will be oriented with the inherited sign and qualities and capabilities of an individual to adapt for excellence in a particular sports.</li> <li>• The student will prepare to able to qualify those sign &amp; symptoms through specific tools &amp; techniques and thus guide the individual to that sports activity for which his/her physique is best suited.</li> </ul>
<b>Syllabus</b>	
<b>Unit-I</b>	<b>Introduction, Meaning, and Concept &amp; Scope of Talent Identification: (12 Hours)</b> Meaning & Concept of Talent Identification. Need and Importance of Talent Identification. Scope of Talent Identification. Role of Physical Education teacher/Coach in Talent Identification
<b>Unit-II</b>	<b>Understanding Human Body: (12 Hours)</b> Genetics & Environment and their role in sports performance. Body Types and their relation to Sports. Sports Anthropometry. Anthropometry assessment and data recording.
<b>Unit-III</b>	<b>Fitness Test: (12 Hours)</b> AAPHER Test JCR Test Cooper 12min run/walk Test Harvard Step Test
<b>Unit-IV</b>	<b>Skill Test for Talent Identification: (12 Hours)</b> Skill Tests for Ball Games Skill Tests for Racquet Games Skill Tests for Athletic Ability Psychology Tests related to sports abilities.
<b>Unit-V</b>	<b>Health Test: (12 Hours)</b> BMI, TMT, Breathing Capacity Test, Anthropometric Test
<b>Reference</b>	Clarke, H.H.: Application of measure to Health and Physical Education. EnglewoodCliffs, N.J. Prentice Hall Inc. Educational, National Test Polo Athletic. Kansal D.K(1996) Test & Measurement in sports and Physical Education. New Delhi: DVS Publication. Larson, L.A. & Yacom R.D.: Measurement and Evaluation in Physical Health and Neilson, N.P.: An Elementary Course in Statistics, Test and Measurement in Physical Recreation Education St. Lousi, C.V. Moslay Company.



