



MAHARAJA SURAJMAL BRIJ UNIVERSITY
BHARATPUR (RAJASTHAN)

SYLLABUS FOR PHYSICAL EDUCATION
(THREE/FOUR YEAR UNDER GRADUATE PROGRAMME)

I & II SEMESTER
EXAMINATION-2023-24

डॉ. अरुण कुमार पाण्डेय
उपकुलसचिव
प्रभारी अकादमिक प्रथम

Programme Name : -THREE/FOUR YEAR BACHELOR OF ARTS
(EDUCATION)
DISCIPLINE: PHYSICAL EDUCATION

S.No.	Discipline/Subject	Page No.
1.	Index	1
2.	Scheme of Examination	2
3.	Exit and Entrance Policy	3
4.	Letter and Grade Points	4
5.	Semester wise paper details and detailed syllabus for Three/Four Year Bachelor of Arts (PHE)	5-13


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**SCHEME OF EXAMINATION FOR UNDERGRADUATE PROGRAMME AS
PER UGC FRAMEWORK FOR SESSION 2023-24.**

1 Credit =25 marks for examination/evaluation

Name of the Degree Program: BA/ UG Courses

1. Discipline Core: Physical Education Sports & Yoga BA Total Credits for the Program (I & II Semesters): Discipline Core: 12 Credits
2. Open Electives: 06 Credits (BA all other UG Courses)
3. Skill Enhancement Courses: 03 Credits (BA & all other UG Courses)

Aim of the Course

- The course aims at creating awareness about the fundamentals of Physical Education, Sports and Yoga and to promote Health and wellness through Healthy Lifestyle.

Program Outcomes: By the end of the program the students will be able to:

1. ~~The curriculum would enable the pass-out students to be entrepreneur (to start~~ their own fitness center, gym, etc) and device appropriate fitness program for different genders and age groups at all level
2. The curriculum would enable to officiate, supervise various sports events and organize sports events
3. Students acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development
4. The student learns to plan, organize and execute sports events
5. Student will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently
6. Student acquire the knowledge of opted games, sports and yoga and also learn the technical and tactical experience of it.
7. Student will learn to apply the knowledge of managing the fitness equipment.

8. Student will learn to apply knowledge of Physical fitness and exercise management to lead better quality life.
9. The student will learn and contribute on fitness management.
10. Students will understand and learn different dimension of active life style.
11. The student will gain knowledge of professional preparation in Physical Education, Sports and Yoga.
12. Student will learn the knowledge of fitness diet.
13. Students will be able to assess the Physical Fitness in Scientific way.
14. The students will be able to continue professional courses and research in Physical Education, sports and yoga.
15. The activities in the Curriculum shall be modified/redesigned at the BoS level of the university to benefit the physically/ visually Challenged students.

PHYSICAL EDUCATION, SPORTS AND YOGA

Objectives of the Course

- To impart the students with basic concepts of Physical Education, Sports and Yoga for health and wellness.
- To familiarize the students with health-related Exercises, Sports and Yoga for Overall growth & development
- To create a foundation for the professionals in Physical Education, Sports and Yoga.
- To impart the basic knowledge and skills to teach Physical Education, Sports & Yoga activities.

Learning Outcome/ Skills:

- Students will be able to understand the basic principles and practices of Physical Education, Sports and Yoga.
- Students will be able to instruct the Physical Activities, Sports and Yoga practices for Healthy Living.

- To develop professionalism among students to conduct, organize & officiate Physical Education, Sports and Yoga events at schools, colleges and community.

Employability / Entrepreneurship abilities:

- The candidate will be able to work as Physical Education, Sports and Yoga instructor.
- The Candidate will be able to instruct, organize & officiate Physical Education, Sports and Yoga event.
- The candidate will be able to establish fitness, sports and yoga centers.
- The candidate will be able to conduct Traditional games, Sports and General Yoga classes for rural and community.

WEIGHTAGE FOR ASSESSMENT

Student Progress Evaluation

Type		Paper Code and Nomenclature	Duration of Examination	Maximum Marks (Midterm + EoSE)	Minimum Marks (Midterm + EoSE)
Theory	SEM -I	UG- PHE- 101- History of Physical Education	1 Hrs- MT 3 Hrs- EoSE	20 Marks – MT 80 Marks- EoSE	8 Marks- MT 32 Marks - EoSE
Practical		UG- Basic Fitness Two Games and Athletics Event	2Hrs- MT 3 Hrs- EoSE	10 Marks – MT 40 Marks- EoSE	4 Marks- MT 16 Marks - EoSE
Theory	SEM -II	UG- PHE- 101- Foundation of Physical Education	1 Hrs- MT 3 Hrs- EoSE	20 Marks – MT 80 Marks- EoSE	8 Marks- MT 32 Marks - EoSE
Practical		UG- Basic Fitness Two Games and Athletics Event	1 Hrs- MT 3 Hrs- EoSE	10 Marks – MT 40 Marks- EoSE	4 Marks- MT 16 Marks - EoSE


Note:-

1. MJR = Major
2. PHE = Physical Education
3. MT = Mid Term
4. EoSE = End of Semester Examination

Semester-I BA				
Discipline Specific Core-1(4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/Assessment
DSC-1 Theory	HISTORY TO PHYSICAL EDUCATION	4	4	100 (80+20)
DSC-1 Practical	BASIC FITNESS, TRACK & FIELD, MAJOR GAMES & ATHLETICS EVENT	2	4	50 (40+10)
Total		6	8	150

Semester-I BA				
Discipline Specific Core-1				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/Assessment
DSC-1 Theory	HISTORY OF PHYSICAL EDUCATION	4	4	100(80+20)
DSC-1 Practical		2	4	50(40+10)
Total		6	8	150

Semester-II BA				
Discipline Specific Core-2				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/Assessment
DSC-1 Theory	FOUNDATION OF PHYSICAL EDUCATION	4	4	100(60+40)
DSC-1 Practicals		2	4	50(30+20)
Total		6	8	150


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BA Semester I & II

Aim of the Course

The course aims at creating awareness about the fundamentals of Physical Education, Sports and Yoga and promote Health and wellness through Healthy Lifestyle.

Objectives of the Course

1. To impart the students with basic concepts of Physical Education, Sports and Yoga for health and wellness.
2. To familiarize the students with health related Exercise, Sports and Yoga for Overall growth & development
3. To create a foundation for the professionals in Physical Education, Sports and Yoga.
4. To impart the basic knowledge and skills to teach Physical Education, Sports & Yoga activities.

Learning Outcome/ Skills:

- Students will be able to understand the basic principles and practices of Physical Education, Sports and Yoga.

~~Objectives of the Course~~
Students will be able to instruct the Physical Activities, Sports and Yoga practices for Healthy Living.

- To develop professionalism among students to conduct, organize & officiate Physical Education, Sports and Yoga events at schools and community level.

Employability/ Entrepreneurship abilities:

- The candidate will be able to work as Physical Education, Sports and Yoga instructor.
- The Candidate will be able to instruct, organize & officiate Physical Education, Sports and Yoga.
- The candidate will be able to establish fitness, sports and yoga centers.
- The candidate will be able to conduct Traditional games, Sports and General Yoga classes for rural and community level.


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BA Semester –I

Title of the Course:

HISTORY OF PHYSICAL EDUCATION

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/semesters
4	52-56	2	52-56
Content of Theory Course-I			
Unit- I Introduction and History of Physical Education in India			
1. Definition of Physical Education, Needs & Importance, Misconception about Physical Education. 2. Aims, Objectives and scope of Physical Education. 3. Scope of Physical Education, Sports and it's allied field 4. Modern trends of Physical Education, Sports and its allied field 5. Relationship of Physical Education with Education. 6. History and development of Physical Education in India; Pre and Post Independence. 7. Impact of Europe and U.S.A. on Physical Education in India. 8. Physical Education in SPARTA, ATHENSE.			14
Unit-II Physical Education and Sports Training institutions in India.			
1. Physical Education and Sports Training institutions in India 2. Sports Authority of India and its organizational setup, Administration and Functions. 3. Aim & objectives of SAI Scheme. 4. Major Dhaynchand Khel Ratan Award, Arjuna Awards, Dronacharya Awards, Rastriya Khel Protsahan Award, MAKA Trophy and Different state Awards. 5. Khelo India, Tops, Fit India movement.			
Unit III Olympic Games			
1. Olympic Games 2. Objective of Olympic Games, Olympic Mascot, Olympic Motto and Flag 3. Olympic Charter (opening and Closing Ceremony) 4. Indian Olympic Association, International Olympic Committee, AIU, FISU, Asian Games common wealth Games & Para Olympics.			
Unit-IV Physical Education Movement			


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1. Growth & Development of Physical Education in India	14
2. National Physical Efficiency Drive	
3. All India Council of Sports	
4. Indian Traditional and Indigenous Games	
5. Contribution of eminent Sports personalities in their respective fields in India; Major Dhyan Chanda, Milkha Singh G.D. Sondhi, Rajkumari Amrit Kaur, Dr. Pm Joseph, Shri H.C. Buck, Prof. Karan singh, Prof. Ajmer Singh.	


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Content of Practical Course I : Practical's (2credits/56 hours) Basic

Fitness, Training and Assessment

1. General warm-up
2. Body Composition (BMI) and Cardio vascular Assessment
3. Training and Assessment for Muscular, Muscular Strength, Flexibility, Cardio-respiratory Endurance, Body Composition

A. Major Minor Outdoor Games/ Track & Field

1. One Major Game & One Individual Sport (Among the list of Games & Sports of MAKA Trophy & guidelines of MYAS)
2. One event each – Running, jumping and Throwing Event

Pedagogy: The course shall be taught through Lecture, Practical's, Interactive Sessions, Materials, Assignments, Seminars and Intramural & Extramural

Formative Assessment	
Assessment Occasion/ Type	Weightage in Marks
Theory	Theory-80 Marks Internal-20 Marks
Practical's	Practical-40 Marks Internal-10 Marks
Total	150 Marks


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Reference Books

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2. Physical Education in Ancient India. Amravati: Degree college of Physical education.
3. Mohan, V.M.(1969). Principles of physical education. Delhi: Metropolitan Book Dep.
4. Nixon, E.E.& Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
5. William, J.F.(1964).The principles of physical education. Philadelphia: W.B. Saunders Co. .
6. Charles & Bucher, Foundations of Physical Education.
7. Harold M. Barrow, Man & His Movement Principles of Physical Education.
8. J.F. Williams, Principles of Physical Education.
9. . Cowel & France, Philosophy and Principles of Physical Education.
10. D.G. Wakhakar, Manual of Physical Education
11. M.L.Kamlesh & M.S. Sangral, Principles &History of Physical Education.
12. Upadyke Johnson, Principles of Modern Physical Education, Health & Recreation.
13. Ajmer Singh etc. Basics of Physical Education, Health & Sports BA. Part I,II & III, Kalyani Publication Ludhiana.


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BA Semester –II

Title of the Course:

FOUDATION OF PHYSICAL EDUCATION

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/semesters
4	52-56	2	52-56
Content of Theory Course-I			
Unit- I Biological Foundation of Physical Education			
1. Heredity & Environment & its effect 2. Growth & Development- Stages, Principles, factors affecting growth and development. 3. General Characteristics of various stages of growth and development in regards to gender. 4. Chronological, Anatomical, Physiological and Mental ages of Individuals- their implications in developing and implementing Physical Education Programmes. 5. Problem of Adolescent and their management			14
Unit-II Psychological Foundations of Physical Education.			
1. Meaning & Importance of Psychology 2. Importance and implications of Psychological elements in physical education 3. Notions about mind and body and psycho-physical unity 4. Learning, Learning theories, Law of learning, transfer of learning 5. Psychological factors effecting sports performance. 6. Personality, its dimension and type, Role of sports in personality development			
Unit III Philosophical and Biological Foundations of Physical Education			
1. Idealism and Naturalism in Physical education 2. Pragmatism and Existentialism Physical Education 3. Brief Introduction of Cell, Tissue, Muscles Organs & System. 4. Various Body System their structure and functions; Respiratory system, Circulatory System etc. 5. General benefits of exercises 6. Benefit of exercise to the various systems			
Unit-IV Sociological Foundations of Physical Education			
1. Physical Education and Sports as a need of the society 2. Sociological Implications of Physical Education and Sports 3. Physical activities and sports as a man's cultural heritage 4. Role of social institution in development of personality Participation in games & sports 5. Role of leadership in personality			


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Semester-II
PHYSICAL EDUCATION
(BA UG Courses)

Content of Practical Course1: Practical's (2 Credits/ 56 hours) Basic Fitness, Fitness, Training and Assessment

1. General warm-up
2. Body Composition (BMI) and Cardio vascular Assessment
3. Training and Assessment for Muscular, Muscular Strength, Flexibility, Cardio-respiratory Endurance, Body Composition

B. Major Minor Outdoor Games/ Track & Field

1. One Major Game & One Individual Sport (Among the list of Games & Sports of MAKA Trophy & guidelines of MYAS)
2. One event each – Running, jumping and Throwing Event

Pedagogy: The course shall be taught through Lecture, Practical's, Interactive Sessions, Materials, Assignments, Seminars and Intramural & Extramural.

Formative Assessment	
Assessment Occasion/type	Weightage in Marks
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