



**Maharaja Surajmal Brij University  
Bharatpur (Rajasthan)  
Syllabus of Physical Education  
Three/Four Year Under Graduate Programme  
( III & IV Semester)  
Academic Session 2024-25**

**Dr. Faxbat Singh  
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Acad.I**

DISCIPLINE: PHYSICAL EDUCATION

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**SCHEME OF ADMISSION FOR UNDERGRADUATE PROGRAMME AS PER UGC  
FRAMEWORK FOR SESSION 2024-25**

1 CREDIT =25 MARKS FOR EXAMINATION / EVALUATION

1. Discipline Core: Physical Education Sports & Yoga BA/BSc Total Credits for the Program (III & IV Semesters): Discipline Core: 12 Credits
2. Open Electives: 06 Credits (BA/BSc/BCom/BBA/BCA & all other UG Courses)
3. Skill Enhancement Courses: 03 Credits (BA/BSc/BCom/BBA/BCA & 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 fitnessmanagement.
10. Students will understand and learn different dimension of active life style.

  
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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.

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**WEIGHTAGE FOR ASSESSMENT**

**Student Progress Evaluation**

Type		Paper Code and Nomenclature	Duration of Examination	Maximum Marks (Midterm + EoSE)	Minimum Marks (Midterm + EoSE)
Theory	SEM-III	<b>UG- PHE -301</b> Anatomy and Physiology of Exercise	1 Hrs – MT 3 Hrs – EoSE	20 Marks – CA 80 Marks – EoSE	8 Marks – CA 32 Marks – EoSE
Practical		UG- Basic Fitness Two Games and Athletics Event	2 Hrs – MT 3 Hrs – EoSE	10 Marks – CA 40 Marks – EoSE	4 Marks – CA 16 Marks – EoSE
Theory	SEM-IV	<b>UG- PHE -401</b> Management & Methods of Physical Education	1 Hrs – MT 3 Hrs – EoSE	20 Marks – CA 80 Marks – EoSE	8 Marks – CA 32 Marks – EoSE
Practical		UG- Basic Fitness Two Games and Athletics Event	2 Hrs – MT 3 Hrs – EoSE	10 Marks – CA 40 Marks – EoSE	4 Marks – CA 16 Marks – EoSE


Note:-

1. MJR = Major
2. PHE = Physical Education
3. CA = Continious Assesment
4. EoSE = End of Semester Examination

  
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Semester-III BA/BSc/Beom				
Discipline Specific Core-1 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	ANATOMY AND PHYSIOLOGY OF EXERCISE	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 - IV BA/BSc				
Discipline Specific Core-1				
Course	Paper	Credits	No of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	MANAGEMENTS & METHODS OF 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

  
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## BA/BSc Semester III & IV

### 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.
- 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/BSc Semester-III

Title of the Course

ANATOMY AND PHYSIOLOGY OF EXERCISE

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			

**Unit I: Introduction**

- (A) Meaning and consent of Anatomy: Physiology and Exercise Physiology, its need and importance in Physical Education and Sports.
- (B) Definition of cell, tissue, organ and systems. Microscopic structure of cell.
- (C) Effect of exercises on respiratory circulatory muscular system
- (D) Stich and Cramps

**Unit II: Skeletal and Muscular System.**

- (A) Elementary knowledge of skeleton system, terminology of various movements around joints.
- (B) Types of muscles (Voluntary, Involuntary and Cardiac) General characteristic (Properties) of Muscles (Elasticity, Contractibility and Irritability)..

**Unit III: System**

- (A) Brief Introduction and structure of various systems of the body. (Cardio-vascular; Respiratory, Digestive, Nervous System)
- (B) i. Pumping action of heart
  - ii. Mechanism of respiration
  - iii. Role of Glands in growth, development and body function.
- (C) Obesity and body weight control.
  - (i) Nuro Muscular Co-ordination

  
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#### Unit IV: Physical Fitness and Training

(A) Physiological Concept of Physical fitness, training warming up, conditioning and fatigue.

(B) Physiological aspects of development of strength enhance, skill, speed and agility.

(C) Second, wind, Oxygen dept. and binesthetic sense.

#### Books for Reference:

1. Morehouse & M Physiology of Exercise: C.V. Mosby Co., St. Louis.
2. Srivastava, etc, Textbook of Practical Physiology, Scientific Book Agency, Calcutta.
3. Cuyton A.C.: Functions of Human Body W.B. Saunders Co. London.
4. Pearce Evelyn C: Antomy and Physiology of Nurses: Faber & Faber Ltd. London
5. Karpovich and Sinnser: Piology of Muscular Activity: W.B Saunders Co. London.
6. Pearce JW. Anatomy for students and teacher of physical Education. Edward Arnold & Co., London.
7. Duvel Ellen Neill Kinesiology: The Anatomy of Motion.

#### Content of Practical Course: Practical's (credits/56hours) Basic Fitness, Training and Assessment

1. General warm-up
2. Body Composition (BMI) and Cardio vascular Assessment
3. Training and Assessment for Muscular Endurance, 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 IOA, AIU, SGFI)\*
2. One even teach-Running, Jumping and Throwing Event\*

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

Formative Assessment	
Assessment Occasion/ Type	Weightage in Marks
Theory	Theory-80 Marks Internal – 20 Marks
Practicals	Theory-40 Marks Internal – 10 Marks
Total	150 Marks



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BA/BSc Semester-IV

Title of the Course

MANAGEMENTS & METHODS 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
<b>Content of Theory Course</b>			

**Unit I: Introduction**

1. Meaning and importance of "Teaching Methods Factors to be considered in: determining the methods of teaching.
2. Types of Teaching Methods,
3. Principles of Teaching.

**Unit II - Organisation**

Organisation of Sports and National, State, District and village Level for Educational Institutions, Open tournaments & Annual Sports Meet  
Physical Education Budget and its preparation, Maintenance of Accounts, Income & Expenditure (Sources).

**Unit III-Tournaments**

Meaning, types of Tournaments, Method of drawing fixtures, Merits and Demerit of various types of Tournaments  
Maintenance of Records, Filing and Office correspondence.

**Unit IV- Facilities and Equipments**

1. Need and importance of equipments, for Physical Education.
2. An ideal list of equipments for Physical Education.
3. Realistic approach in purchases, purchases procedures.
4. Development of improvised equipment and storekeeper

**Books Recommended :**

1. G. Tirunaryanan & S. Hariharan: Methods in Physical Educa- tion, Alagappa College of Physical Education, Alagappauram Karaijudi.
2. Hari Shankar Sharma: Physical Education Organisation. Ad- ministration and Supervision (Hindi).
3. Knapp Clyde and Hagman, E.P.: Teaching Methods for Physi- cal Education, New York: Mc Graw Hill Book Co. 1984.
4. Bucher C.A.: Administration of Physical Education and Atuletic Programmes. The C.V. Kosby Company, London, 1983.
5. Zelgler, E.F. And Bowiew G.W.: Management Competency Development in sports and physical education, Lea and Febiger, Philadelphia, 1983:

Theory	Thoery-80 Marks Internal – 20 Marks
Practicals	Thoery-40 Marks Internal – 10 Marks
Total	150 Marks

  
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