



**Maharaja Surajmal Brij University**  
**Bharatpur (Rajasthan)**  
**Syllabus for Physical Education**  
**(Under Graduate Programme)**  
**Semesters V & VI**  
**Academic Session 2025-26**

  
**डॉ. अरुण कुमार पाण्डेय**  
उपकुलसचिव  
प्रभारी अकादमिक प्रथम

**SCHEME OF EXAMINATION FOR UNDERGRADUATE PROGRAMME AS PER  
UGC FRAMEWORK FOR SESSION 2025-26**

1 Credit =25 marks for examination/evaluation

**Name of the Degree Program: BA/ UG Courses**

1. Discipline Core: Physical Education Sports & Yoga BA/UG course 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**

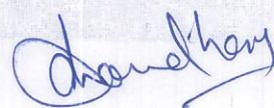
- The course aims at creating awareness about the fundamentals of Physical Education, Sports and Yoga and to promote Health and wellness through Healthy Lifestyle.

**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 centre, 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.

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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.

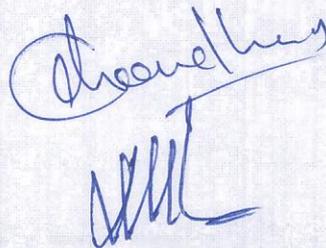
## PHYSICAL EDUCATION, SPORTS AND YOGA

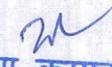
### Objectives of the Course

- 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.



  
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**Student Progress Evaluation**

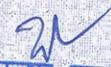
Type		Paper code and Nomenclature	Duration of Examination	Maximum marks (Midterm+ EoSE)	Minimum marks (Midterm+ EoSE)
Theory	Sem-V	UG-PHE-501 Health Education	1 Hr-MT 3 Hrs-EoSE	20 Marks-CA 80 Marks-EoSE	8 Marks-CA 32 Marks-EoSE
Practical		UG-Basic Fitness Two Games and Athletics Event	2 Hr-MT 3 Hrs-EoSE	10 Marks-CA 40 Marks-EoSE	4 Marks-CA 16 Marks-EoSE
Theory	Sem-VI	UG-PHE-601 Test Measurement	1 Hr-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 Hr-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 = Continuous Assesment
4. EoSE = End of Semester Examination

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**Semester - V BA**

**Discipline Specific Core-1 (402)**

Course	Paper	Credits	No. Of Teaching Hours/Week	Total Marks/Assessment
DSC-1 Theory	Health Education	4	4	100 (80+20)
DSC-1 Practical	Basic Fitness Track and Field. Major Games and Athletics Events	2	4	50 (40+10)
Total		6	8	150

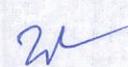
**Semester - VI BA**

**Discipline Specific Core-1 (402)**

Course	Paper	Credits	No. Of Teaching Hours/Week	Total Marks/Assessment
DSC-1 Theory	Test & Measurement	4	4	100 (80+20)
DSC-1 Practical	Basic Fitness Track and Field. Major Games and Athletics Events	2	4	50 (40+10)
Total		6	8	150

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**BA Semester V**  
**Paper-1**  
**Health Education**

Number of Theory Credits	Number of Lecture hours/Semester	Number of Practical Credits	Number of Practical hours/Semester
4	52-56	2	52-56
<b>Content of Theory Course - 1</b>			
<b>Unit-1</b>			
Meaning of Health Education, its need and scope for college students; aims, objectives and principles of Health Education.			11
<b>Unit-II</b>			
Concept of Health and Fitness; the importance of health to individual, family, community and the State; Meaning of Mental Health and its relationship with Physical health.			11
<b>Unit-III</b>			
Balanced diet and nutrition, misconceptions about food, function of food in the body, essential body nutrients, and other components of food, required diet for sportsman, adverse effects of tobacco, alcohol and intoxicating drugs.			11
<b>Unit-IV</b>			
Need and importance of personal hygiene, environmental hygiene, food hygiene, communicable disease and its posture: common postural defects, their causes and remedies. Importance and general principles for prevention of sports injuries. Common sports injuries and First-Aid treatment			11

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**BA Semester V  
Paper-1  
Health Education**

Number of Theory Credits	Number of Lecture hours/Semester	Number of Practical Credits	Number of Practical hours/Semester
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<b>Content of Theory Course - 1</b>			
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## Semester V

### Content of Practical Course 1: Practical's (2credits/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. On 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, and Intramural & Extramural

Formative Assessment	
Assessment Occasion/Type	Weightage in Marks
Theory	Theory-80 Marks Internal-20 Marks
Practical	Practical-40 Marks Internal-10 Marks
<b>Total</b>	<b>150 Marks</b>

#### Books for Reference:

1. Lawrence, Thomas Gordan; Schriver, Alico: Powers; Douglas F. and Verhans Levia: Your Health and Safety Har Court, Brace & World, Inc. New York 1969
2. Bauer, W.U. (Editor): Today's Health Guide Americal Modical Association Revised Edition, 1968.
3. Johns, Edward P. Suttan, Wilfred C., and Webster, Lloyd: Health for effective living No Craw Hill Book Company New York, 1970

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4. Stack, Harbeti; J. Duke Elkow. Education for safe living. Englewood Cliffs, Now Jeracy, Proctice Hall lac. 1966.
5. Carnashan, 1952. 5. Evans, A. William Everyday Safety, Chicago, Lyons and Floris, A.A. & Stafford T.-Safety Education; Nouç York Alc Graw Hill Book Co. 1969.
6. Park J.B. Text Book of Preventive sad Socisi Medicine Banarsidass Bharat, 1980.
8. Ajmer Singh etc.: Basis of Physical Education, Ficalth & Sports B.A. 1: Kalyani Publication Ludhiana
9. Ajmer Singh etc. Basis of Physical Education, Health & Spots (B.A. II): Kalyani Publication Ludhiana.
10. Ajmer Singh etc. Basis of Physical Education, Healds & Sports (B.A. Pr II): Kalyani Publication Ludhiana
11. Sharma & Granth Singh: Physical & Health Education: Asha Prakashan Grth, New Delhi.
12. Datta A-K- & Mazumdar L: Student teaching in Physical Education: Janvani Prakashan Pvt- Ltd-] Delhi-
13. अजमेर सिंह और अन्य शारीरिक शिक्षा स्वास्थ्य एवं खेलों की भाधुनिक पुलक (बी.ए. . 1)रु सत्यानी पब्लिकेशन लुधियाना।
15. मोहम्मद बाहिर और दीक्षित एस. के. शापैरिक शिक्षा का इतिहास डालीगंज रेलवे क्रासिंग लखनऊ।
16. मोहम्मद बाहिर और दीक्षित एन. के. रेलवे क्रासिंग लखनक। शारीरिक शिया में शिक्षण निधि डालीगंध।
17. पाण्डेय लक्ष्मीमकन्ठ राशीरिक शिक्षा की शिक्षण पद्धति। मैट्रोपोलिटन बुक नं. प्रा. लि., नई दिल्ली।
18. विदाम्य अशोक कुमार सारिक शिक्षाविद्वान् मनोविद्वान एवं इतिहास श्रीगांध पब्लिकेशन्स रायपुर।
19. भाटिया ए.एल. और बघेला हेत सिंह रापैर रचना, किनाराम, स्वास्थ्य शिक्षा, सुरका शिक्षा, प्राथमिक चिकित्सा और आहार श्रीमांश पब्लिकेशन्स जयपुर।
20. कमलेश और संग्राल शारीरिक शिक्षा के सिंह व इतिहास प्रकाश ब्रदर्स सुधियत।
21. वैष्णव राजेन्द्र प्रसाद: शारीरिक शिक्षा का संगठन विधिर्थ: श्रीयांश पब्लिकेशन्स, रामपुर।

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BA Semester VI

Title of the Course: Test & Measurement

Number of Theory Credits	Number of Lecture Hours/Semester	Number of Practical Credits	Number of Practical Hours/Semester
4	52-56	2	52-56
<b>Content of Theory Course-1</b>			
<b>Unit-I Introduction</b>			
Meaning of tests, measurements and Evaluations, Need & importance of Tests & measurement in Physical education Meaning of Statistics, Need & importance of statistics Frequency table meaning, Construction and uses			11
<b>Unit-II Fundamental of Statistics</b>			
Measures of Central Tendency- Meaning uses & calculations from Frequency Table. Graphical Representation of Data-Meaning, uses and techniques. Percentile- Meaning, uses & calculations			11
<b>Unit-III : Test Evaluation &amp; Construction</b>			
Item to be included in Objective and Subjective Test. Criteria of Test Selection. Administration of Testing Programme.			11
<b>Unit-IV: Measurement of Physical Fitness and Skill Performance</b>			
Fitness Tests AAPERD, JCR Tests, Canadian Fitness Test. Sports Skill test: Johnson Basketball Ability Test, MC Donald soccer Test, Dribble and goal shooting Test in Hockey, Dimensions and marking of Play field-Football, Volleyball, Basketball, Cricket, Hockey and Badminton.			11





  
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**Semester-VI**

**Title of the Course:**

**PHYSICAL EDUCATION AND YOGA**

**(BA UG Courses)**

**Content of Practical Course 1: Practical's (2 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, and Intramural & Extramural

<b>Formative Assessment</b>	
<b>Assessment Occasion/Type</b>	<b>Weightage in Marks</b>
Theory	Theory-80 Marks Internal-20 Marks
Practical	Practical-40 Marks Internal-10 Marks
<b>Total</b>	<b>150 Marks</b>

**Reference Books :**

1. Bucher, C.A. (n.d.) Foundation of physical education. St. Louis:
2. Charles & Bucher, Foundations of Physical Education.
3. Harold M. Barrow, Man & His Movement Principles of Physical Education.
4. J.F. Williams, Principles of Physical Education.
5. Cowel & France, Philosophy and Principles of Physical Education.
6. D.G. Wakhakar, Manual of Physical Education
7. M.L. Kamlesh & M.S. Sangral, Principles & History of Physical Education.
8. Upadyke Johnson, Principles of Modern Physical Education, Health & Recreation.
9. Ajmer Singh etc. Basics of Physical Education, Health & Sports BA. Part I,II & III, Kalyani Publication Ludhiyana.

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