

KASHI NARESH UNIVERSITY, BHADOHI (KNUB) UTTAR PRADESH



(NATIONAL EDUCATION POLICY- 2020)

SYLLABUS

of

PHYSICAL EDUCATION

(w.e.f. Academic session 2026-2027)

for

B.A./B.Sc.

Approved by

Board of studies

Department of Physical Education Faculty of Arts

Kashi Naresh University, Bhadohi

Dr Lokpati Tripathi
Convenor/head

*Department of Physical Education
Kashi Naresh University, Bhadohi*

Prof.(Dr.) Rajendra Prasad Yadav
Dean

*Faculty of Arts
Kashi Naresh University, Bhadohi*

Mr. Brijesh Kumar
Member, Board of studies

*Department of Physical Education
Dr. S.P.M Govt. Degree College
Bhadohi*

Mr. Jai Kumar

*Member, Board of studies
Department of Physical Education
K.P.M. Govt. Girls Degree College
College Bhadohi*



National Education Policy-2020

Common Minimum Syllabus for all U.P. State Universities/ Colleges

Subject: Physical Education

Name	Designation	Affiliation
Steering Committee		
Mrs. Monika S. Garg, (I.A.S.), Chairperson Steering Committee	Additional Chief Secretary	Dept. of Higher Education U.P., Lucknow
Prof. Poonam Tandan	Professor, Dept. of Physics	Lucknow University, U.P.
Prof. Hare Krishna	Professor, Dept. of Statistics	CCS University Meerut, U.P.
Dr. Dinesh C. Sharma	Associate Professor	K.M. Govt. Girls P.G. College Badalpur, G.B. Nagar, U.P.
Supervisory Committee - Arts and Humanities Stream		
Prof. Divya Nath	Principal	K.M. Govt. Girls P.G. College Badalpur, G.B. Nagar, U.P.
Prof. Ajay Pratap Singh	Dean, Faculty of Arts	Ram Manohar Lohiya University, Ayodhya
Dr. Nitu Singh	Associate Professor	HNB Govt P.G College Prayagaraj
Dr. Kishor Kumar	Associate Professor	K.M. Govt. Girls P.G. College Badalpur, G.B. Nagar, U.P.
Dr. Shweta Pandey	Assistant Professor	Bundelkhand University, Jhansi

KASHI NARESH UNIVERSITY, BHADOHI

B.A /B.Sc. Year/Semester wise Papers of (Three Year) Sixth Semester Programme

(Physical Education)

2026-2027

<u>Year</u>	<u>Paper</u>	<u>Code</u>	<u>Course Name</u>	<u>Theory/ Practical</u>	<u>Credits</u>
-------------	--------------	-------------	--------------------	------------------------------	----------------

Certificate course in (Physical Education)

FIRST Semester	I	E020101T	Elementals of Physical Education	Theory	4
	II	E020102P	Fitness And Yoga	Practical	2
SECOND Semester	I	E020201T	Sports Organization and Management	Theory	4
	II	E020202P	Sports Event and Track & Field	Practical	2

Diploma in Physical Education

Third Semester	I	E020301T	Anatomy & Exercise Physiology	Theory	4
	II	E020302P	Health and Physiology	Practical	2
Fourth Semester	I	E020401T	Sports Psychology and Recreational Activities	Theory	4
	II	E020402P	Sports Psychology	Practical	2

Degree of Physical Education

Fifth Semester	I	E020501T	Athletic Injuries and Rehabilitation	Theory	4
	II	E020502T	Kinesiology and Biomechanics in sports	Theory	4
	III	E020503P	Rehabilitation & sports	Practical	2
	IV	E020504P	Research Project	Practical	3
Sixth Semester	I	E020601T	Research Methods	Theory	4
	II	E020602T	Physical Education for Divyang	Theory	4
	III	E020603P	Research And Sports	Practical	2
	IV	E020604P	Research Project	Practical	3

Programme Outcome

Physical Education is a very wide subject in which biological, psychological, physical, health and functional aspects of sports and body are studied. It is noteworthy that it is such a subject with the help of which human body both internally and externally can be kept healthy. Students will definitely be able to discharge duties towards themselves and society through this subject. Under this subject, the students can demonstrate excellently their skills and perfection particularly in sports ability, management, leadership, health plan, event management, sports budgeting, physiology, teaching methods, sports psychology and research along with getting information regarding to the importance of Physical Education for DIVYANG.

Syllabus For B.A./B.Sc. Physical Education/ Semester I/ Paper - I

Program/Class: Certificate	Year: First	Semester-I
----------------------------	-------------	------------

Subject: Physical Education- Theory

Course code: E020101T	Course Title: Elementals of Physical Education	
Course Outcomes: The physical education is very wide concept and this subject teaches about introduction and Sociological concept of Physical Education and this also teaches about historical development of physical development of physical education in India and other countries. It Introduce a general concept of good health and wellness. This program will also be able to make fitness and health plan.		
Credits:4	Max. Marks:25+75	Min. Marks: 10+25
Total no. of lectures-tutorials-practical (in hours per week):4-0-0		
Unit	Topic	No. of lectures

I.	Ancient Wisdom in Physical Education, Sports and yoga: • Patanjali yoga sutra • Grand Sanhita Introduction: • Meaning, definition and concept of physical education. • Scope, aim and objective of Physical education. • Importance of Physical education in Modern era. • Relationship of physical education with general education.	07
-----------	---	-----------

II.	Sociological Foundation: • Meaning, Definition and importance of sports Sociology. • Culture and sports. • Socialization and sports. • Gender and sports.	07
III.	History: • History and development of Physical education in India: pre- and Post-Independence. • History of physical education in ancient Greece, Rome and Germany. • Eminent person of physical education, awards, schemes.	06
IV.	Olympic Games, Asian Games and Commonwealth Games: • Olympics Movement: Ancient Olympic, modern Olympic. • Revival, aim, objective, spirit, torch, flag, motto. opening and closing ceremonies. • Asian Games. • Commonwealth Games.	08
V.	Health Education: • Meaning, Definition and Dimensions of Health. • Meaning, Definition objectives, Principles and importance of Health Education. • Role of Different Agencies in Promoting Health (WHO, UNICEF) • Meaning of Balance Diet and Nutrition and its elements. • Health of Balances Diet and Nutrition and its elements. • Health and drugs.	08
VI.	Wellness's Life Style • Importance of wellness and life style. • Role of Physical Activity Maintaining Healthy Life Style. • Stress Management. • Obesity and Weight Management. • Prevention of Disease through Behavioural Modification.	08
VII.	Fitness: • Meaning & Definition and types of fitness • Component of physical fitness • Factor affecting physical fitness • Development and maintenances of fitness	08
VIII.	Posture: • Meaning, Definition of Posture. • Importance of Good Posture. • Causes of Bad Posture. • Postural Deformities (causes and remedial exercise). • Fundamental Movements of Body Parts • Anatomical standing position.	08

Suggested readings:

- Barrow Harold M., "Man and movements principles of Physical education", 1978
- DiFiore, J. (1998). Complete guide to postnatal fitness. London: A & C Black.
- Dynamics of fitness, Madison: W.C.B Brown.
- General methods of training. by - Hardayal Singh
- Giam, C.K. & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book. McGlynn, G., (1993)
- Kamlesh M.L., "Physical Education, Facts and foundations", Faridabad P.B. Publications. 7. Krishana Murthy V. and Parameswara Ram, N. Educational Dimensions of Physical. Education", 2nd Revised edition, Print India, New Delhi 1990.
- Methodology of training. by - Harre
- पाण्डेय, प्रीति, शारीरिक शिक्षा, सांकलन, "खेल संस्कृति, प्रकाशन कानपुर "
- पटेल, श्री कृष्ण, शारीरिक शिक्षा अग्रवाल, पब्लिशर, आगरा 2014-15, "
- Ravanis, R.S., "Foundation of Physical Education", Houghton Millin Co. Boston USA (1978)
- Science of sports training. by - Hardayal Singh
- Sharkey, B. J. (1990). Physiology of fitness, Human Kinetics Book.
- सिंह, अजमेर, शारीरिक शिक्षा और ओलंपिक अभियान कल्याणी, पब्लिशर, नई दिल्ली, संशोधित, 2006
- Track & Field. by – Gerhardt Schmolinsky, Leipzig college of physical culture (DHFK)
- सिंह. होशियार, शारीरिक शिक्षा का इतिहास लक्ष्य पब्लिकेशन, नई दिल्ली, 2013
- सिंह, बलजीत, शारीरिक शिक्षा के आधार स्पोर्ट पब्लिकेशन, नई दिल्ली" नई दिल्ली, 2008
- कमलेश, एमए ल, शारीरिक शिक्षा के मूल आधार स्पोर्ट पब्लिकेशन, " नई दिल्ली, सांस्करण 2014

This course can be opted as an elective by the students of following subjects:

- **Open for all**

Continuous Evaluation Methods: (CIE)**INTERNAL ASSESMENT (25 Marks)**

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks Attendance – 5 marks

Research Orientation of the student.

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon Open University

Syllabus for B. A. /B.Sc./Physical Education/ Semester I/ paper- II

Program/ Class: Certificate	Year: First	Semester: First
Subject: Physical Education- Practical		
Course Code: E020102P	Course Title: Fitness and Yoga	
Course Outcomes: Yoga is very helpful in prevention of many diseases and students will learn about it. This subject deals with basic knowledge about and Aerobics and Gymnasium classes which will help students to excel in the fitness industry.		
Credits: 02	Elective	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0- 0-2		
Unit	Topics	No. of Hours
	Part-A	
I.	• Learn and demonstrate the techniques of warm-up, general exercise and cooling down • Lean and demonstrate physical fitness through aerobic, circuit training and calisthenics. • Diet chart & measurement of BMI	15
II.	Part-B INTRODUCTION OF YOGA: • Historical aspect of yoga. • Definition, types scopes & importance of yoga. • Yoga relation with mental health and value education. • Yoga relation with Physical Education and sports.	15

III.	ASANAS: ● Definition of Asana, differences between asana and physical exercise. ● Suraya-namaskar, Bhujanga asana, Nauka asana, Hala asana, Vajra asana, Padmasana, Shavasana, Makra asana, Dhanur asana, Tad asana. PRANAYAMA: ● Difference and classification of pranayama. ● Difference between pranayama and deep breathing. ● Anuloma, viloma.	15
Suggested Readings: ➤ ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A. ➤ Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA) ➤ Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. ➤ Floyd, P.A, S.E. Mimms and C. Yalding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.		
This course can be opted as an elective by the students of following subjects: Open for all		
Continuous Evaluation Methods (CIE) Internal Assesment (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. Practical assessment (75 Marks) Practical – 50 Viva – 15 Record book charts etc - 10		
Course prerequisites: There is no any prerequisites only students physical and medically fit. Suggested equivalent online courses: • IGNOU • Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. • Rajarshi Tandon open University.		

Syllabus for B. A./ B.Sc./ Physical Education semester II/paper- I

Program/Class: Certificate	Year: First	Semester: Second
Subject: Physical Education- Theory		
Course code: E020201T	Course Title: Sports organization and Management	
Course Outcomes: This course is designed to give real time exposure to students in the area of organising an event/sports the students will also learn about store management, purchasing and budget making.		
Credits:4	Max. Marks:25+75	Min. Passing Marks:10+25
Total no. of lectures-tutorials-practical (in hours per week):4-0-0		
Unit	Topic	No. Of Lectures
I.	Introduction: • Meaning, concept and definition of sports management. • Nature and scope of sports management. • Aims and objectives of sports management. • Guiding principles of sports management.	07
II.	Event Management • Meaning and concept event • Planning and management of sports event. • Role of sports event manager. • Steps in event management: ➤ Planning ➤ Executing ➤ Evaluating	08
III.	Budget • Meaning, Definition, Preparation, Principals of making Budget. • Financial Management Opportunities and Challenges. • Basics of Sports Event Accounting.	07
IV.	• The Budget Cycle and Budget Preparation Format. • Preparing the Departmental Financial Plan and estimate. • Expenditure management. • Financial Reporting.	08

V.	Organization • 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.	07
VI.	Supervision • Meaning and Definition • Principals of Supervision • Techniques of supervision in sports management. • Methods of supervision. • Role of a coach/manager.	07
VII.	Facilities Equipment • Purchasing Equipment. • Care and maintenance of Equipment. • Procedure to purchase sports goods and equipment. • Stock entry. • Storing and distribution. • List of Consumable and Non- Consumable sports goods and equipment.	08
VIII.	Job Opportunities • Job specification of sports manager in professional and state regulated sports bodies. • Physical Educational professional, career avenues and professional preparation. • Clients and Sponsorship.	08

Suggested readings:

- Bucher, Charles A. and Korte, March L., "Management of Physical Education and Sport," MC Grow Hill publication, New York (US) 2002.
- Hert, Reins (1961) New Patterns of Management, McGraw Hill.
- Horine, Larry," Administration of Physical Education and Sport programs. WM-C Brown Publishers Dubuque (US) 1991.
- Kotler, P and G Allen, L.A. (1988) Management & Organization. Kogaku Sha Co. Tokyo
- Parkhouse, Bonnie L., "The management of Sports – if foundation and application," Mosby publication, St. Louis (US), 1991.
- Sandhu, K. Sports 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.
- सिंह कुमार, प्रवीण, शारीरिक शिक्षा का संगठन एवम् प्रशासन," स्पोर्ट्स पब्लिकेशन", नई दिल्ली, 2010
- शिंदे बी एस, शारीरिक शिक्षा में संगठन प्रशासन एवं पर्यवेक्षण," स्पोर्ट्स पब्लिकेशन", नई दिल्ली, 2012

This course can be opted as an elective by the students of following subjects:

Open for all

Suggested Continuous Evaluation Methods:

Internal Assessment (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks Attendance – 5 marks

Research Orientation of the student.

- **Suggested equivalent online courses:**
- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon open University.

Syllabus for B. A. / B.Sc./ Physical Education semester II/paper- II

Programme/Class: B.A. / B.Sc. / Certificate		Year: First	Semester: second
Subject: Physical Education- practical			
Course Code: E020202P	Course Title: Sports Event and Track & Field		
Credits: 02	Elective		
Max. Marks: 25+75	Min. Passing Marks: 10+25		
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0- 2			
Part -A			
Unit	Topics		No. of Hours
I.	● To make a plan for organizing an event. ● To organize an Interclass Competition of any games with in the wall. ● To prepare a budget plane for interclass competition with in the wall ● Make a Sample Time Table for college. ● Prepare the list of Consumable and Non-Consumable items. ● Prepare a Biodata/ Vita/ curriculum vitae.		15
	Part-B		
II.	Track & Field: ● History. ●Measurements. ●Marking. ● Rules. ● Officials. ● Regulatory Governing Bodies. ● Tournaments- National and International. ● World and National Records.		15

	➤ Suggested Readings: ➤ Author Sir Name, Initials, “Book Title”, Publisher Name, City/Country of Publication, Year of Publication. Edition No. If Any. ➤ Author Sir Name, Initials, “Book Title”, Publisher Name, City/Country of Publication, Year of Publication. Edition No. If Any. ➤ Author Sir Name, initials, “Book Title”, Publisher Name, City/Country of Publication, Yea of Publication. Edition No. If Any. ➤ Suggestive digital platforms web links- ➤ Park house, Bonnie L., “The management of Sports – if foundation and application,” Mosby publication, St. Louis (US), 1991 ➤ Bucher, Charles A. and Korte, March L., “Management of Physical Education and Sport,” MC Grow Hill publication, Now York (US) 2002 ➤ Horine, Larry,” Administration of Physical Education and Sport programs. WM-C Brown Publishers Dubuque (US) 1991 ➤ Kotler and G Allen, L.A. (1988) Management & Organization. Kogaku Sha Co. Tokyo.Hert, Rennis (1961) New Patterns of Management, McGraw Hill, ➤ Sandhu, K. Sports 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.
This course can be opted as an elective by the students of following subjects: Open for all	
Suggested Continuous Evaluation Methods: Internal Assesment (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. Practical assessment (75 Marks) Practical – 50 VIVA – 15 Record book charts etc - 10	
Suggested equivalent online courses: • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in • India and Abroad. • Rajarshi Tandon open University.	

Syllabus For B. A. / B.Sc./ Physical Education/ Semester III/ Paper – I

Programme/Class: Diploma	Year: Second	Semester: Third
Subject: Physical Education -Theory		
Course Code: E020301T	Course Title: Anatomy and Exercise Physiology	
Course outcomes: students can be able to understand human structure and function as well as effects of exercise on various human body systems.		
Credits: 04		Elective

Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I.	INTRODUCTION: ● Meaning Definition and Importance of Anatomy and Physiology in the field of Physical Education & Sports ● Brief introduction of Cell, Tissue, Organ and system	06
II.	SKELETAL SYSTEM: ● Structural and functional classification of bones. ● Types of joints and major movements around them.	08
III.	CIRCULATORY SYSTEM: ● Structure and function of human heart ● Circulation of blood ● Effects of exercise on circulatory system	08
IV.	RESPIRATORY SYSTEM: ● Structure and function of respiratory system ● Effects of exercise on respiratory system ● The effects of altitude on the respiratory system.	08

V.	DIGESTIVE SYSTEM: • Structure and function of digestive system • Importance of Digestive system. • Mechanism of Digestive System. • Effects of exercise on digestive system.	08
VI.	NERVOUS SYSTEM: • Introduction • Main organ of Nervous System. • Functional Classification of Nervous System. • Reflex Action.	08
VII.	ENDOCRINE SYSTEM AND BLOOD: • Composition and function of blood. • Meaning of Endocrine System. • Meaning of glands. • Endocrine Glands their Locations and Functions.	07
VIII.	GENERAL PHYSIOLOGICAL CONCEPTS: Vital Capacity-VC • Second Wind • Oxygen Debt • Fatigue • Types of Fatigue • Blood Pressure	07

• **Suggested Readings:**

- ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)
- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. 4. Floyd, P. A, S. E. Mimms and C. Yalding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
- Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health & Wellness Club, New York, U.S.A.
- Jain, J. (2004) Khel DawaonKa (New Delhi: Delhi University Press).
- Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA.
- Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).
- Koley, Shyamal (2007), Exercise Physiology — A Basic Approach (New Delhi: Friends Publications). 10. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
- Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India. 12.Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi.
- Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
- Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons. 15. William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin.
- Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill Livingstone
- गोपाल, उषा, मानव शरीर रचना एवम् क्रिया विज्ञान, "स्पोर्ट्सपब्लिकेशन", नई दिल्ली, 2012

This course can be opted as an elective by the students of following subjects:

Open for all

Continuous Evaluation Methods (CIE)

INTERNAL ASSESMENT (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks Attendance – 5 marks

Research Orientation of the student.

Course prerequisites: There is no any prerequisites only students physical and medically fit.

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon open University.

Syllabus For B. A. / B.Sc./ Physical Education/ Semester III/ Paper- II

Program/Class- Diploma	Year: Second	Semester: Third
Subject: Physical Education- practical		
Course Code: E020302P	Course Title: Health and Physiology	
Credits: 02	Elective	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of hours
I	Part-A ● Draw and label any two-body system. ● Prepare and Model of any one System. ● Measuring height, weight, waist circumference and hip circumference, calculation of BMI (Body Mass Index) and waist-Hip ratio. ● Learn to Measure Blood Pressure by Sphygmomanometer.	15
	Part-B	
II	Chose any one individual sports and games as per given Annexure-A with following activity: • History and development of selected game/sports • Lay out and measurement of selected game/sports • Rules and regulation of selected games/sports • Specific exercise for selected game/sports • Techniques and skills of selected game/sports	15
Suggested Readings: ➤ ACSM’s Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A. ➤ Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA ➤ Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. 4. Floyd, P.A. S.E. Mimms and C. Yalding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA. ➤ Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health & Wellness Club, New York, U.S.A. ➤ Jain, J. (2004) Khel DawaonKa (New Delhi: Delhi University Press). ➤ Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA.		

- Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).
- Koley, Shyamal (2007), Exercise Physiology — A Basic Approach (New Delhi: Friends Publications). 10. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
- Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India. 12. Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi.
- Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
- Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons. 15. William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin.
- Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill Livingstone
- गोपाल, उषा, मानव शरीर रचना एवम् क्रिया, क्रिया विज्ञान"स्पोर्ट्सपब्लिकेशन", नई दिल्ली, 2012
- . जेसवाल , दिलीप , , स्वास्थ्य शिक्षा" स्पोर्ट्सपब्लिकेशन", नई दिल्ली, 2013

This course can be opted as an elective by the students of following subjects: **Open for all**

Continuous Evaluation Methods (CIE)

INTERNAL ASSESSMENT (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks Attendance – 5 marks

Research Orientation of the student.

Practical Assessment (75 Marks)

Practical – 50

VIVA – 15

Record book charts etc – 10

Course prerequisites: There is no any prerequisites only students physical and medically fit.

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon open University.

Syllabus for B. A. / B.Sc./ Physical Education/ Semester IV/ paper- I

Program/Class: Certificate		Year: Second	Semester: Fourth
Subject: Physical Education- Theory			
Course Code: E020401T		Course Title: Sports Psychology and Recreational Activities	
Course outcomes: students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.			
Credits: 04		Elective	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures- Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics		No. of Lectures
I.	INTRODUCTION: • Meaning, Importance and scope of sports psychology • General characteristics of various stages of growth and development. • Psycho-sociological aspects of human behaviour in relation to physical education.		0 6
II.	LEARNING: • Nature of learning, theories of learning. • Law of learning, plateau in learning, transfer of learning • Meaning and definition of personality, characteristics of personality. • Dimensions of personality, personality and sports performance.		08
III.	MOTIVATION: • Nature of motivation, factors influencing motivation. • Motivational techniques and its impact on sports performance. • Mental preparation strategies: attention, focus, self-talk, relaxation and imaginary.		0 8

IV.	ANXIETY AND AGGRESSION: • Aggression and sports, meaning and nature of anxiety, kind of anxiety. • Meaning and nature of stress, types of stress • Anxiety, stress arousal and their effects on sports performance. • Concept of incentives and achievements.	08
V.	PLAY: • Meaning of Play • Definition of play • Various Theories of play • Significance of Theories of play in Physical Education and Sports. • Significance of play for a Child.	08
VI.	RECREATION: • Meaning and importance of recreation in physical education • Principles of recreation in physical education • Areas, classification and ways of recreation. • Use of leisure time activities and their educational values.	08
VII.	TRADITIONAL GAMES OF INDIA: • Meaning. • Types of Traditional Games- • Gilli- Danda, Kanche, Stepu, Gutte, etc. • Importance/ Benefits of Traditional Games. • How to Design Traditional Games. • Development of Personalities by the help of Traditional Games.	07
VIII.	INTRAMURALS: • Meaning. • Importance. • Conducting Extramural Competitions.	07

Suggested Readings:

- Alliance, A. (1999). Physical Best Activity Guide, New Delhi,
- Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA.
- Dheer, S. and Radhika. (1991). Organisation and Administration of Physical Edu., ND: Friends Pub. 4. Frost, R.B. and Others. (1992).
- Administration of Physical Education and Athletics, Delhi: Universal Book.
- Gangwar, B.R. (1999). Organisation Admn. & Methods of Physical education, Jalandhar: A.P. Pub. 6. Gangwar, B.R. (1999). Sharirik
- ShikshaKaPrabandhPrashashanAvamVidhiya, Jalandhar: A.P. Pub.
- Gupta R. Kumar P. & Sharma D.P. (1999). Lesson Plan in Physical Education & Sports. R.D.P. Publication. New Delhi.
- Gupta R. Kumar P. & Sharma. D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. Sahyog Prakashan. New Delhi.
- Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.
- Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi. 11.
- Kamlesh ML (2005). Sharik Shiksha Ki Vidiyan. Friends Publication. Delhi.
- Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padhati. Metropolitan Book. New Delhi.
- Shaw D & Kaushik S (2001). Lesson Planning- Teaching Methods and Class man in Physical Education. K.S.K. Delhi.
- नारंग, प्रियंका, परंपरागत भारतीय खेल, " स्पोर्ट्स पब्लिकेशन", नई दिल्ली 2007

This course can be opted as an elective by the students of following subjects:

Open for all

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks Attendance – 5 marks

Research Orientation of the student.

Course prerequisites: There is no any prerequisites only students physical and medically fit.

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Rajarshi Tandon open University.

Syllabus For B. A. / B.Sc./ Physical Education/ Semester IV/ Paper- II

Program/Class: Diploma		Year: Second	Semester: Fourth
Subject: Physical Education- Practical			
Course Code: E020402P		Course Title: Sports Psychology	
Credits: 02		Elective	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
Unit	Part-A		No. of Lectures
I.	• Make a Model/ Chart of any one Traditional Games • Organize a recreational activity at college level and write a report on it. • Design Traditional /Recreational games with new ideas.		15
	Part-B		
II.	Chose any one Team Games as per given Annexure-A with following activity: • History and development of selected game/sports • Lay out and measurement of selected game/sports • Rules and regulation of selected games/sports • Specific exercise for selected game/sports • Techniques and skills of selected game/sports		15
Suggested Readings: ➤ Anand OP (2001) Yog Dwara Kaya kalp, Swasth Sahitya Prakashan, Kanpur ➤ Martin, GL (2003) Sports Psychology-Practical Guidelines from Behaviour Analysis. Sports Press, Winnipeg, Canada			
This course can be opted as an elective by the students of following subjects: Open for all			
Continuous Evaluation Methods (CIE) Internal Assessment (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. Practical Assessment (75 Marks) Practical – 50 Viva – 15 Record book charts etc. - 10 Course prerequisites: There is no any prerequisites only students physical and medically fit. Suggested equivalent online courses: • IGNOU • Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. • Rajarshi Tandon open University.			

Syllabus For B. A. / B.Sc./ Physical Education/ Semester V/ Paper - I

Program/Class: Degree	Year: Third	Semester: Fifth
Subject: Physical Education-Theory		
Course Code: E020501T	Course Title: Athletic Injuries and Rehabilitation	
Course outcomes: students can be able to understand Athletic Injuries and Athletic Care and Rehabilitation.		
Credits: 04	Elective	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I.	Athletic Injuries and Athletic Care. • Concept and Significance. • Factors causing Injuries. • General Principles of Prevention of Injuries.	06
II.	Common Sports Injuries • Strain and Muscle and Ligament Sprain, Frozen Shoulder, Lower • Back Strain, Tennis and Golfer’s Elbow, Runner’s Knee, Shin Pain, • Blister, Concussion, Abrasion, Laceration, Hematoma, Fracture, • Dislocation)	08
III.	First aid – Meaning, definition. Importance of First aid. Postural Deformities. Types, Causes and respective corrective exercises of: I) Kyphosis. II) Scoliosis. III) Lordosis. IV) Knock Knees. V) Bowlegs. VI) Flat Foot Disorders due to Improper Posture. • Back Pain, Neck Pain and Their preventive Exercises.	08

IV.	Rehabilitation- • RICE- Rest, Ice, Compression, Elevation. • DRABC- Danger, Response, Airways, Breathing, Circulation. Bandage- • Types of Bandages. • Taping and supports.	0 8
V.	Physiotherapy- • Definition • Guiding principles of physiotherapy. • Importance of physiotherapy. Massage- • Meaning • Types and Importance.	08
VI.	Hydrotherapy- • Meaning and Methods. • Cryotherapy, Thermotherapy, Contrast bath, Whirlpool bath, Steam bath, Sauna bath, Hot Water Fomentation.	08
VII.	Treatment modalities- • Electrotherapy, Infrared rays, Ultraviolet rays, short wave diathermy, ultra sound.	07
VIII.	Therapeutic Exercise- • Meaning, Definition. • Importance. • Muscle Strengthening through Active and Passive Exercise. • Therapeutic value with Yoga asanas for rehabilitation and strengthening of the muscles	07

Recommended Readings

- ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago, USA.
- Beotra, Alka (2001-02) Drug Education Handbook on Drug Abuse in Sports, Applied Nutrition Sciences, Mumbai.
- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.
- Fahey, T.D., M.P. Insel and W.T. Rath (2006), Fit & Well: Core Concepts and Labs in Physical Fitness, mc Grow Hill, New York.
- Floyd, P.A., S.E. Mimms and C. Yalding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
- Hoeger, W K and S.A. Hoeger (2004). Principles and Labs for Fitness and Wellness, Thomson Wadsworth, California, USA.
- Jain, J. (2004) Khel Dawan Ka (New Delhi: Delhi University Press).
- Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, (2008), Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi.
- Pandey, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers).
- Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA.
- Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).

This course can be opted as an elective by the students of following subjects:

Open for all

Continuous Evaluation Methods (CIE)

Internal Assesment (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks Attendance – 5 marks

Research Orientation of the student.

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and abroad.
- Rajarshi Tandon open University.

Syllabus For B.A. / B.Sc./ Physical Education/ Semester V/ Paper- II

Program / Class: Degree		Year: Third	Semester: Fifth
Subject: Physical Education- Theory			
Course Code: E020502T		Course Title: <i>Kinesiology and Biomechanics in Sports</i>	
Course outcomes: students can be able to understand various aspects of Kinesiology and Biomechanics in Sports and able to apply in sports activities.			
Credits: 04		Elective	
Max.Marks:25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics	No. of Lectures	
I.	<u>INTRODUCTION:</u> • Meaning, Definition, Aims, Objective. • Importance of Kinesiology for games and sports.	06	
II.	• Kinesiological Fundamental Movements. • Center of Gravity. • Line of Gravity.	06	
III.	• Axis and Planes • Classification of joints and Muscles • Types of muscles contraction	08	
IV.	• Location & Action of Muscles at Various Joints: • Upper extremity –shoulder girdle, shoulder joints, elbow joint. • Neck, trunk (Lumbar thoracic region). • Lower extremity–Hip joint, knee joint, ankle joint.	08	
V.	Biomechanical Concept: introduction: • Newton’s Law of Motion Friction: • Meaning, Definitions and Types.	08	

VI	FORCE AND LEVERS: FORCE: • Meaning • Definitions • Types • Application to sports activities. LEVERS: • Meaning • Definition • Uses of the lever in the Human body.	08
VII	KINEMATICS: • Meaning of Kinematics. • Types-Linear and Angular • Speed, Velocity, Acceleration, Distance, Displacement.	07
VIII	KINETICS: • Meaning of Kinetics • Types- Linear and Angular. • Mass, Weight, Force, Momentum and Pressure	07

RECOMMENDED READINGS

- Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA.
- Blazeovich, A. (2007). Sports Biomechanics. A & C Black Publishers, USA.
- Breer & Zar nicks (1979). Efficiency of human movement. W.B. Saunders Co. USA.
- Hamill, J. and Knutzen, K.M. (2003).
- Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA.
- Hay (1993). The biomechanics of sports techniques. Prentice Hall Inc. New Jersey.
- McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA.
- Oatis, C.A. (2008). Kinesiology. 2nd Ed. Lippincott, Williams & Wilkins, USA.
- आगाशे राजाराम, संजय बायोमैकेनिक्स तथा किशियोलॉजी स्पोर्ट्स पब्लिकेशन, नई दिल्ली, 2013.

Course prerequisites: **There are not any pre requisites only students physical and medically fit.**

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities/MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon Open University.

Syllabus For B. A. / B.Sc./ Physical Education/ Semester V/ Paper- III

Program/Class: Degree		Year: Third	Semester: Fifth
Subject: Physical Education- Practical			
Course Code: E020503P		Course Title: Rehabilitation and sports	
Credits: 02		Elective	
Max.Marks:25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P:0-0-2			
Unit	Topics		No. of Hour
	Part-A		
I	• Practice for Bandaging. • Practice for massage techniques. • Demonstration of Therapeutic Exercise. • A visit to Physiotherapy lab. • Write a Brief Report on the visit of the lab.		15
	Part-B		
II	Chose any one Individual Games as per given Annexure-A with following activity: • History and development of selected game/sports • Layout and measurement of selected game/sports • Rules and regulation of selected games/sports • Specific exercise for selected game/sports Techniques and skills of selected game/sports		15

Suggested Readings:

- ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago, USA.
- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.
- Fahey, T. D. M.P. Insel and W.T. Rath (2006) Fit& Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York.
- Koley, Shyamlal (2007) Exercise Physiology– A basic Approach, friends' publication New Delhi
- Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers).
- Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA.
- Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).

This course can be opted as an elective by the students of following subjects; **Open for all**

Suggested Continuous Evaluation Methods (CIE) internal assessment (25 Marks)
INTERNAL ASSESMENT (25 Marks)**Suggested equivalent online courses:**

- IGNOU
- Other centrally/state operated Universities/MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon Open University

Syllabus For B.A. / B.Sc./ Physical Education/ Semester V/ Research project/ paper IV

Program/Class–Degree	Year: Third	Semester: Fifth
Subject- Physical Education Project		
Course Code: E020504P	Course- Title Research Project	
COURSE OUTCOMES: • Learn to Prepare Questionnaire. • Learn to write research report.		
Credits: 03	Compulsory	
Max: marks-25+75	Min Passing Marks: 10+25	

Unit	Topic	No. of Lectures
I	• Chose a topic from your theory syllabus and prepare a Questionnaire with 20 Questions for your college students. • Chose any one sports/ games for your syllabus and conduct an interview for your college students • Student has to learn to prepare research report.	45
Suggested readings: http://heecontent.upsdc.gov.in/Home.aspx		
This course can be opted as an elective by the students of following subjects: only for physical education students		
Suggested Continuous Evaluation Methods: ➤ Seminar/Assignment/report. ➤ Test ➤ Research orientation of the student. ➤ Quiz ➤ Attendance		

Syllabus for B.A. / B.Sc./ Physical Education/Semester VI/ Paper- I

Program Class Degree		Year Third	Semester Sixth
Subject: Physical Education Theory Paper I			
Course Code- E020601T		Course Title Research Method	
Course outcome- Student can able to Understand Research Methods in Sport And Physical Education			
Credits- 04		Elective	
Max. Marks : 25+75		Min. Passing Marks: 10+25	
Total No of Lecture- Tutorials- Practical (in hours per Week) L-T-P: 4-0-0			
Unit	Topics		No of Lectures
I.	INTRODUCTION: • Definition, Meaning of Research. • Need and Importance of Research in Physical Education and sports. • Scope of Research in Physical Education and sports.		06
II.	Type of research • Basic Research • Applied Research • Action Research		08
III.	Research Problem: • Meaning of the term • Formation of Research problem • Limitation and D Limitation • Location and Criteria of Selection of Problem.		08
IV.	Hypothesis: • Meaning of research Hypothesis. • Meaning of Null Hypothesis. • Importance of research and Null hypothesis		08

V.	Survey of Related Literature: • Literature sources. • Library Reading. • Need for Surveying related literature.	08
VI.	Survey Studies: • Meaning of Survey • Tool of survey Research. • Questionnaire • Interview	08
VII.	Questionnaire and Interview: • Meaning of Questionnaire and Interview. • Construction and development of Questions. • Procedure of conducting Interview.	08
VIII.	Research Report: • Meaning of Research Report. • Qualities of a good research report.	08
RECOMMENDED READINGS ➤ Author "guide: Research Methods applied to Health Physical and Recreation, Washington , D.C.1991. ➤ Best John & Kahni, J.V. 1992). Research in Education, New Delhi. Prentice Hall of India (Pvt.) Ltd. ➤ Best, J. W. (1963). Research in Educations' U.S.A.' Prentice Hall. ➤ Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc. ➤ Garrett, H.E. (1981). Statistics in psychology and education. New York: Vakils Feffer and Simon Ltd. ➤ Koul, L. (2002). Methodology of Educational Research, Vikas Publishing House, New Delhi. ➤ Oyster, C.K., Hanten, W.P. & Llorens, L.A. (1987). Introduction to research: A guide for the health science professional. Landon: J.B. Lippincott Company. ➤ Thomas, J.R., & Nelson J. K. (2005). Research, method in physical Activity. U.S. A: Champaign, IL: Human Kinetics Books. ➤ Verma, J. P. (2000). A textbook on sports statistics. Gwalior: Venus Publication		
This course can be opted an elective by the students of following subject: Open for all		

**Continuous Evaluations Methods (CIE)
Internal Assessment (25 Marks)**

Written Test – 10 marks
Assignments/Research Based Project-10 marks
Attendance-5 marks
Research Orientation of the student.

Course prerequisites: There is not any prerequisites only students physical and medically Fit.

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
Rajarshi Tandon Open University.

Syllabus for B.A. / B.Sc./ Physical Education/ Semester VI/ Paper - II

Program/Class: Degree	Year: Third	Semester: Sixth
Subject: Physical Education-Paper II		
Course Code: E020602T	Course Title: Physical Education for DIVYANG	
Course out comes: This subject will help the students to understand the needs of the disabled (DIVYANG) people and make them ready to tackle any situation which comes in front of They while dealing disabled people. This subject canal so teach Inclusion in sports for Adapted people.		
Credits:04		Elective
Max.Marks:25+75		Min.PassingMarks:10+25
Total No. of Lectures- Tutorials- Practical (in hours per week): L-T-P:4-0-2		
Unit	Topics	No. of Lectures
I.	Introduction: • Meaning and Definition of Disability • Aims and Objective. • Need and Importance of Physical Education. • Historical Review.	06
II.	Physical Disabilities: • Causes. • Functional Limitations. • Characteristics.	08
III.	Mental Retardation: • Causes. • Characteristics. • Functional Limitations.	08
IV.	Outdoor Activities: • Outdoor program for the disabled. • Rhythmic and Dance Activities.	08
V.	• Aquatic Activity Program for disables.	08
VI.	Rehabilitation: • Functional and Occupational rehabilitation. • Psychological Rehabilitation.	08
VII.	Programs: • Personality Development Program for DIVYANG. • Social Welfare Program for Disabled.	07
VIII.	Inclusion in sports for Adapted People: • Recreational sports/games. • Competitive sports/games.	07

RECOMMENDED READINGS

- C, Blau wet, (2007). Promoting the Health and Human Rights of Individuals with a Disability through the Paralympic Movement. (ICSSPE,) at 21. (Blau wet- Promoting the Health).
- Barton, L. (1993) „Disability, empowerment and physical education“, in J. Evans (ed.), Equality, Education and Physical Education. London: The Falmer Press.
- Guttmann, L. (1976) Textbook of Sport for the Disabled. Oxford: HM & M Publishers.
- K, DePauw & S. Gavron, (2005). Disability and Sport. (2nd Ed) Illinois: Human Kinetics.
- R, Metts. (2000). Disability Issues, Trends and Recommendations for the World Bank (Washington D.C.: World Bank,).
- Oliver, M. (1990). The Politics of Disablement. Basingstoke: Macmillan.
- Sport England (2000) Young People with a Disability and Sport. London: Sport England.

This course can be opted an elective by the students of following subject:

Open for all

Suggested Continuous Evaluations Methods (CIE)

INTERNAL ASSESSMENT (25 Marks)

Written Test – 10 marks

Assignments/Research Based Project-10 marks

Attendance-5 marks

Course prerequisites only students physical medically fit.

Syllabus For B.A./ B.Sc./ Physical Education/Semester VI/Paper- III

Subject: Physical Education- Practical		
Course Code: E020603P		Course Title: Research and Sports
Course out comes: Students can be able to understand Research Methods in sports and Physical education.		
Credits: 02		Elective
Max.Marks:25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P:0-0-2		
Unit	Topics	No. of Hour
Part-A		
I.	Learning the advanced skill of selected team games: • History and development of selected game/sports • Lay out and measurement of selected game/sports • Rules and regulation of selected games/sports • Specific exercise for selected game/sports • Techniques and skills of selected game/sports	15
Part-B		
II.	Paralympic Committee of India (PCI) • History • Aims and Objective. • Learn about anyone para-sports. • Para-competition.	15
<u>Suggested Readings:</u> ➤ College of Sports Medicine, New York, U.S.A. ➤ Anspaugh, D.J., G. Ezel land K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA) ➤ Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. ➤ ACSM's Guidelines for Exercise Testing and Prescription (2001), American ➤ Floyd, P.A.S.E. Mimms and C. Yalding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.		

Course prerequisites: There are no any prerequisites only students physical and medically fit.

This course can be opted an elective by the students of following subject:
Open for all

Suggested Continuous Evaluations Methods (CIE)

INTERNAL ASSESMENT (25 Marks)

Written Test – 10 marks

Assignments/Research Based Project-10 marks

Attendance-5 marks

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Rajarshi Tandon Open University.

Syllabus For B.A./B.Sc/ Physical Education/Semester VI/Research Project/Paper- IV

Subject: Physical Education- Project		
Course Code: E020604P		Course Title: Research Project
Course out comes: It will help the learner to understand the basic problems of school going students related to sports and Physical Education and finding their solution with the help of analyzed data.		
Credits: 03		Compulsory
Max.Marks:25+75		Min. Passing Marks:10+25
Unit	Topics	No. of Hours
I.	• To conduct a survey or interview of primary or secondary government school students for the interest towards physical education and sports programs. • Analyze the data and submit a detailed report and a presentation. • The student will work in groups in completing the project but will write the final paper individually	45
Course prerequisites: There are no any prerequisites only students physical and medically fit.		
Suggested readings: http://heecontent.upsdc.gov.in/Home.aspx		
This course can be opted an elective by the students of following subject: Open for all		
Suggested Continuous Evaluations Methods (CIE) . Making a video of survey or interview and present it.(20marks) . Attendance(5marks)		

ANNEXURE– A

Under the National Education Policy (NEP) Curriculum, for the physical education Practical Paper (Games) in B.A. Third, Fourth, Fifth and Sixth Semesters, colleges may select games from the following list according to their available facilities, including playgrounds and sports equipment.

The available games are:

- **Kabaddi**
- **Kho-Kho**
- **Badminton**
- **Cricket**
- **Volleyball**
- **Football**
- **Hockey**