As per the NEP 2020

B.A./B.Sc. Physical Education

(Effective from Academic Year 2024-2025 onwards)

Pandit Deendayal Upadhyaya Shekhawati University

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Semester – I

Learning Outcomes

After successfully completing this course, the student will be able to:

1. Explore the scientific evidence that has been gathered on the contribution and the benefits of physical education in college for students.
2. Understand & differentiate the concept of History, and Principles of physical education.
3. Choose physical education as a remedial tool to inculcate values and ethics.
4. Get acquainted with historical development and its impact on the nature of physical education in India and abroad.
5. Explore the Biological, Psychological, Physiological, Sociological, and Philosophical foundation of human beings.
6. Gain knowledge of learning theories.
7. Explore the physical and mental growth and development of the body.
8. Gain knowledge about Idealism, Pragmatism, Naturalism, and Existentialism.
9. Identify the students with different issues, challenges, and opportunities in Physical Education & Sports.

Course Title:	**History and Foundation of Physical Education-I**	**Course Code: 24BPE5101T**
Total Lecture hour 45		**Hours**
Unit I	• Definition of Physical Education and its importance. • Misconception about Physical Education. • Aim's & objective of Physical Education. • Scope of Physical Education. • Place of Physical Education in total Education Process.	**12**
Unit II	• Physical Education in Ancient India (Before 1947). • Physical Education in India (after 1947). • Ancient Olympics. • Impact of Britain & U.S.A. on Physical Education in India. • Modern Physical Education in India. • Physical Education and Sports Training in India. • Rajasthan State sports Council, Function, Aim and Objectives.	**12**
Unit III	**Philosophical Foundation** • Idealism and Physical Education. • Pragmatism and Physical Education. • Naturalism and Physical Education. • Existentialism and Physical Education.	**11**
Unit IV	**Biological Foundation** • Heredity & Environment and their effect. • Stages of Growth & Development. • Principles of Growth and Development. • Factors affecting Growth & Development. • Differences between Growth & Development. **Psychological Foundation** • Meaning of Psychology. Importance of Psychology for Teacher. • Role of Psychological Elements in Physical Education. Motion - mind and body. • Psycho-Physical Unity. • Learning. Learning Theories. Law of Learning.	**10**

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Suggestive Readings:	
1	Bucher C.A. (1983) "Foundation of Physical Education and Sport" the C.V. Mosky Co. St. Louis, Toronto - London.
2	Kamlesh & Sangral, (2000) "Principles & History of Physical Education," Prakash Brothers, Ludhiana.
3	Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports."
4	Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
5	Ajmer Singh etc. "Essential of Physical Education." Kalyani Publishers, Ludhiana.
6	Textbooks of Physical Education For CBSE XI & XII class.
7	Bucher C.A. (1983) "Foundation of Physical Education and Sport" the C.V. Mosky Co. St. Louis, Toronto - London.
8	Kamlesh & Sangral, (2000) "Principles & History of Physical Education," Prakash Brothers, Ludhiana.
9	Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports."
10	Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
11	Ajmer Singh etc. "Essential of Physical Education." Kalyani Publishers, Ludhiana.

Learning Outcomes:

On successful completion of the course, the students will be able to:

1. Assess the individual levels of fitness components.
2. Demonstrate the basic fundamental knowledge and skills of indoor games/sports.

Course Title:	Practical	Course Code: 24BPE5101P
1	Opt any one Indoor game. Table Tennis Badminton (Preparing of practical file on opted indoor game.) Canadian Physical Fitness	

Semester – II

Learning Outcomes

After successfully completing this course, the student will be able to:-

1. Knowing the history of games given in Puraans and Scriptures and experimenting in games.
2. Acquire knowledge of particular historical context.
3. Knowledge about sports awards, sports associations, popular personalities of sports.

Course Title:	History and Foundation of Physical Education-II	Course Code: 24BPE5201T
Total Lecture hour 45		Hours
Unit I	• History of Olympic Games. Modern Olympic Games. Objective of Olympic Games, Motto and Flag of Olympic, Charter of opening & Closing. Indian Olympic Association. Indian Sports Awards: Arjun Award, Dronacharya Award, Maulana Abdul Kalaam Azad Trophy, Major Dhyan Chand Award, Guru Vashisth Award.	12
Unit II	Contribution of the Growth of Physical Education by leader's movements.	12

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	• All India Council of Sports. • National Physical Efficiency Drive. • Turnverein Movement. • Y.M.C.A. and its Contribution. Contribution of personalities in the field of sports in India by: G.D. Sondhi, Rajkumari Amrit Kaur, Dr. P.M. Joseph, Shri H.C. Buck, Prof. Karan Singh, Ajmer Singh. Sports Tournaments: Asia Games, S.A.F. Games, National Games, Paralympic Games.	
Unit III	Physiological Foundation - Respiratory System, Circulatory System, Muscles & types of Muscles, General benefits of Exercise. Sociological Foundation - Physical Education and sports as a need of the Society, Sociological Implication of Physical Education and sports, Physical activities and sports as a Man's cultural Heritage.	**11**
Unit IV	Psychological Factors affecting sports Performance, Benefits of Different types of Exercise to the various systems of the body, Role of Social Institutions in development of personality through participation in games & sports.	**10**

Suggestive Readings:

1	Bucher C.A. (1983) "Foundation of Physical Education and Sport" the C.V. Mosky Co. St. Louis, Toronto - London.
2	Kamlesh & Sangral, (2000) "Principles & History of Physical Education," Prakash Brothers, Ludhiana.
3	Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports."
4	Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
5	Ajmer Singh etc. "Essential of Physical Education." Kalyani Publishers, Ludhiana.
6	Textbooks of Physical Education For CBSE XI & XII class.
7	Bucher C.A. (1983) "Foundation of Physical Education and Sport" the C.V. Mosky Co. St. Louis, Toronto - London.
8	Kamlesh & Sangral, (2000) "Principles & History of Physical Education," Prakash Brothers, Ludhiana.
9	Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports."
10	Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
11	Ajmer Singh etc. "Essential of Physical Education." Kalyani Publishers, Ludhiana.

Learning Outcomes:

On successful completion of the course, the students will be able to:

1. Assess the individual levels of fitness components.
2. Demonstrate the basic fundamental knowledge and skills of outdoor games/sports.

Course Title:	**Practical**	**Course Code: 24BPE5201P**
1	1. Opt any one Outdoor game: a. Football b. Hockey (Preparing of practical file on opted outdoor game.) 2. Cooper Physical Fitness Test (10 minutes run)	

Semester – III

Learning Outcomes

After successfully completing this course, the student will be able to:

• Understand the basic structure and function of the human body and demonstrate its knowledge for the development of skills and fitness.

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• Knowledge of anatomy helps design effective training programs tailored to individual needs and goals, optimizing performance and minimizing the risk of injuries.
• Demonstrate knowledge and understanding of the effect of exercise on the different systems.
• Classify types of joints and explain the structure and function of human joints.

Course Title:	**Anatomy And Physiology of Exercise**	**Course Code: 24BPE6301T**
Total Lecture Hours 45		**Hours**
Unit I	Introduction - Meaning and concept of Anatomy, Meaning of Physiology and Exercise Physiology, Need and importance of Anatomy and Physiology in Physical Education, Definition of cell, Tissue, Organs, and Microscopic Structure of cell.	**12**
Unit II	Elementary knowledge of skeleton system, Joints and types of joints, Terminology of various movements around joints, Types of Muscles, Structure of Muscles, Characteristics of Muscles. Body System - Cardiovascular System, Digestive System, Respiratory System, Nervous System.	**12**
Unit III	Growth and Development - Define Growth and Development, Difference between Growth and Development, Role of Glands in Growth and Development, Definition and Physiological concept of physical fitness training, Definition and importance of - warming up and conditioning, Physiological aspects of development of strength, speed, agility.	**11**
Unit IV	Effects of exercises on - Respiratory system, Circulatory system, Muscular system. Neuro-muscular co-ordination, Obesity and body weight control, Second wind, Kinesthetic Sense, Oxygen depth, Fatigue, Side stitch, Cramp (Exercise-related transient abdominal pain).	**10**

Suggestive Readings:

1	Pearce, Avelin C. (2005). *Anatomy and Physical Education*. Prakash Brothers, Ludhiana.
2	Pearce, Evelyn. *Anatomy and Physiology for Nurses*. Oxford University Press, New Delhi.
3	Sears, Gordon. *Anatomy and Physiology for Nurses*. Orient Longman Ltd., New York.
4	Saini, Yashoda. *Sharir Rachna Tatha Sharir Kriya Vigyan (Hindi)*. Khel Sahitya Kendra.
5	Agarwal, Dr. Suresh Kumar, et al. *Basics of Physical Education, Health & Sports*.
6	Singh, Ajmer, et al. (2000). *Olympic Movement*. Kalyani Publishers, Ludhiana.
7	Singh, Ajmer, et al. *Essentials of Physical Education*. Kalyani Publishers, Ludhiana.
8	*Textbooks of Physical Education for CBSE XI & XII Class*.

Learning Outcomes:
On successful completion of the course, the students will be able to:
1. Assess the individual levels of fitness components.
2. Demonstrate the basic fundamental knowledge and skills in Athletics (Track and Field).

Course Title:	**Practical**	**Course Code: 24BPE6301P**
1	1. Athletics (Track and Field) a. Two Throwing Events b. Two Jumping Events (Preparing of practical file on athletics (Track and Field)) 2. Canadian Physical Fitness.	

Semester – IV

Learning Outcomes:
- Describe the fundamentals of Sports Management, Organization, and Administration in the Sports Industry.

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- Organize competitions at different levels.
- Prepare and execute the intramural program for their school and college.

Course Title:	**Management And Methods of Physical Education**	**Course Code: 24BPE6401T**
Total Lecture Hours 45		**Hours**
Unit I	**Teaching**: Meaning and importance of teaching methods, Types of teaching methods, Principle of teaching. **Organizations**: Organization of sports for educational institutes: National level, State level, District level, Village level.	**12**
Unit II	**Tournaments**: Meaning of tournament, Types of tournaments, Method of drawing fixtures, Merit and demerit of different types of tournaments. **Facilities and Equipment**: Need and importance of equipment for physical education, An ideal list of equipment for physical education, and Role of equipment in physical education.	**12**
Unit III	**Purchasing and Maintaining**: Realistic approach in purchase procedure of equipment, Maintenance of equipment, and Development of improvised equipment and storekeeping.	**11**
Unit IV	**Budget and Office Management**: Physical education budget and its preparation, Maintenance of records, and office correspondence, and Maintenance of accounts, income sources & expenditure.	**10**

Suggestive Readings:

1	Dr. Khailash K. Pawar. *Sharirik Shiksha me Sangathan tatha Prashasan*. Sports Publication, New Delhi.
2	Kamlesh, M.L. (2005). *Methods in Physical Education*. Friends Publication.
3	Thomas, J.P. (1967). *Organization and Administration of Physical Education*. Madras: Gyanodaya Press.
4	Voltmer, E.F. & Esslinger, A.A. (1979). *The Organization and Administration of Physical Education*. New York: Prentice Hall Inc.
5	Dr. Suresh Kumar Agarwal, et al. *Basics of Physical Education, Health & Sports*.
6	Singh, Ajmer, et al. (2000). *Olympic Movement*. Kalyani Publishers, Ludhiana.
7.	Singh, Ajmer, et al. *Essentials of Physical Education*. Kalyani Publishers, Ludhiana.
8.	*Textbooks of Physical Education for CBSE XI & XII Class*.
9.	Dr. Khailash K. Pawar. *Sharirik Shiksha me Sangathan tatha Prashasan*. Sports Publication, New Delhi.

Learning Outcomes:

On successful completion of the course, the students will be able to:

1. Assess the individual levels of fitness components.
2. Demonstrate the basic fundamental knowledge and skills of Indian-originated games/sports.

Course Title:	**Practical**	**Course Code: 24BPE6401P**
1	1. Opt any one Indian-originated game: Kabaddi Kho-Kho (Preparing of practical file on opted Indian-originated game.) 2. Cooper Physical Fitness Test (10 minutes run).	

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Semester – V
Health Education

Course Title:	Health Education	Course Code: 24BPE7501T
Total Lecture hour 30		**Hours**
Unit I	• Meaning of Health Education, its need and scope for college students, Aims, objectives and principles of Health Education • Concept of Health and Fitness, the Importance of health to: Individual, Family, Community, State. • Meaning of Mental Health and its Relationship between Mental Health and Physical Health	**9**
Unit II	• 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	**9**
Unit III	• Need and importance of personal hygiene, environmental hygiene and food hygiene • Communicable diseases and their prevention • Posture - Common postural defects, their causes and remedies	**6**
Unit IV	• Importance and general principles of safety education for preventing accidents in Physical Education and sports • Common accidents in games and sports and its First aid treatments	**6**

Suggestive Readings:

1. Lawrenca, Thomas Gordan; Schriver, Alico: Powers: Your Health and Safety Har Court, Brace & World, Inc. Douglas F. and Verbans Levia New York 1959
2.Bauer, W.U. (Editor)Today's Heaht Guide Americal Modical Association Revised Edition, 1968.
3. Jobrs, Eduyard P, Sultzs, Wilfred Co, and Webster, Loyd t . Health for effective living No Cow Hill Book Compaiy Nei Yode, 1970
4. Stack, Harbett, 1, Deke Elkom. Eduostion- for safe living, Englowood Cliffs, Nor Jessoy, Proctice Hall Iac 1966.
5. Evans, A. Willem Everyday Cemashes, 1952. Salety, Calcago, Lyons ind
6. Floris, A1. & Stafford Q.T- Safety Educator; Nich York Ac Grew Hill Book Ca 1969.
7. Park 1B. Text. Book Of Preventine sad Social Medicias Bonersidess Bharat, 1 9 8 0
8. Ajmer Singh etc: Basics of Physical Education, Health & Sports. B . A . 1: Kalyani Publication, Ludhiana.
9. Ajmer Singh etc: Basics of Physical Education, Health & Sports. B . A . II: Kalyani Publication, Ludhiana.
10. Ajmer Singh etc: Basics of Physical Education, Health & Sports. B . A . III: Kalyani Publication, Ludhiana.
11. Sharma & Granth Singh : Physical & Health Education : Asha Prakashan Greb, New Delhi.
12. Datta A.K. & Mazundar L : Student Teaching in Physical Education: Jenvani Prakashan Pvt Ltd. Delhi.
13. अजमेर सिंह और अन्य शारिरीक शिक्षा स्वास्थ्य एवं खेलों की आधुनिक पाठ्यपुस्तक (बी.ए. I कल्यानी पब्लिकेशन लुधियाना
14. मोहम्मद बाहिद और दीक्षित एन. के. : शारिरीक शिक्षा का इतिहास : डालीगंज रेलवे क्रासिंग लखनउ
15. मोहम्मद बाहिद और दीक्षित एन. के. : शारिरीक शिक्षा में शिक्षण विधि : डालीगंज रेलवे क्रासिंग लखनउ
16. पाण्डेय लक्ष्मीकान्त : शारिरीक शिक्षा में शिक्षण पद्धतिः मैट्रोपोलिठन बुक न. प्रा. लि. नई दिल्ली
17. सिदान्य अशोंक कुमार : शारिरीक शिक्षा सिद्धान्त, मनोविज्ञान एवं इतिहास : श्रीयांस पब्लिकेशन जयपुर
18. कमलेश और संग्राल : शारिरीक शिक्षा के सिद्धान्त एवं इतिहास : प्रकाश ब्रदर्स लुधियाना
19. वैष्णव राजेंन्द्र प्रसाद : शारिरीक शिक्षा का संगठन व विधियॉ : श्रीयांस पब्लिकेशन जयपुर

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20. भाटिया ए.एल. और बघेला हेत सिंह : शरीर रचना, क्रिया शास्त्र, स्वास्थ्य शिक्षा, सुरक्षा शिक्षा, प्राथमिक चिकित्सा और आहार : श्रीयांस पब्लिकेशन जयपुर

Course Title:	Practical	Course Code: 24BPE57501P
1	Opted any one Indian Originated Major game Volleyball Basketball (Preparing Practical File on above opted Games)	
2	Cooper Physical Fitness Test	

Practical Scheme:

Maximum Marks: 50

Practical Assessment: Practical – 30 marks
Viva – 10 marks
Practical File – 10 marks
Total – 50 marks

Semester – VI
Test and Measurement

Course Title:	Test and Measurement	Course Code: 24BPE7601T
Total Lecture hour 30		**Hours**
Unit I	**Introduction** 1. Meaning of tests, measurements & evaluation, Need & importance of tests & measurement in physical education. 2. Meaning of statistics,Need & importance of statistics 3. Frequency tables – meaning, construction & uses	**8**
Unit II	**Fundamentals of Statistics** 1. Measures of Central Tendency – Meaning, uses, and calculations (via frequency tables) 2. Graphical Representation of Data – Meaning, uses, and techniques 3. Percentiles – Meaning, uses, and calculations	**9**
Unit III	**Test Evaluation and Construction** 1. Items to be included in Objective and Subjective tests 2. Criteria of test selection 3. Administration of testing programme	**6**

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Unit IV	**Measurement of Physical Fitness and Skill Performance** 1. Fitness Tests: o AAPHERD Test o JCR Test o Canadian Fitness Test 2. Sports Skill Tests: o Johnson Basketball Ability Test o McDonald Soccer Test o Dribble and Goal Shooting Test in Hockey Dimensions and Marking of Playfields Football, Volleyball, Basketball, Cricket, Hockey, and Badminton	7

Suggestive Readings:

1. Clarke H.H Application Of Measure to Health and Physical Education Englewood Cliffs N.J Precentice Hall Inc.
2. Larson I.A And Yacorn, R.D : Measurement and Evalutioin in Health and Recreaytion Education. St. Louis : C.V Moslay Company 1957
3. Mathew Donald K. Measurement in Physical Education London. W.B. Sauaders Company 1973
4. Neilson N.P : An Elementary Course in Statistics Test and Measurement in Physical Education . National Test Polo Athletic 1960
5. Ajmer Singh etc. Basis of Physical Education, Health And Sports B . A . I : Kalyani Publication, Ludhiana.
6. Ajmer Singh etc. Basis of Physical Education, Health And Sports B . A . II: Kalyani Publication, Ludhiana.
7. Ajmer Singh etc. Basis of Physical Education, Health And Sports B . A . III: Kalyani Publication, Ludhiana
8. Sharma $ Granth Singh : Physical $ Health Eucation : Asha Prakashan Greh. New Delhi
9. Datta A.K $ Mazumdar tudent Teaching in Physical Education : JAnvanio Prakashan Pvt. Ltd. Delhi
10. अजमेर सिंह और अन्य शारिरीक शिक्षा स्वास्थ्य एवं खेलों की आधुनिक पाठ्यपुस्तक (बी.ए. I कल्यानी पब्लिकेशन लुधियाना)
11. . अजमेर सिंह और अन्य शारिरीक शिक्षा स्वास्थ्य एवं खेलों की आधुनिक पाठ्यपुस्तक (बी.ए. II कल्यानी पब्लिकेशन लुधियाना)
12. मोहम्मद बाहिद और दीक्षित एन. के. : शारिरीक शिक्षा का इतिहास : डालीगंज रेलवे क्रासिंग लखनउ
15. मोहम्मद बाहिद और दीक्षित एन. के. : शारिरीक शिक्षा में शिक्षण विधि : डालीगंज रेलवे क्रासिंग लखनउ
16. पाण्डेय लक्ष्मीकान्त : शारिरीक शिक्षा में शिक्षण पद्धतिः मैट्रोपोलिठन बुक न. प्रा. लि. नई दिल्ली
17. सिदान्य अशोंक कुमार : शारिरीक शिक्षा सिद्धान्त, मनोविज्ञान एवं इतिहास : श्रीयांस पब्लिकेशन जयपुर
18. कमलेश और संग्राल : शारिरीक शिक्षा के सिद्धान्त एवं इतिहास : प्रकाश ब्रदर्स लुधियाना
19. वैष्णव राजेंन्द्र प्रसाद : शारिरीक शिक्षा का संगठन व विधियॉ : श्रीयांस पब्लिकेशन जयपुर

Course Title:	Practical	Course Code: 24BPE57601P
1	Opted any one Indian originated Major game Athletics (Springs) Handball (Preparing Practical File on above opted Games)	
2	Cooper Physical Fitness Test	

Practical Scheme:

Maximum Marks: 50

Practical Assessment: Practical – 30 marks
Viva – 10 marks
Practical File – 10 marks
Total – 50 marks

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