CHOICE BASED CREDIT SYSTEM (CBCS)

COURSE SCHEME & SYLLABUS

For Under Graduate Programme
Bachelor of Arts (B.A.)
with PHYSICAL EDUCATION
(Effective from Academic Year 2016 – 17 Onwards)

DEPARTMENT OF PHYSICAL EDUCATION
HIMACHAL PRADESH UNIVERSITY
SUMMER HILL, SHIMLA
171 005
## Choice Based Credit System
### B.A. with Physical Education

<table>
<thead>
<tr>
<th>Semester</th>
<th>Core Course (12)</th>
<th>Ability Enhancement Compulsory Course (AECC) (2)</th>
<th>Skill Enhancement Course (SEC) (4)</th>
<th>Discipline Specific Elective (DSE) (4)</th>
<th>Generic Elective (GE) (2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>English/Hindi/MIL-1\nIntroduction to Physical Education (PED101TH)</td>
<td>(English/Hindi/MIL Communication)/Environmental Science</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>II</td>
<td>Hindi/MIL/English-1\nOlympic Movement and Organisation of Tournaments (PED201TH)</td>
<td>Environmental Science/(English/Hindi/MIL Communication)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>III</td>
<td>English/Hindi/MIL-2\nHuman Anatomy and Physiology (PED301TH)</td>
<td>Sports Medicine, Physiotherapy and Rehabilitation (PED302TH)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>IV</td>
<td>Hindi/MIL/English-2\nSports Psychology (PED401TH)</td>
<td>Sports Training (PED402TH)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>V</td>
<td></td>
<td>Specialisation in Volleyball (PED501PR)\nOr Specialisation in Football (PED502PR)\nOr Specialisation in Kabaddi (PED503PR)</td>
<td>Recreation (PED504TH)\nOr Kinesiology and Biomechanics (PED505TH)</td>
<td></td>
<td>Health Education and Nutrition (PED506TH)</td>
</tr>
<tr>
<td>VI</td>
<td></td>
<td>Specialisation in Athletics (PED601PR)</td>
<td>Methods of Teaching in Physical Education (PED602TH)\nOr Officiating and Coaching (PED603TH)</td>
<td></td>
<td>Yoga (PED604TH)</td>
</tr>
</tbody>
</table>

Note: Practical Paper will not have tutorials.
<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Opted</th>
<th>Course Name</th>
<th>Course Code</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Core Course-I</td>
<td>English/Hindi/MIL-1</td>
<td>PED101TH</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Core Course-II</td>
<td>Introduction to Physical Education</td>
<td>PED101PR</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Core Course-II (Practical)</td>
<td>Athletics and Game-I</td>
<td>PED101PR</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Core Course-III</td>
<td>DSC-2A</td>
<td>PED101PR</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Ability Enhancement Compulsory Course-I</td>
<td>(English/Mil Communications)/Environmental Science</td>
<td>PED101PR</td>
<td>4</td>
</tr>
<tr>
<td>II</td>
<td>Core Course-IV</td>
<td>Hindi/MIL/English-I</td>
<td>PED102TH</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Core Course-V</td>
<td>Olympic Movement and Organisation of Tournaments</td>
<td>PED201TH</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Core Course-V (Practical)</td>
<td>Athletics and Game-II</td>
<td>PED201PR</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Core Course-VI</td>
<td>DSC-2B</td>
<td>PED201TH</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Ability Enhancement Compulsory Course-II</td>
<td>(English/Mil Communications)/Environmental Science</td>
<td>PED201TH</td>
<td>4</td>
</tr>
<tr>
<td>III</td>
<td>Core Course-VII</td>
<td>English/Hindi/MIL-2</td>
<td>PED301TH</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Core Course-VIII</td>
<td>Human Anatomy and Physiology</td>
<td>PED301TH</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Core Course-VIII (Practical)</td>
<td>Athletics and Game-III</td>
<td>PED301PR</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Core Course-IX</td>
<td>DSC-2C</td>
<td>PED301PR</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Skill Enhancement Course-1 (SEC-1)</td>
<td>Sports Medicine, Physiotherapy and Rehabilitation</td>
<td>PED302TH</td>
<td>4</td>
</tr>
<tr>
<td>IV</td>
<td>Core Course-X</td>
<td>Hindi/MIL/English-2</td>
<td>PED401TH</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Core Course-XI</td>
<td>Sports Psychology</td>
<td>PED401PR</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Core Course-XI (Practical)</td>
<td>Athletics and Game-IV</td>
<td>PED401PR</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Core Course-XII</td>
<td>DSC-2D</td>
<td>PED401PR</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Skill Enhancement Course-2 (SEC-2)</td>
<td>Sports Training</td>
<td>PED402TH</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Skill Enhancement Course-3 (SEC-3) (Practical)</td>
<td>a) Specialization in Volleyball b) Specialization in Football c) Specialization in Kabaddi</td>
<td>PED501PR</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Discipline Specific Elective-1</td>
<td>Recreation Or Kinesiology and Biomechanics</td>
<td>PED504TH</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Discipline Specific Elective-2</td>
<td>DSE-2A</td>
<td>PED505TH</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Generic Elective-1 (GE-1)</td>
<td>Health Education and Nutrition</td>
<td>PED506TH</td>
<td>6</td>
</tr>
<tr>
<td>VI</td>
<td>Skill Enhancement Course-4 (SEC-4) [Practical]</td>
<td>Specialization in Athletics</td>
<td>PED601PR</td>
<td>4</td>
</tr>
<tr>
<td>----------</td>
<td>-----------------------------------------------</td>
<td>-----------------------------</td>
<td>----------</td>
<td>----</td>
</tr>
<tr>
<td></td>
<td>Discipline Specific Elective-3</td>
<td>Methods of Teaching in</td>
<td>PED602TH</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Physical Education</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Or</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Officiating and Coaching</td>
<td>PED603TH</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Any One</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Discipline Specific Elective-4</td>
<td>DSE-2B</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Generic Elective-2 (GE-2)</td>
<td>Yoga</td>
<td>PED604TH</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Total Credits</strong></td>
<td></td>
<td><strong>132</strong></td>
<td></td>
</tr>
</tbody>
</table>
B.A. with Physical Education

Core Course (4 Compulsory Papers along with Practicals)

Semester I
1. Introduction to Physical Education
2. Athletics and Game-I (Core Course-Practical)

Semester II
1. Olympic Movement and Organisation of Tournaments
2. Athletics and Game-II (Core Course-Practical)

Semester III
1. Human Anatomy and Physiology
2. Athletics and Game-III (Core Course-Practical)

Semester IV
1. Sports Psychology
2. Athletics and Game-IV (Core Course-Practical)

Skill Enhancement Course (4 Compulsory Papers)

Semester III
1. Sports Medicine, Physiotherapy and Rehabilitation

Semester IV
1. Sports Training

Semester V (Any one of the following)
1. Specialisation in Volleyball (Practical)
2. Specialisation in Football (Practical)
3. Specialisation in Kabaddi (Practical)

Semester VI
1. Specialisation in Athletics (Practical)

Discipline Specific Elective Course (2 Compulsory Papers)

Semester V (Any one of the following)
1. Recreation
2. Kinesiology and Biomechanics

Semester VI (Any one of the following)
1. Methods of Teaching in Physical Education
2. Officiating and Coaching

Generic Elective Course (2 Compulsory Papers)

Semester V
1. Health Education and Nutrition

Semester VI
1. Yoga
Course Evaluation

1. Theory Examination

Theory examination evaluation system shall have the following two components:

A. **Continuous Comprehensive Assessment (CCA)** accounting for 30% of the final grade that a student gets in a course; and

B. **End-Semester Examination (ESE)** accounting for the remaining 70% of the final grade that the student gets in a course (except in case of 40 marks theory paper where 30 marks of practical will be added in the grand total of 70 marks).

A. **Continuous Comprehensive Assessment (CCA):** This would have the following components:

<table>
<thead>
<tr>
<th>Continuous Comprehensive Assessment (CCA) Pattern:</th>
<th>Maximum Marks Alotted: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid Term Test* <em>(Marks)</em></td>
<td>Seminars/ Assignments/ Tutorials/ Class Test/ <em>(Marks)</em></td>
</tr>
<tr>
<td>15</td>
<td>10</td>
</tr>
</tbody>
</table>

* The pattern of examination for conducting the Mid Term Test shall be same as prescribed for the end semester examination.

A. **End-Semester Examination (ESE):** The remaining 70% of the final grade of the student in a course will be on the basis of an end-semester examination (ESE) that shall be of three hours duration and will be covering the whole syllabus of the course. The question paper format and marks distribution scheme for 70 marks theory paper and 40 marks theory paper will be as specified below:

i) **End Semester Examination Format (for 70 Marks Theory Paper):**

**End Semester Examination Scheme:**

<table>
<thead>
<tr>
<th>Maximum Marks Alotted</th>
<th>Minimum Pass Marks</th>
<th>Time Allotted</th>
</tr>
</thead>
<tbody>
<tr>
<td>70</td>
<td>32</td>
<td>3 Hours</td>
</tr>
</tbody>
</table>

**Paper Setting Format:**

<table>
<thead>
<tr>
<th>Section</th>
<th>No. of Questions</th>
<th>Syllabus Coverage</th>
<th>Nature of Questions</th>
<th>Questions to be Attempted</th>
<th>Maximum Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>10</td>
<td>Whole</td>
<td>MCQ/True-False/Fill in the blanks or such type</td>
<td>10 (1 mark each)</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>5</td>
<td>Whole</td>
<td>Short answer type (25-50 words)</td>
<td>5 (4 marks each)</td>
<td>20</td>
</tr>
<tr>
<td>B</td>
<td>2</td>
<td>Unit I</td>
<td>Long answer type</td>
<td>1 (10 marks each)</td>
<td>10</td>
</tr>
<tr>
<td>C</td>
<td>2</td>
<td>Unit II</td>
<td>Long answer type</td>
<td>1 (10 marks each)</td>
<td>10</td>
</tr>
<tr>
<td>D</td>
<td>2</td>
<td>Unit III</td>
<td>Long answer type</td>
<td>1 (10 marks each)</td>
<td>10</td>
</tr>
<tr>
<td>E</td>
<td>2</td>
<td>Unit IV</td>
<td>Long answer type</td>
<td>1 (10 marks each)</td>
<td>10</td>
</tr>
<tr>
<td><strong>Total</strong> <strong>(A+B+C+D+E)</strong></td>
<td></td>
<td></td>
<td></td>
<td><strong>70</strong></td>
<td></td>
</tr>
</tbody>
</table>
ii) End Semester Examination Format (for 40 Marks Theory Paper):

End Semester Examination Scheme:

<table>
<thead>
<tr>
<th>Maximum Marks Allotted</th>
<th>Minimum Pass Marks</th>
<th>Time Allotted</th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td>18</td>
<td>3 Hours</td>
</tr>
</tbody>
</table>

Paper Setting Format:

<table>
<thead>
<tr>
<th>Section</th>
<th>No. of Questions</th>
<th>Syllabus Coverage</th>
<th>Nature of Questions</th>
<th>Questions to be Attempted</th>
<th>Maximum Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>8</td>
<td>Whole</td>
<td>MCQ/True-False/Fill in the blanks or such type</td>
<td>8 (1 mark each)</td>
<td>8</td>
</tr>
<tr>
<td>B</td>
<td>2</td>
<td>Unit I</td>
<td>Long answer type</td>
<td>1 (8 marks each)</td>
<td>8</td>
</tr>
<tr>
<td>C</td>
<td>2</td>
<td>Unit II</td>
<td>Long answer type</td>
<td>1 (8 marks each)</td>
<td>8</td>
</tr>
<tr>
<td>D</td>
<td>2</td>
<td>Unit III</td>
<td>Long answer type</td>
<td>1 (8 marks each)</td>
<td>8</td>
</tr>
<tr>
<td>E</td>
<td>2</td>
<td>Unit IV</td>
<td>Long answer type</td>
<td>1 (8 marks each)</td>
<td>8</td>
</tr>
</tbody>
</table>

Total (A+B+C+D+E) 40

2. Practical Examination

Practical examination evaluation system will also have the CCA and ESP components at par with the theory examination as follows (except in case of 30 marks ESP examination where there will be no CCA):

A. **Continuous Comprehensive Assessment (CCA)** accounting for 30% of the final grade that a student gets in a practical course and its evaluation pattern would be same as mentioned above for the theory examination.

B. **End-Semester Practical (ESP) Examination** accounting for the remaining 70% of the final grade that a student gets in a practical course and will be based on an end semester practical (ESP) examination that shall be of three hours duration and will be covering the whole syllabus of the course. Its evaluation would be based upon the components: written lab work, markings of playfields/athletic track, demonstration of the skills, viva-voce and practical record. The marks distribution scheme for 30 marks end semester practical examination and 70 marks end semester practical examination will be as specified below:

i) **End Semester Practical Examination Scheme (for 30 Marks Practical):**

Marks Allocation Scheme for End Semester Practical Examination:

<table>
<thead>
<tr>
<th>Practical Examination Components</th>
<th>Maximum Marks</th>
<th>Minimum Pass Marks</th>
<th>Time Allotted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Playfield/Track Markings</td>
<td>07</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Demonstration of Skills</td>
<td>08</td>
<td>14</td>
<td>3 Hours</td>
</tr>
<tr>
<td>Practical Record</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Viva-Voce</td>
<td>05</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>30</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ii) End Semester Practical Examination Scheme (for 70 Marks Practical):

Marks Allocation Scheme for End Semester Practical Examination:

<table>
<thead>
<tr>
<th>Practical Examination Components</th>
<th>Maximum Marks</th>
<th>Minimum Pass Marks</th>
<th>Time Allotted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Written Lab Work</td>
<td>20</td>
<td>32</td>
<td>3 Hours</td>
</tr>
<tr>
<td>Demonstration of Skills</td>
<td>20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Playfield/Track Markings</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Practical Record</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Viva-Voce</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>70</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note:-

1. A student will have to pass both the components i.e. CCA and ESE/ESP separately to become eligible to be declared successful in a course. The pass percentage will be 45% i.e. 14 marks out of 30 in CCA/ESP, 18 marks out of 40 in ESE and 32 marks out of 70 in ESE/ESP.

2. There will be no CCA in case of 30 marks practical.
COURSE CONTENTS IN DETAIL

SEMESTER-I
THEORY COURSE

COURSE CODE: PED101TH (CORE COURSE-I)
Credits: 4 (L=44+T=16+P=0) =60
Marks: (ESE=40+CCA=30) =70

INTRODUCTION TO PHYSICAL EDUCATION

Unit-I Introduction
1. Meaning, Definition, Need and Scope of Physical Education.
2. Aim and Objectives of Physical Education.
3. Importance of Physical Education in present era.
4. Misconceptions about Physical Education.
5. Relationship of Physical Education with General Education.

Unit-II
1. Historical Development of Physical Education in India (Pre-Independence).
2. Physical Education in India (Post-Independence).
3. Contribution of Akhadas, Vyayamshalas and Y.M.C.A.
4. Modern Perspectives: Career Avenues, National awards and Honours, Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, M.A.K.A. Trophy.

Unit-III Biological Basis of Physical Education
1. Growth and Development, Differences between growth and development, Factors affecting growth and development.
2. Anatomical and Physiological Differences between Male and Female.
3. Effects of Heredity and Environment on Growth and Development.

Unit-IV Emerging Trends in Physical Education
1. Career opportunities in Physical Education and Sports:
   a. As a Physical Education teacher.
   b. Coach / trainee.
   c. Gym instructor.
d. Physiotherapist.
e. Psychologist.
f. Dietitian.
g. Sports administrator/manager
h. Rehabilitator

2. Adventure Sports

3. Water Sports

4. Fast growing professional in sports

References:
SEMESTER-I
PRACTICAL COURSE

COURSE CODE: PED101PR {CORE COURSE-I (Practical)}

Credits: 2 {L=8+T=0+P=44(22*)} =30

Marks: 30

ATHLETICS AND GAME-I

1. Athletics
   i) Event (Shot put and Long jump):
      (a) Introduction of event and brief history.
      (b) Basic skills and techniques.
      (c) IAAF rules and regulations.
      (d) Equipment required for the event.
      (e) No. of officials required and duties of officials.
      (f) Techniques of the event.
      (g) Teaching stages of the event.
      (h) Preparation and filling of score sheet.
      (i) Marking of the shot put/long jump field.

2. Game
   ii) Badminton/Weightlifting: (Any one)
      (a) History of the game.
      (b) Measurement and preparation of the playfield.
      (c) Equipment required for the game.
      (d) Fundamental skills and lead-up games.
      (e) Techniques, strategies and system of play.
      (f) Rules and regulations of the game.
      (g) National and International tournaments associated with the game.
      (h) Team/Individual records (World, Olympic, Asian and National Level) of the game.
      (i) Awards associated with the game.
      (j) Knowledge of score sheets.
      (k) Signals of officiating.
SEMESTER-II
THEORY COURSE

COURSE CODE: PED201TH (CORE COURSE-II)
Credits: 4
(L=44+T=16+P=0) =60
Marks: (ESE=40+CCA=30) =70

OLYMPIC MOVEMENT AND ORGANIZATION OF TOURNAMENTS

Unit-I   Olympics Games, Asian Games and Commonwealth Games
2. Importance of Olympic Games, Objectives of Olympic, Olympic Motto, Emblem, Flag, Olympic Torch and Awards.
3. Asian Games: Historical background of Asian Games.
4. Performance of India at Olympic Games, World Championship, Asian Games and Commonwealth Games.

Unit-II   Promotion of Physical Education and Sports in India
2. Role of IOA, SAI, NSNIS and Khelo Bharat Abhiyan in the development of Physical Education and Sports in India.
5. Eminent Indian Sports Personalities of different games.

Unit-III   Intramurals and Extramurals
1. Intramurals :
   i) Its importance and planning.
   ii) Events of competitions, time and facility factor.
2. Extramurals :
   ii) Planning and conduct.
   iii) Outcomes of participations (Educational).
   iv) Limitations in participations.
   v) Selection and training of teams.
   vi) Participation, finance and other aspects.
Unit-IV Organisation of Tournaments

1. Concept and definition of tournament.
3. Protocols to organise college’s Annual Athletic Meet.

References:
SEMESTER-II
PRACTICAL COURSE

COURSE CODE: PED201PR  {CORE COURSE-II (Practical)}
Credits: 2  {L=8+T=0+P=44(22*)} =30
Marks: 30

ATHLETICS AND GAME-II

1. Athletics
   i) Event (Sprints):
      (a) Introduction of event and brief history.
      (b) Basic skills and techniques.
      (c) IAAF rules and regulations.
      (d) Equipment required for the event.
      (e) No. of officials required and duties of officials.
      (f) Techniques of the event.
      (g) Teaching stages of the event.
      (h) Preparation and filling of score sheet.
      (i) Marking of the track.

2. Game
   ii) Basketball/Table Tennis: (Any one)
      (a) History of the game.
      (b) Measurement and preparation of the playfield.
      (c) Equipment required for the game.
      (d) Fundamental skills and lead-up games.
      (e) Techniques, strategies and system of play.
      (f) Rules and regulations of the game.
      (g) National and International tournaments associated with the game.
      (h) Team/Individual records (World, Olympic, Asian and National Level) of the game.
      (i) Awards associated with the game.
      (j) Knowledge of score sheets.
      (k) Signals of officiating.
SEMESTER-III
THEORY COURSE

COURSE CODE: PED301TH (CORE COURSE-III)
Credits: 4 
(L=44+T=16+P=0) =60
Marks: (ESE=40+CCA=30) =70

HUMAN ANATOMY AND PHYSIOLOGY

Unit-I
1. Basic concept of Anatomy and Physiology.
2. **Muscular System:** Types of muscles, Structure and functions of muscles, Types of muscular contraction-Isotonic, isometric and isokinetic contractions and Effects of exercises and training on muscular System.
3. **Skeletal System:** Introduction, Functions and Importance of Skeletal System, Types of Bones-Skull, Upper and Lower Limbs and Trunk and Effects of exercises and training on Skeletal System.

Unit-II
1. **Respiratory System:** Introduction, Structure and Function, Types of respiration, Organs of respiration, Mechanism of Respiration and Measurements of Ventilation and Effects of exercises and training on Respiratory System.
2. **Circulatory System:** Structure of the Heart, Chambers of Heart, Arteries, Veins and Capillaries, Systematic and Pulmonary Circulation, Functions of Heart, Cardiac Output, Heart Rate, Stroke Volume, Blood Volume, Blood Flow, Athlete’s Heart and Effects of exercises and training on Circulatory System.

Unit-III
1. **Digestive System:** Introduction, Importance of digestion, Functions and process of digestion, Organs of Digestive system, Mechanism of Digestive system, Effects of exercises and training on Digestive System.

Unit-IV
1. Meaning and definition of Physiology and Exercise Physiology.
2. Need and importance of exercise physiology in the field of Physical Education.

3. Energy sources:
   a. Definition of energy
   b. Adenocine triphosphate (ATP)
   c. Creatine phosphate
   d. Metabolism
   e. Fatigue

4. Fatigue and factors responsible for fatigue.

References:
SEMESTER-III
PRACTICAL COURSE

COURSE CODE: PED301PR {CORE COURSE-III (Practical)}
Credits: 2 {L=8+T=0+P=44(22*)} =30
Marks: 30

ATHLETICS AND GAME-III

1. Athletics
   i) Event (High jump and Javelin):
      (a) Introduction of event and brief history.
      (b) Basic skills and techniques.
      (c) IAAF rules and regulations.
      (d) Equipment required for the event.
      (e) No. of officials required and duties of officials.
      (f) Techniques of the event.
      (g) Teaching stages of the event.
      (h) Preparation and filling of score sheet.
      (i) Marking of the shot high jump/javelin field.

2. Game
   ii) Handball/Boxing: (Any one)
      (a) History of the game.
      (b) Measurement and preparation of the playfield/arena.
      (c) Equipment required for the game.
      (d) Fundamental skills and lead-up games.
      (e) Techniques, strategies and system of play.
      (f) Rules and regulations of the game.
      (g) National and International tournaments associated with the game.
      (h) Team/Individual records (World, Olympic, Asian and National Level) of the game.
      (i) Awards associated with the game.
      (j) Knowledge of score sheets.
      (k) Signals of officiating.
SEMESTER-III
THEORY COURSE

COURSE CODE: PED302TH (SEC-I)
Credits: 4 (L=44+T=16+P=0) =60
Marks: (ESE=70+CCA=30) =100

SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Unit-I Sports Medicine
2. Injuries: Type of sports injuries, prevention of injuries in sports, common sports injuries and their diagnosis.
3. First Aid: Meaning, objectives and precautionary measures while giving first aid.

Unit-II Common Accidents and Ergogenic Aids
2. Ergogenic aids in sports and their ill effects :
   a. Anabolic agents
   b. Stimulants
   c. Beta blockers
   d. Narcotic analgesics
   e. Diuretics
   f. Blood doping

Unit-III Physiotherapy
1. Physiotherapy: Definition, guiding principles of physiotherapy and importance of physiotherapy.

Unit-IV Hydrotherapy and Thermotherapy

References:
SEMMETER-IV
THEORY COURSE

COURSE CODE: PED401TH
Credits: 4

(CORE COURSE-IV)
(L=44+T=16+P=0) =60
Marks: (ESE=40+CCA=30) =70

SPORTS PSYCHOLOGY

Unit-I Introduction
1. Meaning of psychology and sports psychology.
2. Definition, scope and importance of sports psychology.
3. Goals of sports psychology.

Unit-II Growth and Development
1. Concept of growth and development.
2. Physical, mental, social, intellectual and emotional development in infancy, later childhood and adolescence stages.
3. Learning: meaning, definition and nature of learning.
4. Laws of learning and learning curve.
5. Theories of learning.

Unit-III Motivation
1. Meaning and definition of motivation.
2. Types of motivation and motivation in learning.
3. Individual differences its type and nature.
4. Determinants of individual difference:
   a. Heredity
   b. Environment
5. Intelligence, its meaning and types.

Unit-IV Personality
1. Personality: Meaning of personality, definition and personality characteristics.
2. Factors affecting personality and dimensions of personality.
3. Classification of personality traits.
5. Role of sports in the development of personality.

References:
1. Athletics
   i) Event (Discus throw and Triple jump):
      (a) Introduction of event and brief history.
      (b) Basic skills and techniques.
      (c) IAAF rules and regulations.
      (d) Equipment required for the event.
      (e) No. of officials required and duties of officials.
      (f) Techniques of the event.
      (g) Teaching stages of the event.
      (h) Preparation and filling of score sheet.
      (i) Marking of the discus throw/triple jump field.

2. Game
   ii) Hockey/Judo: (Any one)
      (a) History of the game.
      (b) Measurement and preparation of the playfield/arena.
      (c) Equipment required for the game.
      (d) Fundamental skills and lead-up games.
      (e) Techniques, strategies and system of play.
      (f) Rules and regulations of the game.
      (g) National and International tournaments associated with the game.
      (h) Team/Individual records (World, Olympic, Asian and National Level) of the game.
      (i) Awards associated with the game.
      (j) Knowledge of score sheets.
      (k) Signals of officiating.
SEMMESTER-IV
THEORY COURSE

COURSE CODE: PED402TH (SEC-2)
Credits: 4
(L=44+T=16+P=0) =60
Marks: (ESE=70+CCA=30) =100

SPORTS TRAINING

Unit-I
4. Basic Performance, Good Performance and High Performance Training.

Unit-II
1. Concept of warming-up and cooling down.
2. Physiological basis of warming-up and cooling down.
4. Types and methods for the development of training components.

Unit-III
1. Training Process: Training Load, Definition and Types of Training Load.
3. Technical Training: Meaning and Methods of Technical Training.
4. Tactical Training: Meaning and Methods of Tactical Training.

Unit-IV
1. Training Programming and Planning: Periodization, Meaning and types of Periodization.
2. Aim and Content of Periods-Preparatory, Competition and Transitional.
3. Planning a training session.
4. Talent Identification and Development.

References:
SEMESTER-V
PRACTICAL COURSE

COURSE CODE: PED501PR {SEC-3 (Practical)}
Credits: 4 {L=15+T=0+P=90(45*)} =60
Marks: (ESP=70+CCA=30) =100

SPECIALIZATION IN VOLLEYBALL

Unit-I
1. History of game, measurement and preparation of the play field and equipment required for game.
2. Fundamental skills and lead-up games.
3. Techniques, strategies and method of play.
4. Rules and regulations of the game.
5. National and International tournaments associated with the game.
6. Team/Individual records (World, Olympic, Asian and National Level) of the game.
7. Awards associated with the game.
8. Duties of the officials.
10. Knowledge of the score sheets.

Unit-II
1. General and specific warming-up and cooling down.
2. Long-term and short-term preparation for the decisive volleyball competitions.
3. Psychological qualities and preparation of a volleyball player.
4. Offensive, defense system in play, service and reception pattern.
5. Individual, group and team tactics.
6. Diet and nutrition for a volleyball player.
7. Coordination among the manager, coach, doctor, psychologist and players.

Unit-III
1. Teaching of volleyball skills.
2. Preparing a lesson plan.
3. Specific training methods for different playing positions.
4. Counseling during competitions.
5. Information and publicity of the competition, writing press release and reports.
6. Facility management, quality control of equipment and player’s kit, risk management, medical check-up, medical aid and insurance.
7. Personnel management and interpersonal communication skills.

Unit-IV
1. Injuries associated with the game: Ankle sprain, finger injuries, shoulder dislocation, knee displacement.
2. Preventive and safety measures, P.R.I.C.E., Rehabilitation and physiotherapy.
3. Training means for development of different components of physical fitness i.e. Speed, Strength, Endurance, Flexibility, Coordinative ability.

References
SEMESTER-V
PRACTICAL COURSE

COURSE CODE: PED502PR {SEC-3 (Practical)}

Credits: 4 {L=15+T=0+P=90(45*)} =60
Marks: (ESP=70+CCA=30) =100

SPECIALIZATION IN FOOTBALL

Unit-I

1. History of game, measurement and preparation of the play field and equipment required for game.
2. Fundamental skills and lead-up games.
3. Techniques, strategies and method of play.
4. Rules and regulations of the game.
5. National and International tournaments associated with the game.
6. Team/Individual records (World, Olympic, Asian and National Level) of the game.
7. Awards associated with the game.
8. Duties of the officials.
10. Knowledge of the score sheets.

Unit-II

1. General and specific warming-up and cooling down.
2. Long-term and short-term preparation for the decisive football competitions.
3. Psychological qualities and preparation of a football player.
4. Offensive, defense system in play, service and reception pattern.
5. Individual, group and team tactics.
6. Diet and nutrition for a football player.
7. Coordination among the manager, coach, doctor, psychologist and players.

Unit-III

1. Teaching of football skills.
2. Preparing a lesson plan.
3. Specific training methods for different playing positions.
4. Counseling during competitions.
5. Information and publicity of the competition, writing press release and reports.
6. Facility management, quality control of equipment and player’s kit, risk management, medical check-up, medical aid and insurance.
7. Personnel management and interpersonal communication skills.

Unit-IV
1. Injuries associated with the game: Ankle sprain, finger injuries, shoulder dislocation, knee displacement.
2. Preventive and safety measures, P.R.I.C.E., Rehabilitation and physiotherapy.
3. Training means for development of different components of physical fitness i.e. Speed, Strength, Endurance, Flexibility, Coordinative ability.

References
SEMESTER-V
PRACTICAL COURSE

COURSE CODE: PED503PR  {SEC-3 (Practical)}
Credits: 4  \[\{L=15+T=0+P=90(45\ast)\} = 60\]
Marks: (ESP=70+CCA=30) =100

SPECIALIZATION IN KABADDI

Unit-I
1. History of game, measurement and preparation of the play field and equipment required for game.
2. Fundamental skills and lead-up games.
3. Techniques, strategies and method of play.
4. Rules and regulations of the game.
5. National and International tournaments associated with the game.
6. Team/Individual records (World, Olympic, Asian and National Level) of the game.
7. Awards associated with the game.
8. Duties of the officials.
10. Knowledge of the score sheets.

Unit-II
1. General and specific warming-up and cooling down.
2. Long-term and short-term preparation for the decisive kabaddi competitions.
3. Psychological qualities and preparation of a kabaddi player.
4. Offensive, defense system in play, service and reception pattern.
5. Individual, group and team tactics.
6. Diet and nutrition for a kabaddi player.
7. Coordination among the manager, coach, doctor, psychologist and players.

Unit-III
1. Teaching of kabaddi skills.
2. Preparing a lesson plan.
3. Specific training methods for different playing positions.
4. Counseling during competitions.
5. Information and publicity of the competition, writing press release and reports.
6. Facility management, quality control of equipment and player’s kit, risk management, medical check-up, medical aid and insurance.
7. Personnel management and interpersonal communication skills.

Unit-IV

1. Injuries associated with the game: Ankle sprain, finger injuries, shoulder dislocation, knee displacement.
2. Preventive and safety measures, P.R.I.C.E., Rehabilitation and physiotherapy.
3. Training means for development of different components of physical fitness i.e. Speed, Strength, Endurance, Flexibility, Coordinative ability.

References
SEMESTER-V
THEORY COURSE

COURSE CODE: PED504TH (DSE-1)
Credits: 6
(L=65+T=25+P=0) =90
Marks: (ESE=70+CCA=30) =100

RECREATION

Unit-I
1. Meaning of Recreation, aims and objectives of Recreation.
2. Physical education and recreation.
4. Arrangement of recreation centres.

Unit-II
1. Concept and meaning of camp, aims and objectives of camp.
2. Types of camp.
3. Agencies promoting camp.
4. Educative value of camp.

Unit-III
1. Types and nature of recreation.
2. Recreation providing agencies and recent changes in the recreational activities.
3. Responsibilities of a recreational manager.

Unit-IV
1. Meaning, importance and utilities of picnic.
2. Organization of picnic and essentials for picnic and factors affecting its organization.
3. Educative value of picnic.

References:
SEMESTER-V
THEORY COURSE

COURSE CODE: PED505TH (DSE-1)

Credits: 6 (L=65+T=25+P=0) =90

Marks: (ESE=70+CCA=30) =100

KINESIOLOGY AND BIOMECHANICS

Unit-I
1. Meaning and importance of Kinesiology.
2. Meaning and importance of Biomechanics.
3. Joints, their types and movements around joints.

Unit-II
1. Fundamental anatomical position, planes and axis.
2. Kinesiological classification of muscles.
3. Role of different muscles: Agonist, Antagonist, Mover, Stabilizer, Fixator and Neutralizer.

Unit-III

Unit-IV
1. Newton’s Laws of Motion and their implication in sports.
2. Mechanical Levers and their Implication in sports and physical education.

References:
SEMESTER-V
THEORY COURSE

COURSE CODE: PED506TH (GE-1)
Credits: 6 (L=65+T=25+P=0) =90
Marks: (ESE=70+CCA=30) =100

HEALTH EDUCATION AND NUTRITION

Unit-I Introduction
1. Concept of health, meaning, definition and scope of health education.
2. Objective of health education.

Unit-II Personal Health and Hygiene
1. Meaning of personal hygiene.
2. Personal care of:
   a. Skin.
   b. Hair.
   c. Ear.
   d. Eyes.
   e. Nose.
   f. Teeth.
   g. Feet.
   h. Cloths.
3. Eliminating of body wastes.
4. Rest, sleep and relaxation.
5. Effect of alcohol and smoking on health.

Unit-III School Health Programme and Nutrition
1. Healthful School Living:
   a. Place and location of school.
   b. Buildings.
c. Infrastructure and facilities.
d. Safety measures.

2. **Health Supervision/Services:**
   a. Physical medical examination and their follow up.
   b. Health inspection of students.
   c. Centers of communicable disease.

3. **Health Instructions Related To:**
   a. Personal care.
   b. Communicable disease.
   c. Nutrition.
   d. Healthful living.

4. **Nutrition:**
   a. Balanced diet and its elements:
   b. Daily energy/calorie requirements of healthy person.

**Unit-IV   Communicable Diseases**
1. Meaning and definition of communicable disease.
2. Mode of transmission, prevention and cure and sanitation of communicable disease.
3. Common Communicable Diseases:
   a. Influenza.
   b. Malaria.
   c. Small pox.
   d. Tuberculosis.
   e. Typhoid.
   f. Cholera.
   g. Measles.

**References:**


SEMESTER-VI
PRACTICAL COURSE

COURSE CODE: PED601PR {SEC-4 (Practical)}
Credits: 4 {L=15+T=0+P=90(45*)} =60
Marks: (ESP=70+CCA=30) =100

SPECIALIZATION IN ATHLETICS

Unit-I
1. Introduction to athletics.
2. Historical developmental of athletics, Ancient Olympics and Modern Olympics games.
3. Historical review of track and field with special reference to India.
4. National and International level athletics championships: Olympic Games, Asian games, IAAF-World Championship, Commonwealth Games, National Games, Open National, Youth National and Inter-Universities athletics championships.

Unit-II
1. Athletic track and its types.
2. Procedure and methods to mark the track (200m, 400m).
4. Specification and construction of Long Jump, Triple Jump high jump and pole vault pit/runways etc.
5. Selected National and International personalities in athletics.
6. Need, importance and procedure of Warming-up and Cooling down.
7. First aid and rehabilitation of athletics injuries.

Unit-III
1. **Track Events:** Brief background, technique, training and important motor components of the following track events:
   i) Sprints races: 100m, 200m, 400m; Hurdle Races: High Hurdle and Low Hurdle and Steeple Chase.
   ii) Middle and Long Distance Races; Combined Events: Decathlon and Hepthalon; Relay Races and Marathon.
2. **Fields Events:** Brief background, technique, training and important motor components of the following field events:
   i) Shot put, Discus throw, Javelin throw and Hammer Throw.

**Unit-IV**

1. Technical training and practice of following events:
   i) Sprints Starting techniques, finishing techniques.
   ii) Shot put, Discus throw and Javelin throw (Basic Teaching Stages)
   iii) Long Jump, Triple Jump High Jump and Pole vault (Basic Teaching Stages)
   iv) Record files, calculations of straight, radius and stagger of standard tracks.
   v) Relays: Holding of the baton and various types of baton exchange (visual and non-visual).

**References**

SEMESTER-VI
THEORY COURSE

COURSE CODE: PED602TH (DSE-2)
Credits: 6 (L=65+T=25+P=0) =90
Marks: (ESE=70+CCA=30) =100

METHODS OF TEACHING IN PHYSICAL EDUCATION

Unit-I
1. Meaning and importance of methods of teaching in Physical Education.
2. Principles of teaching methods and different methods of teaching.
3. Factors affecting teaching methods.
4. Lesson Planning: Lesson plan, objectives and types of lesson plan.
5. Principles of lesson plan and values of lesson plan.
6. Class activity/Recreational part (Assembly, Revision, Reassembly and Dismissal).

Unit-II
1. Teaching aids, meaning, its importance in physical education, types of teaching aids and use and improvisation of apparatus.
2. Presentation technique, criterion of presentation technique and qualities of good presenter.
3. Factors influencing presentation technique.

Unit-III
1. Teaching Skills:
   i) Lecture method.
   ii) Command method.
   iii) Discussion method.
   iv) Project method.
   v) Demonstration method.
   vi) Imitation method.

Unit-IV
1. Class formation, its values and types of class formation.
2. Supervision and inspection of teaching methods.
3. Methods of supervision and qualities of a supervisor.
4. Evaluation of teaching methods.
5. Need and importance of evaluation.

References:
3. Organization and Management of Physical education and Sports, Rex Book Store, USA.
SEMESTER-VI
THEORY COURSE

COURSE CODE: PED603TH (DSE-2)
Credits: 6 (L=65+T=25+P=0) =90
Marks: (ESE=70+CCA=30) =100

OFFICIATING AND COACHING

Unit-I
1. Introduction of officiating and coaching and its importance in games and sports.
2. Principles of officiating and coaching.
3. Outlook of officials and coaches towards management, players and spectators.

Unit-II
1. Philosophy of coaching.
2. Coach as a Mentor, duties of a coach in general- Pre, during and post-game situations and responsibilities of a coach on and off the field.
3. Psychological aspects during competition and coaching.

Unit-III
1. Philosophy of officiating.
2. Duties of official in general, pre, during and post-game situations.
4. Ethics of officiating.

Unit-IV
1. Qualities and qualification of an efficient coach and official.
2. Current status of coaching and officiating in India.
3. Measures for improving the standard of coaching and officiating in India.
4. Role of impartial officiating and coaching in maintaining integrity and values of sports.

References:
SEMESTER-VI
THEORY COURSE

COURSE CODE: PED604TH
(CE-2)
Credits: 6
(L=65+T=25+P=0) =90
Marks: (ESE=70+CCA=30) =100

YOGA

Unit-I
1. Meaning and concept of Yoga.
2. Aim, objectives and Importance of Yoga.
3. Types of Yoga.
4. Importance of yoga in the modern world.

Unit-II
1. Asanas and their importance.
2. Classification of asanas:
   a. Meditative
   b. Relaxative
   c. Cultural
3. General techniques and benefits of the following:
   Padmasana, Vajrasana, Halasana, Bhujangasana, Sarvangasana, Chakrasana,
   Dhanurasana, Salabhasana, Paschimotanasana, Mayurasana and Shirshasana.
4. Technique and benefits of Surya Namaskar.
5. Difference between yoga and general exercises.

Unit-III
1. Pranayama: meaning, objectives and types of pranayama.
2. Physiological values of pranayama.
3. Surya namaskar, its methodology and importance.
4. Yoga for the cure of Disease and Postural Deformities.

Unit-IV
3. Physiological values of sudhi kriyas and Importance of sudhi kriyas.
4. Mudras and Bandhs, types and importance of mudras and bandhs.
5. General principles of yoga.

References