

**PHYSICAL EDUCATION**  
**B.Sc/B.A-I YEAR**  
**Foundations of Physical Education**

**UNIT-I**

**Physical Education**

- # Meaning and concept of Education. Its aim and objective, importance of Education in Modern era.
- # Meaning and definition of Physical Education, its aim and objective and misconception about physical Education.
- # Need, importance and scope of Physical Education in the Modern Society and its relationship with General Education.

**UNIT-II**

**Philosophical Foundations**

- # Idealism and Physical Education.
- # Pragmatism and Physical Education.
- # Naturalism and Physical Education.
- # Existentialism and Physical Education.

**UNIT-III**

**Biological Basis of Physical Education**

- # Growth and Development, Differences between growth and development, Factors affecting growth and development.
- # Age and Sex differences in relation to Physical activities and Sports.
- # Chronological Age, Anatomical Age and Physiological Age.

**UNIT-IV**

**Sociological Foundation:**

- # physical education & sports as a need of the society.
- # Sociological implications of Physical Education and Sports.
- # Physical activities and Sports as a men's cultural heritage.

**PHYSICAL EDUCATION**  
**B.Sc/B.A-I YEAR**  
**History of Physical Education**

**UNIT-I**

History of physical education in Ancient time  
Greek  
Rome  
Athens  
Sparta

**UNIT-III**

History of Physical Education in India  
Before Independence  
After Independence  
Important Institutions of Physical Education in India, YMCA, Christian College of Physical Education,

**UNIT-III**

**Olympic Games, Asian Games and Common wealth Games**

# Ancient and Modern Olympic Games: Start of Olympic, objectives of Olympic, Olympic Motto and Flag, Olympic charter, opening and Closing ceremonies.  
# Asian Games, Afro-Asian Games  
# Common wealth Games.

**UNIT- 1V**

**Contributions to the growth of Physical Education by the following leaders**

Gutsmuth, F.L.John, F.H.Ling, P.M Joseph, H.C Buck

**Functions and Objectives of the following**

# Netaji Subhash National Institute of sports, Patiala,  
# Sports Authority of India.  
# International Olympic committee.  
# Indian Olympic Association.  
# Lakshmibai National Institute of Physical Education.  
# Young Men Christian Association.

**PHYSICAL EDUCATION**  
**B.Sc/B.A-I YEAR**  
**Anatomy & Physiology in Physical Education**

**UNIT-I**

**Anatomy and Physiology of Exercise**

# Meaning and definition of Anatomy and Physiology. Its need and importance in Physical Education and Sports.

# Definition of Cell, tissue, organ, and system. Structure and functions of Cell.

**UNIT-II**

**Skeletal and Muscular System**

# Types of Bones and names of various bones of the body.

# Various types of joints and major movements around them.

# Structural classification of skeletal muscle, structure and functions of skeletal muscle.

**UNIT-III**

**Respiratory and Digestive System**

# Meaning and types of Respiration, Organs of Respiratory System.

# Functions of Respiratory System, Vital capacity and its measurement.

# Mechanism of Respiration.

# Meaning, importance and organs of Digestive System.

# Functions, processes, mechanism of Digestive System.

**UNIT-IV**

**Circulatory System and Blood**

# Meaning of the Circulatory System.

# Heart, its structure, functions and control of the Heart Rate.

# Cardiac Cycle.

# Meaning, functions compositions of Blood, maintenance of Blood supply.

**PHYSICAL EDUCATION**  
**B.Sc/B.A-II YEAR**  
**Health Education**

**UNIT-I**

**Health and Health Education**

- # Meaning, definition and dimensions of health.
- # Meaning, definition, objectives, principles and importance of Health Education.

**Nutrition**

- # Balance diet, its elements and sources, factors affecting Balance diet, Importance of Balance diet.
- # Nutritional intake for the athletes before and after training session or competition.

**UNIT-II**

**Drugs and Tobacco**

Effects of Drugs and tobacco on an individual and its effects on sports performance.  
Doping in sports.

**UNIT-III**

**First Aid**

- # Meaning, definition and importance of first aid in Physical Education and Sports.
- First aid to various sports injuries

**UNIT-IV**

**Communicable Diseases,**

- # Meaning of a Communicable disease. Communicable disease such as HIV / AIDS, Tuberculosis, Hepatitis-A,B,C. Their modes of transmission and method of prevention.

**Posture & Concept:**

- 1- Definition, values of good posture, causes & drawbacks of bad posture.
- 2- Common postural deviations, their causes and remedial exercises.
  - (a) Kyphosis
  - (b) Scoliosis
  - (c) Lordosis
  - (d) Knock knees and Bow legs
  - (e) Flat Foot

**PHYSICAL EDUCATION**  
**B. Sc/B.A-II YEAR**  
**Psychological Foundations of Physical Education**

**UNIT-I**

**Introduction:-**

Meaning, definition, nature and scope of Psychology.  
Sources of psychology.  
Need and importance of Sports Psychology.

**UNIT-2**

**Growth & Development:-**

Meaning and definitions of growth and development.  
Factor effecting growth and development.

**Physical, mental, social and Language development during following stages:-**

- (1) Early childhood
- (2) Middle childhood
- (3) Late childhood
- (4) Adolescences

**UNIT-3**

**Learning:-**

Meaning and nature of learning.  
Principles of learning.  
Factor effecting learning, and learning curve  
Type of learning and theories of learning (trial and error, conditioned reflex insight theory, learning by imitation).  
Meaning and conditions of Transfer of learning.

**UNIT-4**

**Motivation:-**

Meaning and definition of motivation.  
Need, drive, motive and achievement  
Types of motivation.  
Role of motivation in physical education

**Emotion:-**

Meaning and nature of emotion.

Fear, anxiety and aggression.

**Personality:-**

Meaning and definition of personality.

Characteristics and Dimension of personality.

Factor affecting the development of personality.

**PHYSICAL EDUCATION**  
**B. Sc/B.A-II YEAR**  
**ATHLETIC INJURIES & REHABILITATION**

**UNIT-1**

**1 Sports injuries:**

- (a) Introduction to sports injuries.
- (b) Role of trained personnel in the management of the sports injuries.

**2. Prevention of Injuries:**

- (a) Factors causing sports injuries.
- (b) Factors sports injuries
- (c) Complications of incomplete treatment.

**3 Common sports injuries and their immediate treatment.**

- (c) Sprain
- (d) Strain
- (e) Dislocation
- (f) Fracture

**UNIT-2**

**Rehabilitation:**

- 1- Definition, objectives and scope.
- 2- Effects and uses of the therapeutic modalities in
  - (a) Cold therapy
  - (b) Hot therapy
  - (c) Infra red lamp
  - (d) Contrast Bath
  - (e) Wax bath therapy

**UNIT-3**

**Therapeutic Exercises:**

- 1. Definition and scope
- 2. Classification, therapeutic effects and uses of the Following:
  - (a) Active exercises (Free, Assisted and Resisted exercises)
  - (b) Passive Exercises (Relaxed and Forced exercises).

## **UNIT-4**

### **Sports Massage:**

1. Definition of massage
2. General approach to massage manipulation.
3. Classification of massage technique

### **Common massage technique and their therapeutic uses:**

- 1 Effleurage
- 2 Kneading
- 3 Petrissage
- 4 Friction
- 5 Stroking
- 6 Percussion manipulations
- 7 Shaking Manipulations

**PHYSICAL EDUCATION**  
**B.Sc/B.A-III YEAR**  
**Management in Physical Education**

**UNIT-1**

**Management:** Meaning, Definition, Importance, aims & objectives and Principles of management.

**Function of management:** Planning, organizing, administering & evaluating.

**Scheme of Organization:** School, college & University.

**Supervision:** Meaning, Definition, and Principles of supervision.

**Qualities of Physical Education supervisor.**

**UNIT-2**

**Evaluation:** Meaning, Definition, need & Importance.

**Leadership:** Meaning, Definition, Qualities of a leader

**Public relation:** Definition, need, Importance, principles, Techniques .

**Facilities & Equipments:** care & maintenance.

**Principles of purchasing equipments.**

**Qualification, qualities, and problems of physical education teacher.**

**UNIT-3**

**Teaching methods:-** meaning, types and factors affecting it.  
Teaching aids in Physical Education.

**Class management:-** meaning, types and factors affecting it.  
Command & Formations:- meaning & types.

**Organization and conduct of competition.**  
**Tournaments (Fixture):-** Knockout, League, Combination & challenge type.

## UNIT-4

**Intramural & Extramural** (their organization, importance, eligibility for participation, point system)

Classification of pupil, importance & methods.

Methods of promoting Physical education (Demonstration, exhibition)

**Budget:-** meaning, definition, preparation, principles of making budget.

**Office management:-** meaning & principles.

**PHYSICAL EDUCATION**  
**B. Sc/B.A-III YEAR**  
**Kinesiology & Bio-mechanics in Physical Education**

**UNIT-1**

**Kinesiology:-** definition, aim and objectives, need & importance

Axis and Plane

Proximal & distal attachments and action of the following muscles.  
(pectrolis major, deltoid, biceps, triceps, rectus abdomens, Sartorius, gastronomies,  
quadriceps & hamstring of muscles)  
Role of Kinesiology in physical education.

**UNIT-2**

Kinesiological fundamental movement  
Levers & their application to human body.  
Force and its application sports activities.  
Motion: - Laws of motion and their application to sports activities.

**UNIT-3**

Meaning, need and scope of Biomechanics.  
Definition and Brief explanation of the following terms and their application to human  
body:-

- (a) Axis and plane, centre and gravity, line of gravity
- (b) Mass and weight
- (c) Speed, Velocity, Acceleration and Momentum

**UNIT-4**

Definition, Types of motion (linear & angular), Relationship of linear & angular motion.  
Newton's Laws of motion as applicable to linear & angular motion.  
Force:- meaning, units of Force, effects of force, sources of force, moment of force.  
Moment of Inertia  
Levers

**PHYSICAL EDUCATION**  
**B.Sc/B.A-III YEAR**  
**Introduction to Statistics & computer Application in Physical Education**

**Unit-I**

- 1). Meaning of Statistics, Need and Importance of Statistics.
- 2). Frequency Tables, Meaning, Construction and uses.

**Unit-II**

- 1). Measures of Central Tendency: Meaning, Uses and Calculation from Frequency tables.
- 2). Graphical representation of Data: Meaning, Uses and Techniques.
- 3). Percentiles: Meaning, Uses and Calculations.

**Unit-III**

Introduction to Computers, Single users and Multiple users operating systems, concept of an active window, Icons, Buttons and Task bar, Creating Folders, Copying and Moving items, Deleting items, Creating Shot-cuts on desktops.

Ms Word and Ms-Excel, Word Processor, Formatting, Inserting, Creating, Bullets, Numbers, Spell Checks and Printing.

**Unit-IV**

Excels basics, Editing Cells Contents, Applications of Simple Formula, useful Functions.

Internet: Network, World Wide Web (www). Browsing, Websites, Hypertext, Transfer Protocol (http).

**Physical Education as Elective/optional subject in undergraduate course  
in U.P Universities- ORDINANCES**

Course: Physical Education shall be an optional/elective subject in undergraduate classes B.A., and B.Sc only.

Pattern for B.Sc : There shall be three theory papers and one practical of 50 marks each (4x 50) in first and second year of the course. Third year shall have three theory papers and one practical of 75 marks each (4x 75).

Pattern for B.A : There shall be three theory papers and one practical of 25 marks each (4x 25) in first and second year of the course. Third year shall have three theory papers of 35 marks each and one practical of 45 marks (4x 35=105+45=150).

Features:

1. The students who are taking this subject shall be medically fit to undergo vigorous physical activity apart from the minimum eligibility criteria. Physically handicapped students shall not be eligible for the admission.
2. Students-teacher ratio shall be 50:1
3. The teacher's minimum qualification to teach this subject shall be the same prescribed by UGC.
4. The teachers who are teaching this subject shall only be eligible to be appointed as an examiner both in theory and practical.
5. Provision for backpaper/improvement examination in this subject shall be as per the provisions laid down for optional subjects in B.A/B.Sc courses of U.P.Universities.
6. For the purposes of determining divisions at U.G level, the provisions laid down for B.A/B.Sc courses shall be followed.
7. Participation in Games at intermediate level is desirable for admission to this subject.

8. Separate board of studies shall be constituted for this course as this course is different from teacher education courses in Physical Education.

### **First Year B.Sc/B.A**

Theory Papers	(150/75Marks)
Paper I: Foundations of Physical Education	50/25Marks
Paper II: History of Physical Education	50/25Marks
Paper III: Anatomy & Physiology in Physical Education	50/25Marks

- Practical: (50/25Marks)
- (i) Athletics (Proficiency, Track events, Rules & regulations)  
10/5Marks
- (ii) Select any two games, one from each group of the following two groups  
(Proficiency, Rules & regulations) One game 20/10 X 2 = 40/20Marks

Group A  
Basketball  
Cricket  
Football  
Handball  
Hockey  
Kabaddi  
Kho-Kho  
Softball  
Volleyball

Group B  
Badminton  
Gymnastics  
Judo  
Lawn Tennis  
Swimming  
Table Tennis  
Wrestling

Weight Lifting  
Yoga

### **Second Year B.Sc/B.A**

Theory Papers (150/75Marks)

Paper I: Health Education 50/25Marks

Paper II: Psychological basis in Physical Education 50/25Marks

Paper III: Care of athletic injuries & Rehabilitation 50/25Marks

Practical: (50/25Marks)

(i) Athletics (Proficiency, Field Events, Rules & regulations)

10/5Marks

(ii) (Proficiency, Rules & regulations)

Select any two game, one from each group of the games given in the list under first year, other than the games selected in first year.

One game 20/10 X 2 = 40/20Marks

### **Third Year B.Sc/B.A**

Theory Papers (225/105Marks)

Paper I: Management in Physical Education 75/35Marks

Paper II: Introduction to statistics & Computers in  
Physical Education 75/35Marks

Paper III: Kinesiology & Bio-mechanics in  
Physical Education 75/35Marks

Practical: (75/45Marks)

(i) Specialisation (Skills & Proficiency) 75/45Marks

(Select any one game from the games opted in first year or second year.)