



Dr. Bhimrao Ambedkar University, Agra
(Formerly: Agra University, Agra)

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Dr. Shweta Pandey	Assistant Professor	Bundelkhand University, Jhansi

SYLLABUS IS DEVELOPED BY:

S.N.	Name	Designation	Department	College/ University
1	Dr. Gunjan Shahi	Assistant Professor	Physical Education	MBP Govt. PG College, Lucknow
2	Dr. Praveen	Assistant Professor	Physical Education	Govt. Degree College, Budaun
3	Dr. Sheel Dhar Dubey	Assistant Professor	Physical Education	DDU Govt. PG College, Lucknow

Semester wise Tiles of the Papers in Physical Education

Year	Sem	Paper No.	Course Code	Paper Title	Theory/ Pratical	Credits
1	I	1	E020101T	Elements of Physical Education	THEORY	4
1	I	2	E020102P	Fitness and Yoga	PRACTICAL	2
1	II	1	E020201T	Sports Organization AND MANAGEMENT	THEORY	4
1	II	2	E020202P	SPORTS EVENT AND TRACK & FIELD	PRACTIAL	2
2	III	1	E020301T	ANATOMY & EXERCISE PHYSIOLOGY	THEORY	4
2	III	2	E020302P	HEALTH AND PHYSIOLOGY	PRACTIAL	2
2	IV	1	E020401T	SPORTS PSYCHOLOGY AND RECREATIONAL ACTIVITIES	THEORY	4
2	IV	2	E020402P	SPORTS PSYCHOLOGY	PRACTIAL	2
3	V	1	E020501T	ATHLETIC INJURIES AND REHABILITATION	THEORY	4
3	V	2	E020502T	KINESIOLOGY AND BIOMECHANICS IN SPORTS	THEORY	4
3	V	3	E020503P	REHABILITATION & SPORTS	PRACTIAL	2
3	V	4	E020504P	RESEARCH PROJECT	PROJECT	3
3	VI	1	E020601T	RESEARCH METHODS	THEORY	4
3	VI	2	E020602T	PHYSICAL EDUCATION FOR DIVYANG	THEORY	4
3	VI	3	E020603P	RESEARCH AND SPORTS	PRACTIAL	2
3	VI	4	E020604P	RESEARCH PROJECT	PROJECT	3

PROGRAMME OUTCOMES

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. PHYSICAL EDUCATION/ SEMESTER I/ PAPER I

Program /Class: Certificate		Year: First	Semester: First
SUBJECT: PHYSICAL EDUCATION- THEORY			
Course code:E020101T		Course Title: Elementals of Physical Education	
<p>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 education in India and other countries. Its introduce a general concept of good health and wellness. This program will also help a student to promote healthy way of living and they will also be able to make fitness and health plan.</p>			
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	<p><u>Ancient Wisdom in Physical Education, Sports and yoga:</u></p> <ul style="list-style-type: none"> • Patanjli yoga sutra. • GhrandSanhita <p><u>Introduction:</u></p> <ul style="list-style-type: none"> • 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	<p><u>Sociological Foundation:</u></p> <ul style="list-style-type: none"> • Meaning, Definition and importance of sports Sociology • Culture and sports • Socialization and sports • Gender and sports. 	07	
III	<p><u>History:</u></p> <ul style="list-style-type: none"> • History and development of Physical education inIndia: pre- and post independence. • History of physical education in ancient Greece,Rome and Germany. • Eminent person of physical education, awards,schemes 	06	
IV	<p><u>Olympic Games , Asian Games and CommonwealthGames:</u></p> <ul style="list-style-type: none"> •Olympics Movement: Ancient Olympic, modernOlympic, Revival, aim, objectives, spirit, torch, flag, motto, opening and closing ceremonies. • Asian Games. • Commonwealth Games. 	08	
V	<p><u>Health Education:</u></p> <ul style="list-style-type: none"> • Meaning, Definition and Dimensions of Health. • Meaning, Definition objectives, Principals andimportance of Health Education. • Role of Different Agencies in Promoting Health(WHO, UNICEF). • Meaning of Balance Diet and Nutrition and itselements. • Health and drugs 	08	
VI	<p><u>Wellness's Life Style</u></p> <ul style="list-style-type: none"> • Importance of wellness and life style. • Role of Physical Activity Maintaining Healthy LifeStyle. • Stress Management. • Obesity and Weight Management. • Prevention of Disease through BehavioralModifications. 	08	

VII	<p><u>Fitness :</u></p> <ul style="list-style-type: none"> • Meaning & Definition and types of fitness • Component of physical fitness • Factor affecting physical fitness • Development and maintenances of fitness 	08
VII I	<p><u>Posture:</u></p> <ul style="list-style-type: none"> • 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
<p>Suggested readings:</p> <p>Barrow Harold M., “Man and movements principles of Physical Education”, 1978.</p> <ul style="list-style-type: none"> • Difiore, J.(1998). Complete guide to postnatal fitness. London: A & CBlack,. • 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 Paramesara Ram, N. “Educational Dimensions of Physical. Education”, 2nd Revised edition,Print India, New Delhi 1990. • Methodology of training. by – Harre • पांडेय, प्रीति, शारीरिक शिक्षा, संकलन, “खेल संस्कृति प्रकाशन”, कानपुर • पटेल, श्री कृष्णा, शारीरिक शिक्षा, “अग्रवाल पब्लिशर”, आगरा, 2014-15 • Ravanes R.S., “Foundation of Physical Education”, HoughtonMillin 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, “ स्पोर्ट्स पब्लिकेशन”, नई दिल्ली, 2008 • कमलेश, एमएल, शारीरिक शिक्षा के मूलाधार, “स्पोर्ट्स पब्लिकेशन” नई दिल्ली, तृतीय संस्करण 2014 		
<p>This course can be opted as an elective by the students of following subjects:</p> <ul style="list-style-type: none"> • Open for all 		
<p>Continuous Evaluation Methods: (CIE)INTERNAL ASSESSMENT (25 Marks)</p> <p>Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.</p>		
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as“SWAYAM” in India and Abroad. • RajarshiTandon open University. 		

SYLLABUS FOR B. A. 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: Yogais very helpful in prevention of many diseases and studentswill 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	<ul style="list-style-type: none"> • Learn and demonstrate the techniques ofwarm-up, general exercise and cooling down • Lean and demonstrate physical fitnessthrough aerobic, circuit training and calisthenics. • Diet chart & measurement of BMI 	15
	Part-B	
II	<p><u>INTRODUCTION OF YOGA:</u></p> <ul style="list-style-type: none"> • Historical aspect of yoga. • Definition, types scopes & importance ofyoga. • Yoga relation with mental health and valueeducation. • Yoga relation with Physical Education andsports. <p><u>ASANAS:</u></p> <ul style="list-style-type: none"> • Definition of Asana, differences betweenasana and physical exercise. • Suraya-namaskar, Bhujang asana, Naukasana, Halasana, Vajrasan, Padmasana, Shavasana, Makrasana,Dhanurasana, Tad asana. <p><u>PRANAYAMA:</u></p> <ul style="list-style-type: none"> • Difference and classification of pranayama. • Difference between pranayama and deepbreathing. • Anulom, Vieam. 	15
<p>Suggested Readings:</p> <ol style="list-style-type: none"> 1. ACSM's Guidelines for Exercise Testing and Prescription (2001),American College of Sports Medicine, New York, U.S.A. 2. Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) TeachingToday Health, Mosby Publishers, Chicago (USA) 3. Donatelle, R.J. and Ketcham P. (2007), Access to Health, BenjaminCummings, Boston, USA. 4. Flyod, P.A.,S.E. MimmsandC.Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth,Belmont, California, USA. 		
This course can be opted as an elective by the students offollowing 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. 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	<u>Introduction:</u> <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Meaning and concept event • Planning and management of sports event. • Role of sports event manager. • Steps in event management: <ul style="list-style-type: none"> • Planning, • Executing • Evaluating 	08
III	Budget <ul style="list-style-type: none"> • Meaning, Definition, Preparation, Principals of making Budget. • Financial Management Opportunities and Challenges. • Basics of Sports Event Accounting. 	07
IV	<ul style="list-style-type: none"> • The Budget Cycle and Budget Preparation Format. • Preparing the Departmental Financial Plan and estimate. • Expenditure management. • Financial Reporting. 	08
V	Organization <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Meaning and Definition • Principals of Supervision • Techniques of supervision in sports management. • Methods of supervision. • Role of a coach/manager. 	07
VII	Facilities Equipment <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Job specification of sports manager in professional and state regulated sports bodies. • Physical Educational professional, careeravenues and professional preparation. • Clients and Sponsorship. 	08
Suggested readings: <ol style="list-style-type: none"> 1. Bucher, Charles A. and Krotee, March L., “Management of Physical Education and Sport,” MC Grow Hill publication, Now York (US) 2002 2. Hert, Renis(1961) New Patterns of Management, McGraw Hill,. 3. Horine, Larry,” Administration of Physical Education and Sport programs. WM-C Brown Publishers Dubuque (US) 1991 4. Kotler,P and G Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo. 5. Parkhouse, Bonnie L., “The management of Sports – if foundationand application,” Mosby publication, St. Louis (US), 1991 6. Sandhu, K. Sports Dynamics: Psychology, Sociology and Management. 7. Sivia, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. DeenDayalUpadhyaya Marg.2005), Marketing: An Introduction, New York:Prentice Hall 8. सिंह कुमार प्रवीण, शारीरिक शिक्षा का संगठन एवं प्रशासन, “स्पोर्ट्स पब्लिकेशन”, नई दिल्ली, 2010 9. 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 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: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as“SWAYAM” in India and Abroad. • RajarshiTandon open University. 		

SYLLABUS FOR B. A. PHYSICAL EDUCATION SEMESTER II/PAPER II

Programme/Class: Certificate	Year: First	Semester: second
Subject: Physical Education- practical		
CourseCode: 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		
Unit	Topics	No. of Hours
	Part-A	
I	<ul style="list-style-type: none"> ● 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	<p>Track & Field :</p> <ul style="list-style-type: none"> ● History. ● Measurements. ● Marking. ● Rules. ● Officials. ● Regulatory Governing Bodies. ● Tournaments- National and International. ● World and National Records. <p>Suggested Readings:</p> <ul style="list-style-type: none"> ● Author Sir Name, L initials, "Book Title", Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any. ● Author Sir Name, L initials, "Book Title", Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any. ● Author Sir Name, L initials, "Book Title", Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any. ● Suggestive digital platforms web links- ● Parkhouse, Bonnie L., "The management of Sports – if foundation and application," Mosby publication, St. Louis (US), 1991 ● Bucher, Charles A. and Krotee, 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, P and G Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo. ● Hert, Renis (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. DeenDayalUpadhyaya Marg.2005), Marketing: An Introduction, New York: Prentice Hall. 	15
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

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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:

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- Rajarshi Tandon open University.