



# DEPARTMENTNET OF PHYSICAL EDUCATION

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

1.1.1 Curricula developed and implemented have relevance to the local, national, regional, and global developmental needs which are reflected in Programme Outcomes (POs), Programme Specific Outcomes (PSOs), and Course Outcomes of the programs offered by the University..

## Department of Physical Education

### B.PED

|      | Programme Outcomes(POs)  |
|------|--|
| PO1. | Present day technological developments have paved a clear way to the sports performance enhancement. Hence the Foundation of Physical education is introduced to the students. The history of both physical education and Olympics helps the students to know the background of the events. Towards the further improvement, it is apt to say that Young Men Christian Association (YMCA), Sports Authority of India (SAI), National and International competitions and sports festivals contribute to the present day sports performance improvement. |
| PO2. | Anatomy and Physiology are the sports science subjects deal with the structure and functions of the human body. Since, the knowledge about human body is very essential to understand the muscular and skeletal involvements of various joints, the students learn this mechanism with lot of interest to perfect the sports movements. It is useful to learn about the internal organs like heart, lungs and nervous system as they are the primary supporters of all body movements.   |
| PO3. | Health and safety education is another branch of science that gives knowledge about the personal health and safety education. Students show a lot of interest to know the meaning, principles, components of personal and community hygiene. By understanding the communicable diseases, the students are able to lead a diseases free life. As they are involved in regular physical training, safety education plays a dominant role. They act as health ambassadors and carry the adage namely "Prevention is better than cure".                    |
| PO4. | All students understood that Gymnastics is the mother of all sports. Hence they learn all gymnastic movements and will teach the same to the children at an early age. The process of transferring the knowledge will definitely help the children to improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility. They also learn to use different gymnastic apparatus along with the rules to use them efficiently.   |

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| PO5.  | The theoretical knowledge of track and field events helps the students to learn the various techniques along with the international rules of the events. Since they learn the rules, they can become qualified state, national and international officials. This definitely will elevate their professional career   |
| PO6.  | Methods of physical education deals with appropriate methods to present the scientific inputs effectively. Serious planning is required for teaching various sports techniques effectively. The scientific inputs will reach the students fully when the teacher uses appropriate teaching methods. All the students learn from this branch of science the system of conducting intramural and extramural competitions. This knowledge will widen the scope of the future teacher's professional career. |
| PO7.  | The subject namely "Nutrition" gives scope to the students to understand "healthy diet". Students also learn the importance of vitamins and minerals. This knowledge will definitely improve the health of the sports persons, family health and in turn the health of the whole society.  |
| PO8.  | Another branch of sports science is "Tests and Measurements". Students understand the meaning and importance of this science. They use this knowledge for anthropometric, physical, physiological, psychological and game specific evaluation of sports persons.   |
| PO9.  | The sport science subject namely "Psychology and Sociology" has found a very important place in sports training. Students become familiar with laws of learning, theories of learning and learning curve. Students are also aware of the relationship with others, leadership qualities and their own personality improvement.   |
| PO10. | "Applications of Computer" is of vital importance in the modern society. Surfing net gives a lot of professional inputs. Students can use them to enhance their professional competency. They can store huge volume of professional information on various issues. Students are able to get the latest information instantly   |
| PO11. | The understanding of "First aid" along with its meaning, values and uses give the students a broad knowledge to use this technology on and off the field injury management   |
| PO12. | The learning of major games (practical) namely Basketball, Football, Hockey, Kabaddi, Tennis and Volleyball helps to stabilize the fundamental skills by doing drills for development. They can also learn the rules of the games for efficient teaching and officiating.  |
| PO13. | Studying and understanding the science of Yoga helps the students to become familiarized with asanas, pranayama, Kriyas, mudras and bandhas. Learning and practicing yoga bring the mind and body together and to lead a whole some, healthy and disease free life.  |

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| PO14. | The special practical program in our curriculum namely Leadership camp which is conducted regularly in a natural environment away from our campus and that will develop for sure the leadership qualities by self-involvement and being friendly with the nature. |
| PO15. | Practice teaching helps students to get firsthand information about the effective teaching methodology being used to make learning of game skill easy and effective.  |

## Department of Physical education

### Program Specific Outcomes(PSOs)

- PSO1:** Physical education program teaches the self responsibility, building of healthy society and environment, teaching skills with various methods, improvisation of physical fitness. Knowledge of human body and all type of physical activities. Help to earn money via yoga instructor , physical education teacher.
- PSO2:** Physical education teaches the concept of teamwork, motor skill development of individual, self discipline, improved judgment, stress reduction in student life. Also helps in building self confidence. And a person of sympathetic attitude.
- PSO3:** Physical education provide a society which have no discrimination. Create awareness regarding disease. Society got a good leader which have a clear thought process. Feeling of patriotism.



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|--------|---|---------|-----------|
| CC-101 | History, Principle and foundation of Physical Education | 20L-T-P | CREDIT -4 |
|--------|---|---------|-----------|

## B.PED. 1<sup>ST</sup> SEMESTER

### Objectives of the course:

1. To develop the mental health for the making mental level better.
2. To develop the social development.
3. for the development desirable habits.
4. Development of Neuro muscular Co-ordination.
5. Development of Qualities of a good Citizenship.

### Syllabus of the course:

#### Unit 1: (5 Hours)

##### **Introduction :-**

- o Meaning, Definition and Scope of Physical Education
- o Aims and Objective of Physical Education
- o Importance of Physical Education in present era.
- o Misconceptions about Physical Education.
- o Relationship of Physical Education with General Education.
- o Physical Education as an Art and Science.

#### Unit 2: (5)

##### **Historical Development of Physical Education in India:-**

- o Indus Valley Civilization Period. (3250 BC – 2500 BC)
- o Vedic Period (2500 BC – 600 BC)
- o Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD)
- o Medieval Period (1000 AD – 1757 AD)
- o British Period (Before 1947)
- o Physical Education in India (After 1947)
- o Contribution of Akhadas and Vyayamshals.
- o Y.M.C.A. and its contributions.

#### Unit 3: (5 Hours)

##### **Foundation of Physical Education**

- o Philosophical foundation:
- o Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian Philosophy and Culture.
- o Fitness and wellness movement in the contemporary perspectives
- o Sports for all and its role in the maintenance and promotion of fitness.



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## Unit 4: (5 Hours)

### Principles of Physical Education:-

#### o Biological

- . Growth and development
- . Age and gender characteristics
- . Body Types
- . Anthropometric differences

#### o Psychological

- . Learning types, learning curve
- . Laws and principles of learning
- . Attitude, interest, cognition, emotions and sentiments

#### o Sociological :

- . Society and culture
- . Social acceptance and recognition
- . Leadership
- . Social integration and cohesiveness

After completion of the unit students will be able to learn about:-

### Course Outcomes:

**CO1.** Basic meaning, definition and objective of physical education and the relationship between physical education and general education.

**CO2.** Recall of historical development of Physical education in India during Ancient , medieval and modern time.

**CO3.** Memorize the importance of Idealism, pragmatism, naturalism, realism, humanism with philosophy and culture.

**CO4.** Knowledge of biological (Growth and development), physiological( Law and principle of learning), and Sociological (Society, culture and leadership).

### Suggested reference books:

Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.

Desponded, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.

Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep.

Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.

Obertuffer, (1970). Delbert physical education. New York: Harper & Brothers Publisher.

Sharman, J. R. (1964). Introduction to physical education. New York: A.S. Barnes & Co.

William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.

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|--------|------------------------|-----------|-----------|
| CC-102 | Anatomy and physiology | 21L-T-10P | CREDIT -4 |
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## Objectives of the course:

1. To provide basic and brief knowledge of anatomy and physiology.
2. To provide information about the various function of skeleton , joints .
3. To provide the knowledge function and working of various system like blood , circulatory, digestive, respiration and many more system.
4. Provide the brief knowledge of effects of exercise and training on respiratory system, muscular system, and cardiovascular system.
5. To develop awareness about physiological concept of physical fitness, warming up, fatigue. And also providing information about balance diet .

## Syllabus of the course:

### UNIT- I :-( 4 Hours )

- o Brief Introduction of Anatomy and physiology in the field of Physical Education.
- o Introduction of Cell and Tissue.
- o The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral column and the extremities – joints of the body and their types
- o Gender differences in the skeleton.
- o Types of muscles

### UNIT-II (8Hours)

- o **Blood and circulatory system:** Constituents of blood and their function –Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Lymph and Lymphatic circulation. Cardiac output.
- o **The Respiratory system:** The Respiratory passage – the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume.
- o **The Digestive system:** structure and functions of the digestive system, Digestive organs, Metabolism.
- o **The Excretory system:** Structure and functions of the kidneys and the skin.

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- o **The Endocrine glands:** Functions of glands pituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands.
- o **Nervous systems:** Function of the Autonomic nervous system and Central nervous system. Reflex Action,
- o **Sense organs:** A brief account of the structure and functions of the Eye and Ear.

### UNIT-III :(5 Hours)

- O Definition of physiology and its importance in the field of physical education and sports.
- o Structure, Composition, Properties and functions of skeletal muscles.
- o Nerve control of muscular activity:
  - o Neuromuscular junction
  - o Transmission of nerve impulse across it.
- o Fuel for muscular activity
- o Role of oxygen- physical training, oxygen debt, second wind, vital capacity.

### UNIT-IV (4 hours)

- o Effect of exercise and training on cardiovascular system.
- o Effect of exercise and training on respiratory system.
- o Effect of exercise and training on muscular system
- o Physiological concept of physical fitness, warming up, conditioning and fatigue.
- o Basic concept of balanced diet – Diet before, during and after competition.

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After completion of the unit students will be able to:-

### Course Outcomes:

- CO1. Learn about Basic concept of anatomy, cell, Skelton, muscles, and classification and function of skeleton.
- CO2. Remember about function of various system which are present in human body.
- CO3. Recall about concept of physiology, neuromuscular junction, and role of oxygen.
- CO4. Learning the effect of various exercise and training on cardiovascular, respiratory, muscular system and also learn about physical fitness, diet.

### References:

- Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.
- Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
- Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders.
- Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
- Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
- Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.
- Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
- Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
- Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
- Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications.

*For*

*Dr. Anurag*





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|--------|--|---------|-----------|
| CC-103 | HEALTH EDUCATION AND ENVIRONMENTAL STUDIES | 21L-T-P | CREDIT -4 |
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## Objectives of the course:

1. To educate students about the importance of regular physical activity, exercise, and fitness, encouraging them to adopt active lifestyles.
2. To raise awareness about the risks of substance abuse and the importance of making healthy choices.
3. To provide age-appropriate sexual health education.
4. To raise awareness about the importance of conserving natural resources and protecting ecosystems for future generations.

## Syllabus of the course:

### **Unit – I Health Education ( 4Hours)**

- o Concept, Dimensions, Spectrum and Determinants of Health
- o Definition of Health, Health Education, Health Instruction, Health Supervision
- o Aim, objective and Principles of Health Education
- o Health Service and guidance instruction in personal hygiene

### **Unit – II Health Problems in India :-( 5 Hours)**

- o Communicable and Non Communicable Diseases
- o Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population,
- o Personal and Environmental Hygiene for schools
- o Objective of school health service, Role of health education in schools
- o Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

### **Unit – III Environmental Science (6 Hours)**

- o Definition, Scope, Need and Importance of environmental studies.
- o Concept of environmental education, Historical background of environmental education
- o Celebration of various days in relation with environment.
- o Plastic recycling & probation of plastic bag / cover.
- o Role of school in environmental conservation and sustainable development.

*Dr. Jyoti*



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### Unit – IV Natural Resources and related environmental issues: (5 Hours)

- o Water resources, food resources and Land resources
- o Definition, effects and control measures of:
- o Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution
- o Management of environment and Govt. policies , Role of pollution control board.

**After completion of the unit students will be able to:-**

#### Course Outcomes:

**CO1:-** Learn and understand about the importance of health and their principles. Also getting knowledge of health services regarding our personal health, personal hygiene.

**CO2:-** Know about the communicable and non- communicable diseases and their preventions. Able to getting knowledge of health services., with Environmental hygiene.

**CO3:-** Understand the Concept of environmental science on our Environment and importance of celebrating various days in relation with Environment.

**CO4:-** Know the natural resources and its issues. Remember about the importance of various resources like Water resources, land Resources, food resources. Also Learning the effect pollution of on our Environment and their preventive measure.

#### References:

Agrawal, K.C. (2001). Environmental biology. Bikaner: Nidhi publishers Ltd.

Frank, H. & Walter, H., (1976). Turners school health education. Saint Louis: The C.V. Mosby Company.

Nemir, A. (n.d.). The school health education. New York: Harber and Brothers.

Odum, E.P. (1971). Fundamental of ecology. U.S.A.: W.B. Saunders Co.

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| EC-101 | OLYMPIC MOVEMENT<br>(ELECTIVE) | 20L-T-P | CREDIT -4 |
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## Objectives of the course:

- To provide knowledge about the Olympic games history and various changes.
- To provide knowledge about how event are organized without any discrimination or racism.
- To get detail information about various Olympics games.
- For getting knowledge about the history of India in these games and India's performance in different types of Olympic games

## Syllabus of the course:

### Unit – I Origin of Olympic Movement (4 Hours)

- o Philosophy of Olympic movement
- o The early history of the Olympic movement
- o The significant stages in the development of the modern Olympic movement
- o Educational and cultural values of Olympic movement

### Unit – II Modern Olympic Games(5 Hours)

- o Significance of Olympic Ideals, Olympic Rings, Olympic Flag
- o Olympic Protocol for member countries
- o Olympic Code of Ethics
- o Olympism in action
- o Sports for All

### Unit – III Different Olympic Games (6 hours)

- o Para Olympic Games
- o Summer Olympics
- o Winter Olympics
- o Youth Olympic Games

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## Unit – IV Committees of Olympic Games (5 Hours)

- o International Olympic Committee - Structure and Functions
- o National Olympic committees and their role in Olympic movement
- o Olympic commission and their functions
- o Olympic medal winners of India

**After completion of the unit students will be able to:-**

### **Course Outcomes:**

- CO1 Know the origin and development of Olympics.
- CO2 Know the modern Olympic games
- CO3 Know about different types of Olympic games.
- CO4 Know about Olympic games for the disabled.
- CO5 Know about various committees for the Olympics games to organize in a proper manner.

### **Reference:**

- Osborne, M. P. (2004). Magictree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics. New York: Random House Books for Young Readers.
- Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner

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| EC-102 | EC-102 OFFICIATING AND COACHING (Elective) | 22L-T-8P | CREDIT -4 |
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## Objectives of the course:

1. To develop the skill of officiating and coaching
2. To build the qualities of Fairness and Impartiality, Player Safety, Rule Enforcement: Conflict Resolution Time Management, Education and Interpretation
3. Development of healthy sports competition.
4. To develop the skill ,tactical knowledge, physical and mental condition of coaching individual.

## SYLLABUS:-

### **Unit- I: Introduction of Officiating and coaching (5 Hours)**

- o Concept of officiating and coaching
- o Importance and principles of officiating
- o Relation of official and coach with management, players and spectators
- o Measures of improving the standards of officiating and coaching.

### **Unit- II: Coach as a Mentor (5 Hours)**

- o Duties of coach in general, pre, during and post game.
- o Philosophy of coaching o Responsibilities of a coach on and off the field
- o Psychology of competition and coaching.

### **Unit- III: Duties of Official (5hours)**

- o Duties of official in general, pre, during and post game.
- o Philosophy of officiating
- o Mechanics of officiating – position, singles and movement etc.
- o Ethics of officiating

### **Unit- IV: Qualities and Qualifications of Coach and Official (5 hours)**

- o Qualities and qualification of coach and official
- o General rules of games and sports
- o Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills
- o Integrity and values of sports.

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**After completion of the unit students will be able to:-**

**Course Outcomes:**

CO1. Understanding the basics of officiating and coaching with importance and principles of officiating and coaching.

CO2. Remember coach as a mentor with their duties in general games. Also learning the responsibility.

CO3. Know the duties and responsibility of official with the help of philosophy and ethics of officiating.

CO4. Understand the Qualities and Qualifications of Coach and Official and his integrity and values of sports.

**Reference Books:**

Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.

Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.

Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.

Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.

Lawther, J.D. (1965). Psychology of coaching. New York: Pre.Hall.

Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

*Stanley*

*Agarwal*



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## Part- B Practical Courses Semester- I

|        |  |           |           |
|--------|--|-----------|-----------|
| PC-101 | Track and Field (Running Events)   | 24L-T-18P | CREDIT -4 |
| PC-102 | Swimming/Gymnastics/Shooting   |           |           |
| PC-103 | Indigenous Sports: Kabaddi/ Malkhambh/ lezim / March past (Any of one out of these)                        |           |           |
| PC-104 | Mass Demonstration Activities: Kho-Kho / dumbbells / tipri / wands / hoop /umbrella (Any one out of these) |           |           |

### PC – 101

#### Track and Field: Running Event

Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks. Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug Ground Marking, Rules and Officiating

#### Hurdles:

Fundamental Skills- Starting, Clearance and Landing Techniques.

Types of Hurdles

Ground Marking and Officiating.

Relays: Fundamental Skills

Various patterns of Baton Exchange Understanding of Relay Zones

Ground Marking

Interpretation of Rules and Officiating.

### PC 102

#### Gymnastics: Floor Exercise

Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge,

Dancing steps, Head stand, Jumps-leap, scissors leap.

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Vaulting Horse

Approach Run, Take off from the beat board, Cat Vault, Squat Vault.

## PC-102

**Swimming: Fundamental Skills**

Entry into the pool.

Developing water balance and confidence

Water fear removing drills.

Floating-Mushroom and Jelly fish etc.

Gliding with and without kickboard.

Introduction of various strokes

Body Position, Leg, Kick, Arm pull, Breathing and Co ordination.

o Start and turns of the concerned strokes.

Introduction of Various Strokes.

Water Treading and Simple Jumping.

Starts and turns of concerned strokes.

Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

## PC-102

**Shooting :Fundamental Skills**

o Basic stance, grip, Holding rifle/ Pistol, aiming target

Safety issues related to rifle shooting

Rules and their interpretations and duties of officials (Any one out of three)

## PC-103 Indigenous sports:

**Kabaddi: Fundamental Skills**

Skills in Raiding-Touching with hand, various kicks. crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing.

Skills of Holding the Raider-Variations formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catchings catching formations and techniques.

Additional skills in raiding-Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.

Ground Marking, Rules and Officiating





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PC-103

## Malkhambh and Light Apparatus:

Lathi-Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises.

GhatiLezuim-AathAawaaz, Bethakawaaz, AagePaon, Aagekadam, Do pherawaaz, Chau pherawaaz, Kadamtaal, Pavitra, Uchhakpavitra, Kadampavitra.

Mass P.T. Exercises-Two count, four count and eight count exercises.

Hindustani Lezuim-Char Awaaz, EkJagah, AantiLagaav, Pavitra, Do Rukh, Chau Rukh, Chau rukhbethak, Momiya.

Drill and Marching

Malkhamb-Salaami, Hold, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, Soyodoro, Phirki, Padmasana, T.Balance, Pataka, Landing.

Malkbamb-Salaami, PadmasanaChadh, Katibandh1 -2, Sadiadhi, Rikebpakkad, Rikebpagniadhi, Kamaradhi, Nakkikasadhi, Kamaradhi, Nakkikasadhi, Urubandhtedhi, Sadibagli, Do hatibagli, Kamarbandhbagli, nakkikasbagli, Dashrang, Hanuman pakad, Gurupakkad, various padmasana, Landing.

PC - 104

## Kho Kho:

General skills of the game-Running, chasing, Dodging, Faking etc.

o Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the Inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgment n giving Kho, Rectification of Foul.

Skills in Running-Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back. fakes on the pole, fake legs, body arm e.t.c, Combination of different skills.

Ground Marking

Rules and their interpretations and duties of officials.

PC- 104

## Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri:

Fundamentals skills

Apparatus Light apparatus Grip

Attention with apparatus/ Light apparatus

o Stand- at - ease with apparatus/ light apparatus

Exercise with verbal command, drum, whistle and music – Two count, Four. Count, Eight count and Sixteen count.



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Standing Exercise

o Jumping Exercise

o Moving Exercise

Combination of above all

**After completion of the Practical students will be able to:-**

**Course Outcomes:**

CO1. To study how improving heart health and cardiovascular fitness through regular aerobic exercise like running.

CO1.To study enhancing muscular endurance and stamina by gradually increasing running distance and duration.

CO1.To study how to developing effective teamwork, communication, and collaboration skills while participation in team sports.

CO1.To study experiencing joy, fun, and a sense of playfulness while engaging in sports and games.

CO1.These activities promote physical health, mental well-being, social interaction, and personal growth.



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## B.P.ED 2<sup>ND</sup> SEMESTER

|        |                |           |           |
|--------|----------------|-----------|-----------|
| CC-201 | YOGA EDUCATION | 22L-T-12P | CREDIT -4 |
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### Objectives of the course:

1. To improve physical health and flexibility. Regular practice of yoga asanas (postures) helps in developing strength, balance, and flexibility, promoting overall physical well-being.
2. encourages emotional awareness and equanimity.
3. To explore spiritual aspects, helping individuals connect with their inner selves and attain a sense of peace and purpose in life.
4. To provide individuals with tools and knowledge that they can apply in their lives to achieve holistic well-being.

### SYLLABUS:-

#### **Unit – I: Introduction (5 hours)**

- o Meaning and Definition of Yoga
- o Aims and Objectives of Yoga
- o Yoga in Early Upanishads
- o The Yoga Sutra: General Consideration
- o Need and Importance of Yoga in Physical Education and Sports.

#### **Unit - II: Foundation of Yoga(5Hours)**

- o The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- o Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

#### **Unit - III Asanas (6 Hours)**

- o Effect of Asanas and Pranayama on various system of the body
- o Classification of asanas with special reference to physical education and sports
- o Influences of relaxive, meditative posture on various system of the body
- o Types of Bandhas and mudras
- o Type of kriyas.

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## DEPARTMENT OF PHYSICAL EDUCATION

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

### Unit – IV Yoga Education (5 Hours)

- o Basic, applied and action research in Yoga
- o Difference between yogic practices and physical exercises
- o Yoga education centers in India and abroad
- o Competitions in Yogasanas.

After completion of the unit students will be able to:-

#### Course Outcomes:

CO1:- Know the need and importance yoga in physical education and sports, and their aim and object.

CO2:- Understand the Eight limbs of yoga and the performing way of yoga.

CO3:- Learn the effect of asanas and Pranayama on the human body and also learn the corrective posture of doing yoga.

CO4:- Understand the basic of yoga science and the importance of yogic practice and physical exercise.

#### **References:**

Brown, F. Y.(2000). How to use yoga. Delhi:Sports Publication.

Gharote, M. L. &Ganguly, H. (1988). Teaching methods for yogic practices.Lonawala: Kaixydahmoe.

Rajjan, S. M. (1985). Yoga strenthening of relaxation for sports man. New Delhi:Allied Publishers.

Shankar,G.(1998). Holistic approach of yoga. New Delhi:Aditya Publishers. Shekar,K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.

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# DEPARTMENT OF PHYSICAL EDUCATION

(Dr. B.R. Ambedkar University, Agra (Formerly- Agra University, Agra))

|        |  |         |           |
|--------|--|---------|-----------|
| CC-202 | EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION | 20L-T-P | CREDIT -4 |
|--------|--|---------|-----------|

## Objective of the course:

1. To enhance the teaching and learning process by leveraging various technological tools and resources.
2. To improve the overall educational experience by integrating technology effectively into the curriculum.
3. Encompass a wide range of goals that aim to promote physical, mental, and social well-being in students.
4. To teach students the rules, techniques, and strategies of various sports and games, enabling them to participate in and enjoy a wide range of physical activities.
5. To create an inclusive environment that accommodates students of all abilities.

## SYLLABUS:-

### **Unit – I Introduction (4 Hours)**

- Education and Education Technology- Meaning and Definitions
- o Types of Education- Formal, Informal and Non- Formal education.
- o Educative Process
- o Importance of Devices and Methods of Teaching.

### **Unit – II Teaching Technique (6 Hours)**

- o Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc.
- o Teaching Procedure – Whole method, whole – part – whole method, part – whole method.
- o Presentation Technique – Personal and technical preparation
- o Command- Meaning, Types and its uses in different situations.

### **Unit – III Teaching Aids (5Hours)**

- o Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids.
- o Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc
- o Team Teaching – Meaning, Principles and advantage of team teaching.
- o Difference between Teaching Methods and Teaching Aid.

*Dr. Anwar*



## DEPARTMENT OF PHYSICAL EDUCATION

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

### Unit – IV Lesson Planning and Teaching Innovations ( 5 Hours)

- o Lesson Planning – Meaning, Type and principles of lesson plan.
- o General and specific lesson plan.
- o Micro Teaching – Meaning, Types and steps of micro teaching.
- o Simulation Teaching - Meaning, Types and steps of simulation teaching.

After completion of the unit students will be able to:-

#### Course Outcomes:-

CO1:- Understand the basics of educational technology and their types, also learn about the methods and device of teaching.

CO2:- Understand the various topics of educational techniques and teaching procedure.

CO3;- Learn the various types of teaching Aids like Audio aids, visual aids and many more. Also learn about Team teaching method.

CO4:- Know the lesson planning methods and teaching innovations with general and specific lesson plan.

#### **Reference:**

Bhardwaj, A. (2003). New media of educational planning. New Delhi: Sarup of Sons.

Bhatia, & Bhatia, (1959). The principles and methods of teaching. New Delhi: Doaba House.

Kochar, S.K. (1982). Methods and techniques of teaching. New Delhi: Sterling Publishers Pvt. Ltd.

Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). Introduction to educational technology. New Delhi: Sterling Publishers Pvt. Ltd.

Walia, J.S. (1999). Principles and methods of education . Jullandhar: Paul Publishers.

*Tom* *Jayesh*



# DEPARTMENT OF PHYSICAL EDUCATION

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

|        |   |         |           |
|--------|---|---------|-----------|
| CC-203 | ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION | 20L-T-P | CREDIT -4 |
|--------|---|---------|-----------|

## Objectives of the course:

1. To efficiently and effectively manage the educational program, facilities, and resources related to physical education.
2. Implementing appropriate assessment methods to measure students' progress in physical education and using evaluation data to improve the program's effectiveness.
3. Ensuring proper maintenance and utilization of physical education facilities.
4. Continuously monitoring the physical education program's performance and making data-driven decisions to enhance its quality and impact on students.

## SYLLABUS:-

### **Unit – I: Organization and administration(5 Hours )**

- o Meaning and importance of Organization and Administration in physical education
- o Qualification and Responsibilities of Physical Education teacher and pupil leader
- o Planning and their basic principles,
- o Program planning: Meaning, Importance, Principles of program planning in physical education.
- o Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

### **Unit- II: Office Management, Record, Register & Budget (5 Hours)**

- o Office Management: Meaning, definition, functions and kinds of office management
- o Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.
- o Budget: Meaning, Importance of Budget making.
- o Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

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## DEPARTMENT OF PHYSICAL EDUCATION

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

### Unit-III: Facilities, & Time-Table Management (4Hours)

- o Facilities and equipment management: Types of facilities Infrastructure-indoor, out door.
- o Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- o Equipment: Need, importance, purchase, care and maintenance.
- o Time Table Management: Meaning, Need, Importance and Factor affecting time table.

### Unit-IV: Competition Organization (6 Hours)

- o Importance of Tournament,
- o Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
- o Organization structure of Athletic Meet
- o Sports Event Intramurals & Extramural Tournament planning

After completion of the unit students will be able to:-

#### Course Outcomes:

**CO1:-** Understand the notion of organization and administration in which he learn the Planning organizing, staffing, directing, communicating, controlling and many more.

**CO2:-** learn the office management ,record and register maintenance along with the budget preparations.

**CO3:-** Understand the facilities, time- table management like type of facilities infrastructure and needed Equipments.

**CO4:-** Know the method of competition organization in which individual learn about type of tournaments and sports events.





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### References:

Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.

Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Lolis: The C.V. Hosby Co.

Kozman, H.C. Cassidly, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co.

Pandy, L.K. (1977). Methods in Physical Education. Delhe: Metropolitan Book Depo.

Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.

Thomas, J. P. (1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.

Tirunarayanan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press.

Voltmer, E. F. & Esslinger, A. A. (1979). The organization and administration of Physical Education. New York: Prentice Hall Inc.

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# DEPARTMENT OF PHYSICAL EDUCATION

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

|        |   |         |           |
|--------|---|---------|-----------|
| EC-201 | CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS | 19L-T-P | CREDIT -4 |
|--------|---|---------|-----------|

## Objectives of the course:

1. To know about the basic concept of physical education, and wellness, lifestyle.
2. To know about how it will relate the daily life routine.
3. To know the meaning the of principle of exercise and impact of these on body component.
5. Able to understand the importance health and safety in Daily life and also understand about first and emergency use on time.

## SYLLABUS:-

### **Unit – I Concept of Physical Education and Fitness (5 hours)**

- o Definition, Aims and Objectives of Physical Education, fitness and Wellness
- o Importance and Scope of fitness and wellness
- o Modern concept of Physical fitness and Wellness
- o Physical Education and its Relevance in Inter Disciplinary Context.

### **Unit – II Fitness, Wellness and Lifestyle (4hours)**

- o Fitness – Types of Fitness and Components of Fitness
- o Understanding of Wellness
- o Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management
- o Physical Activity and Health Benefits

### **Unit – III Principles of Exercise Program (5hours)**

- o Means of Fitness development – aerobic and anaerobic exercises
- o Exercises and Heart rate Zones for various aerobic exercise intensities
- o Concept of free weight Vs Machine, Sets and Repetition etc
- o Concept of designing different fitness training program for different age group.



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## Unit – IV Safety Education and Fitness Promotion (5hours)

- o Health and Safety in Daily Life
- o First Aid and Emergency Care
- o Common Injuries and their Management
- o Modern Life Style and Hypo-kinetic Disease –Prevention and Management

### References:

Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.

Giam, C.K & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.

Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.

Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.

**After completion of the unit students will be able to:-**

### Course Outcomes:

CO1 Know the origin and development of Olympics

CO2 Know the modern Olympic games

CO3 Know about different types of Olympic games.

CO4 Know about Olympic games for the disabled.

CO5 Know the function of International Olympic committee (IOC). Those who derived the all event organized under Olympics.



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|        |   |         |           |
|--------|---|---------|-----------|
| EC-202 | SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE) | 20L-T-P | CREDIT -4 |
|--------|---|---------|-----------|

## Objectives of the course:

1. To educate students about the importance of proper nutrition to support physical performance, enhance recovery, and maintain overall health.
2. To educate students about the role of nutrition in optimizing athletic performance, including energy production, muscle function, and endurance.
3. To educate students about the significance of pre-exercise meals and post-exercise.
4. To address the importance of maintaining a healthy body weight and body composition to support overall health and physical performance.
5. To teach students about portion control and mindful eating to avoid excessive calorie intake.

## SYLLABUS:-

### **Unit – I Introduction to Sports Nutrition (5 hours)**

- o Meaning and Definition of Sports Nutrition
- o Basic Nutrition guidelines
- o Role of nutrition in sports
- o Factor to consider for developing nutrition plan

### **Unit – II Nutrients: Ingestion to energy metabolism (6 Hours)**

- o Carbohydrates, Protein, Fat – Meaning, classification and its function
- o Role of carbohydrates, Fat and protein during exercise
- o Vitamins, Minerals, Water – Meaning, classification and its function
- o Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure

*Agarwal*



## DEPARTMENT OF PHYSICAL EDUCATION

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

### Unit – III Nutrition and Weight Management (6hours)

- o Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management
- o Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss
- o Obesity – Definition, meaning and types of obesity.
- o Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.

### Unit – IV Steps of planning of Weight Management (4 hours)

- o Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight
- o Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle
- o Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

**After completion of the unit students will be able to:-**

#### **Course Outcomes:**

**CO1:-** Understand the basic nutritional guidelines plans, roles and factors .

**CO2:-** learning about the facts of macro nutrients and micro nutrients with their importance in daily life.

**CO3:-** learning the life management tips like BMI , Obesity and their risk on health.

**CO4:-** Understand about the planning of Weight management.

#### **References:**

- Bessesen, D. H. (2008). Update on obesity. J ClinEndocrinolMetab.93(6), 2027-2034.
- Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity (Silver Spring). 15(12), 3091-3096.
- Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. Am J ObstetGynecol, 197(3), 223-228.
- DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. N Engl J Med, 356(21), 2176-2183.
- Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. JAMA. 299(3), 316-323.

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# DEPARTMENT OF PHYSICAL EDUCATION

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|        |   |         |           |
|--------|---|---------|-----------|
| PC-201 | Track and field (jumping events)                          | L-T-24P | CREDIT -4 |
| PC-202 | Yoga/Aerobics/ Gymnastics/ Swimming                       |         |           |
| PC-203 | Racket Sports: Badminton/ Table Tennis/<br>Squash/ Tennis |         |           |

## Semester - II

PC- 201

### Track and Field

#### Athletics: Jumping Events

High Jump (Straddle Roll)

Approach Run,

Take off

Clearance over the bar.

o Landing

PC- 202

#### Gymnastics:

Parallel Bar:

Mount from one bar

o Straddle walking on parallel bars.

o Single and double step walk

Perfect swing

Shoulder stand on one bar and roll forward. Roll side

Shoulder stand

Front on back vault to the side(dismount) Horizontal /Single Bar:

*Dr. Arun*



# DEPARTMENT OF PHYSICAL EDUCATION

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Grip

o Swings

Fundamental Elements

Dismount

Uneven Parallel Bar:

Grip

Swings

Fundamental Elements

Dismount

**PC- 202**

**Yoga:**

o Surya Namaskara,

o Pranayama

Corrective Asanas

Kriyas

Asanas

Sitting Standing

Laying Prone Position,

Laying Spine Position

**PC-202**

**Swimming:**

Introduction of water polo game

Fundamental skills

Swim with the ball

*Dr. Arun*



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Passing

Catching

Shooting

Goal keeping

Rules of the games and responsibility of officials Introduction of Diving sports.

Basic Diving Skills from spring boards Basic Diving Skills from platform

## PC- 202

**Aerobics:** Introduction of Aerobics

o Rhythmic Aerobics - dance Low impact aerobics

High impact aerobics

Aerobics kick boxing

Postures – Warm up and cool down

THR Zone - Being successful in exercise and adaptation to aerobic workout.

## PC - 203

**Badminton:** Fundamental Skills

Racket parts, Racket grips, Shuttle Grips.

The basic stances.

The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm

Drills and lead up games

o Types of games-Singles, doubles, including mixed doubles.

Rules and their interpretations and duties of officials.

## PC - 203

*Agarwal*





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### Table Tennis: Fundamental Skills

The Grip-The Tennis Grip, Pen Holder Grip.

Service-Forehand, Backhand, Side Spin, High Toss.

Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive.

Stance and Ready position and foot work.

Rules and their interpretations and duties of officials.

### PC- 203

#### Squash: Fundamental Skills

Service- Under hand and Over hand

Service Reception

Shot- Down the line, Cross Court

Drop

Half Volley

o Tactics - Defensive; attacking in game

Rules and their interpretations and duties of officials.

### PC- 203

#### Tennis: Fundamental Skills.

Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip.

Stance and Footwork.

Basic Ground strokes-Forehand drive, Backhand drive.

Basic service.

*Dr. B. S. Jaiswal*



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Basic Volley.

o Over-head Volley.

Chop

Tactics - Defensive, attacking in game

o Rules and their interpretations and duties of officials.

**After completion of the unit students will be able to:-**

**Course Outcomes:**

CO1. To study improving coordination, balance, and agility, which are essential components of successful jumping teaching.

CO1.To gaining understanding stimulating bone density and strength, especially in weight-bearing activities like jumping, which supports long-term bone health.

CO1.Providing students with a comprehensive understanding of physical education concepts, techniques, and strategies.

CO1.To study in physical education classroom teaching experience a well-rounded approach to physical, mental, and educational growth.

*Shawley*      *Ambedkar*      *For.*  
*Arpenny*



# DEPARTMENT OF PHYSICAL EDUCATION

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## B.P.ED 3<sup>RD</sup> SEMESTER

|        |                        |          |           |
|--------|------------------------|----------|-----------|
| CC-301 | <b>SPORTS TRAINING</b> | 20L-T-8P | CREDIT -4 |
|--------|------------------------|----------|-----------|

### Objectives of the course:

1. To develop athletes' physical abilities, technical skills, tactical knowledge, and mental attributes to enhance their performance and competitiveness in their chosen sport.
2. To address the mental aspect of performance, including focus, concentration, confidence, resilience, and coping with pressure.
3. To produce well-rounded, skilled, and mentally strong athletes who can perform at their best and achieve success in competitive sports.
4. Focusing Improvement of technical and tactical efficiency.

### SYLLABUS:-

#### Unit – I Introduction to Sports Training (4 hours)

- o Meaning and Definition of Sports Training
- o Aim and Objective of Sports Training
- o Principles of Sports Training
- o System of Sports Training – Basic Performance, Good Performance and High Performance Training

#### Unit – II Training Components(5hours)

- o Strength – Mean and Methods of Strength Development
- o Speed – Mean and Methods of Speed Development
- o Endurance - Mean and Methods of Endurance Development
- o Coordination – Mean and Methods of coordination Development
- o Flexibility – Mean and Methods of Flexibility Development

#### Unit – III Training Process(5 hours)

- o Training Load- Definition and Types of Training Load
- o Principles of Intensity and Volume of stimulus
- o Technical Training – Meaning and Methods of Technique Training
- o Tactical Training – Meaning and Methods of Tactical Training

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### Unit – IV Training programming and planning (6 hours)

- o Periodization – Meaning and types of Periodization
- o Aim and Content of Periods – Preparatory, Competition, Transitional etc.
- o Planning – Training session
- o Talent Identification and Development

After completion of the unit students will be able to:-

#### Course Outcomes:

**CO1:-**Understand the important and basic concepts of sports training for healthy lifestyle.

**CO2:-**Learning about the concept of training components which are strength, speed, Endurance, coordination, flexibility to make life simple and easier.

**CO3:-**Understand the method of training process in which individual learn about the training load, technical training and tactical training.

**CO4:-**Understand about various type of training programs and planning like periodization .

#### **Reference:**

Dick, W. F. (1980).Sports training principles.London: Lepus Books.

Harre, D.(1982).Principles of sports training.Berlin: Sporulated.

Jensen, R. C.& Fisher, A.G. (1979). Scientific basis of athletic conditioning. Philadelphia: Lea and Fibiger, 2ndEdn.

Matvyew, L.P. (1981).Fundamental of sports training. Moscow: Progress Publishers.

Singh, H. (1984).Sports training, general theory and methods.Patials: NSNIS.

Uppal, A.K., (1999).Sports Training.New Delhi: Friends Publication.



# DEPARTMENT OF PHYSICAL EDUCATION

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

|        |   |          |           |
|--------|---|----------|-----------|
| CC-302 | COMPUTER APPLICATIONS IN PHYSICAL EDUCATION | 19-T-16P | CREDIT -4 |
|--------|---|----------|-----------|

## Objectives of the course:

1. To leverage technology to enhance various aspects of teaching, learning, and management within the field of physical education.
2. Educational software can provide information about nutrition, health, and wellness, educating students about the importance of a healthy lifestyle.
3. To explore various sports, fitness trends, and health-related topics, fostering curiosity and expanding their knowledge beyond the classroom.
4. Providing interactive learning experiences, such as virtual simulations, which allow students to practice sports skills in a controlled and engaging environment.

## SYLLABUS:-

### **Unit – I: Introduction to Computer (4 Hours)**

- o Meaning, need and importance of information and communication technology (ICT).  
Application of Computers in Physical Education
- o Components of computer, input and output device
- o Application software used in Physical Education and sports

### **Unit – II: MS Word (5hours)**

- o Introduction to MS Word
- o Creating, saving and opening a document
- o Formatting Editing features Drawing table .
- o page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes

*Dr. P. K. Singh*



## DEPARTMENT OF PHYSICAL EDUCATION

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

### Unit – III: MS Excel (6 hours)

- o Introduction to MS Excel
  - o Creating, saving and opening spreadsheet
- o creating formulas
- o Format and editing features adjusting columns width and row height understanding charts

### Unit – IV: MS Power Point (4 hours)

- o Introduction to MS Power Point
  - o Creating, saving and opening a ppt. file
  - o format and editing features slide show , design , inserting slide number
  - o picture ,graph ,table
- o Preparation of Power point presentations.

After completion of the unit students will be able to:-

#### Course Outcomes:

- CO1. Learn the basics of computer with respect to physical education and physical sports.  
CO2. Understand the basics of Microsoft office. Understand the MS word operations. Features of MS word.  
CO3. Understand the MS Excel. And preparing of various worksheet for data collection .  
CO4. Learn about the PowerPoint operations and importance of PowerPoint slide to represent the information in slide way.

#### References:

- Irtegov, D. (2004). Operating system fundamentals. Firewall Media.  
Marilyn, M.& Roberta, B.(n.d.).Computers in your future. 2nd edition, India: Prentice Hall.  
Milke, M.(2007). Absolute beginner's guide to computer basics. Pearson Education Asia.  
Sinha, P. K. & Sinha, P. (n.d.).Computer fundamentals. 4th edition, BPB Publication.

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# DEPARTMENT OF PHYSICAL EDUCATION

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

|        |                                 |         |           |
|--------|---------------------------------|---------|-----------|
| CC-303 | SPORTS PSYCHOLOGY AND SOCIOLOGY | 21L-T-P | CREDIT -4 |
|--------|---------------------------------|---------|-----------|

## Objectives of the course:

1. To understand and enhance the psychological aspects of sports and physical activities.
2. To help athletes and students improve their mental skills, such as focus, concentration, goal setting, visualization, and self-confidence, to enhance their athletic performance.
3. To provide strategies for managing stress and anxiety related to sports performance and competition.
4. To study the role of sports in different societies, including their significance, values, and impact on identity and community.

## SYLLABUS:-

### **Unit -I: introduction (5hours)**

- o Meaning, Importance and scope of Educational and Sports Psychology
- o General characteristics of Various Stages of growth and development
- o Types and nature of individual differences; Factors responsible -Heredity And environment
- o Psycho-sociological aspects of Human behavior in relation to physical education and sports

### **Unit-II: Sports Psychology (6hours)**

- o Nature of learning, theories of learning, Laws of learning,
- o Plateau in Learning; & transfer of training
- o Meaning and definition of personality, characteristics of personality,
- o Dimension of personality, Personality and Sports performance
- o Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance.
- o Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary.
- o Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety
- o Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance.

*Dr. Arun Kumar*



# DEPARTMENT OF PHYSICAL EDUCATION

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

## Unit-III: Relation between Social Science and Physical Education.(5hours)

- o Orthodoxy, customs, Tradition and Physical Education.
- o Festivals and Physical Education.
- o Socialization through Physical Education.
- o Social Group life, Social conglomeration and Social group, Primary group and Remote group.

## Unit-4 Culture : Meaning and Importance. (5hours)

- o Features of culture.
- o Importance of culture.
- o Effects of culture on people life style.
- o Different methods of studying Observation/ Inspection method, Questionnaire method, Interview method.

After completion of the unit students will be able to:-

### Course Outcomes:

- C01. Understand the importance of psychology and sports psychology and general characteristics.
- C02. Learn the theories and laws of learning in which individual learn nature, theories and laws.
- C03. Remember about the relationship between the physical education and social science which provide knowledge of tradition, festival and all. Role of sociology in physical education and sports.
- C04. Learn about the Culture in physical education with help of their features, importance and various effect on people lifestyle.

### **References:**

Ball, D. W. & Loy, J. W. (1975). Sport and social order; Contribution to the sociology of sport. London: Addison Wesley Publishing Co., Inc.

Blair, J.& Simpson, R.(1962). Educational psychology, New York:McMillan Co.

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*Dr. Baxey*





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*Arjun*



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|        |   |         |           |
|--------|---|---------|-----------|
| EC-301 | SPORTS MEDICINE, PHYSIOTHERAPY AND REHANLITATION (ELECTIVE) | 20L-T-P | CREDIT -4 |
|--------|---|---------|-----------|

## Objectives of the course:

1. To prevent sports-related injuries by providing athletes with proper training techniques, equipment recommendations, and injury prevention strategies.
2. for providing knowledge to athletes in the rehabilitation process after injuries, ensuring safe and effective recovery to regain full function.
3. Providing the knowledge exercises and education, physiotherapy helps prevent the recurrence of injuries and minimize the risk of future injuries.
4. To give knowledge of recovery, treatment plans, progressive exercise, monitoring and Evaluation.

## SYLLABUS:-

### **Unit-I: - Sports Medicine: (6hours)**

- o Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
- o Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.
- o Need and Importance of the study of sports injuries in the field of Physical Education
- o Prevention of injuries in sports – Common sports injuries – Diagnosis –
- o First Aid - Treatment - Laceration – Blisters – Contusion - Strain – Sprain – Fracture – Dislocation and Cramps – Bandages – Types of Bandages – trapping and supports.

### **Unit-II: Physiotherapy (4hours)**

- o Definition – Guiding principles of physiotherapy, Importance of physiotherapy, Introduction and demonstration of treatments - Electrotherapy – infrared rays – Ultraviolet rays –short wave diathermy – ultrasonic rays.

### **Unit-III: Hydrotherapy:(5hours)**

- o Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation – Massage: History of Massage – Classification of Manipulation (Swedish System) physiological Effect of Massage.

*Dr. Arun*



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## Unit-IV: Therapeutic Exercise: (5Hours)

o Definition and Scope – Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints – Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

**After completion of the unit students will be able to:-**

### Course Outcomes:-

C01. Understand the basics of sports medicine and athletic injuries for athlete.

C02. Learn the importance of physiotherapy and its applications.

C03. Understand about the various type of Hydrotherapy and the importance of Hydrotherapy in the field of physical education.

C04. Know about therapeutic exercises and its applications for the better movement, mobility.

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*Stanley* *Jayprakash*



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|        |                              |         |           |
|--------|------------------------------|---------|-----------|
| EC-302 | CURRICULUM DESIGN (Elective) | 20L-T-P | CREDIT -4 |
|--------|------------------------------|---------|-----------|

## Objectives of the course:

1. To change the behavior of children.
1. To promote social, reasoning and logical reasoning..
2. To develop the reasoning and logical resonating.
3. To promote lifelong learning among students.

## SYLLABUS:-

### **UNIT-I Modern concept of the curriculum(6hours)**

- o Need and importance of curriculum, Need and importance of curriculum development, the role of the teacher in curriculum development.
- o Factors affecting curriculum - Social factors - Personnel qualifications - Climatic consideration - Equipment and facilities -Time suitability of hours.
- o National and Professional policies, Research finding

### **UNIT-II Basic Guide line for curriculum construction; contest (selection and expansion). (4hours)**

- o Focalization
- o Socialization
- o Individualization
- o Sequence and operation
- o Steps in curriculum construction.

### **UNIT-III Curriculum-Old and new concepts, Mechanics of curriculum planning.(5hours)**

- o Basic principles of curriculum construction.
- o Curriculum Design, Meaning, Importance and factors affecting curriculum design.
- o Principles of Curriculum design according to the needs of the students and state and national level policies.
- o Role of Teachers



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### UNIT-IV Under-graduate preparation of professional preparation.(5hours)

- o Areas of Health education, Physical education and Recreation.
- o Curriculum design-Experience of Education, Field and Laboratory.
- o Teaching practice.
- o Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities.

**After completion of the unit students will be able to:-**

#### Course Outcomes:-

- CO1 Know the modern concept of curriculum.
- CO2 Prepare curriculum for various levels.
- CO3 know the concept of curriculum and its sources.
- CO4 know about curriculum construction for selection and expansion of players.

#### Reference:

- Barrow, H. M. (1983). Man and movement: principles of physical education. Philadelphia: Lea and Febiger.
- Bucher, C. A. (1986). Foundation of physical education: St. Louis: The C. V. Mosby & Company.
- Cassidy, R. (1986). Curriculum development in physical education. New York: Harper & Company.
- Cowell, C.C. & Hazelton, H.W. (1965). Curriculum designs in physical education. Englewood Cliffs: N.J. prentice Hall Inc.
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|        |   |           |           |
|--------|---|-----------|-----------|
| PC-301 | Track and Field (Throwing Events)   | 18L-T-20P | CREDIT -4 |
| PC-302 | Combative Sports: Martial Art/ Karate/ Judo/ Fencing/ Boxing/ Taekwondo/ Wrestling (Any two out of these)               |           |           |
| PC-303 | Team Games: Baseball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Handball/ Basketball/ Netball (Any two of these) |           |           |

## Semester- III

### PC-301

#### Track and fields (Throwing Events)

Discus Throw, Javelin, Hammer throw, shot-put Basic Skills and techniques of the Throwing events Ground Marking / Sector Marking

Interpretation of Rules and Officiating.

Grip

Stance

Release

Reserve (Follow through action)

Rules and their interpretations and duties of officials

### PC-302

#### Boxing: Fundamental Skills

Player stance

Stance - Right hand stance, left hand stance.

Footwork - Attack, defense.

Punches - Jab, cross, hook, upper cut, combinations.

Defense slip - bob and weave, parry/block, cover up, clinch, counter attack

Tactics -Toe to toe, counter attack, fighting in close, feinting

Rules and their interpretations and duties of officials.



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PC-302

### Martial Arts/Karate: Fundamental Skills

Player Stances - walking, hand positions, front-leaning, side-fighting.

Hand Techniques - Punches (form of a punch, straight punch, and reverse punch), Blocks (eight basic).

Leg Techniques - Snap kicks, stretching straight leg, thrust kicks, sidekicks, round house. Forms - The first cause Katas.

Self Defense - against punches, grabs and strikes, against basic weapons (knife, club sticks).

baring - One step for middle punch, high punch and groin punch. (Defended by appropriate blocks from eight basic blocks)

Rules and their interpretations and duties of officials.

PC- 302

### Taekwondo: Fundamental Skills

Player Stances - walking, extending walking, L stance, cat stance.

Fundamental Skills - Sitting stance punch, single punch, double punch, triple punch. Punching Skill from sparring position - front-fist punch. rear fist punch, double punch, and four combination punch..

Foot Techniques (Balgisul) - standing kick (soseoChagi), Front kick (AP chagi), Arc Kick (BandalChagi), Side kick, (YeopChagi), Turning kick (DollyoChagi), Back kiCk (Twit Chagi), Reverse turning kick (BandacDollyoChagi), Jump kick (TwimyoCnagi Poomsae (F'orms)- Jang, Yi Jang, Sam Jang, Sa Jang, O Jang, Yook Jang. Chil Jang Jang (Fundamental Movement eye control, concentration of spirit, speed control, strength control, flexibility, balance, variety in techniques) Sparring (Kyorugi) – One Step Sparring (hand techniques, foot techniques, self defense techniques, combination kicks), Free Sparring.

Board Breaking (Kyokpa) - eye control, balance, power control, speed, point of attack. Rules and their interpretations and duties of officials.

*Jayal*



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PC-302

### Judo: Fundamental skills

Rei (Salutation)-Ritsurei(Salutation in standing position), Zarai (Salutation in the sitting position)

Kumi kata (Methods of holding judo costume)

Shisei (Posture in Judo)

o Kuzushi (Act of disturbing the opponent posture)

Tsukuri and kake (Preparatory action for attack)

Ukemi (Break Fall)-UrhiroUkemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae

Ukemi (Front Break Fall), Mae mawariUkemi (Front Rolling break fall)

Shin Tai (Advance or retreat foot movement)-Suri-ashi (Gliding foot), Twugi-ashi (Following footsteps), Ayumi-ashi (Waling steps).

Tai Sabaki (Management of the body)

NageWaze (Throwing techniques)-HizaGuruma (Knee wheel), SesaeTwurikomi-ashi (Drawing ankle throw), De ashihari (Advance foot sweep), O Goshi (Major loim), SeoiNage (Shoulder throw).

Katamawaze(Grappling techniques)-Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kami shihogatama (Locking of upper four quarters), Method of escaping from each hold.

PC- 302

### Wrestling:

#### Fundamental Skills

Take downs, Leg tackles, Arm drag.

Counters for take downs, Cross face, Whizzer series.

o Escapes from under-sit-out turn in tripped.

o Counters for escapes from under-Basic control back drop, Counters for stand up.

Pinning combination-Nelson series(Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.

Escapes from pinning: Wing lock series, Double arm lock roll, Cridge.

Standing Wrestling-Head under arm series, whizzer series

o Reference positions.

*Aravind*





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PC-302

### Fencing: Fundamental Skills

Basic Stance - on-guard position (feet and legs)

Footwork- advance, retire, lunge, Step-lunge

Grip – hold a foil correctly, Etiquette - salute and handshake to coaches and partners

Hit a target (glove, mask, person) at riposte distance

Lunge from an on-guard position.

C Attack - simple attacks from sixte - direct, disengage, double attack, compound attacks high line - one-two and cut-over disengage, Cut-over attack, Low line attacks

Semi circular parries- octave and seedtime

Understand the layout of a piste.

o Compound or successive parries.

o Lateral parry and direct riposte

Fence a bout- judges etc. salutes and handshakes

Rules and their interpretations and duties of officials.

### PC 303 Team Games

PC 303

### Base Ball : Fundamental Skills

Player Stances - walking, extending walking, L stance, cat stance. Grip- standard grip, choke grip,

Batting - swing and bunt.

Pitching-

Baseball: slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screw ball, Softball: windmill, sling shot, starting position: wind up, set. o Fielding

Catching: basics to catch fly hits, rolling hits, Throwing: over arm, side arm.

Base running –

Base running: single, double, triple, home run, o Sliding: bent leg slide, hook slide, head first slide.

Rules and their interpretations and duties of officials.

*Dr. Arjun*



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PC 303

## Netball: Fundamental Skills

Catching: one handed, two handed, with feet grounded, in flight.

Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce). Footwork: landing on one foot; landing on two feet; pivot; running pass. Shooting: one hand; two hands; forward step shot; backward step shot.

Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop, sprinting with change of speed.

o Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).

Intercepting: pass; shot.

The toss-up.

Role of individual players

o Rules and their interpretations and duties of officials.

PC-303

## Cricket: Fundamental Skills

Batting-Forward and backward defensive stroke Bowling-Simple bowling techniques

Fielding-Defensive and offensive fielding Catching-High catching and Slip catching Stopping and throwing techniques Wicket keeping techniques

PC 303

## Football: Fundamental Skills

Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick

o Trapping-trapping rolling the ball, trapping bouncing ball with sole Dribbling-With instep, inside and outer instep of the foot. Heading-From standing, running and jumping.

Throw in

o Feinting-With the lower limb and upper part of the body. Tackling-Simple tackling, Slide tackling.

Goal Keeping-Collection of balls, Ball clearance-kicking. throwing and deflecting-



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PC 303

## Hockey: Fundamental Skills

Player stance & Grip Rolling the ball

o Dribbling

Push

Stopping

Hit

Flick

o Scoop

o Passing- Forward pass, square pass, triangular pass, diagonal pass, return pass,

Reverse hit

Dodging

Goal keeping – Hand defence, foot defence

Positional play in attack and defense.

o Rules and their interpretations and duties of officials. Rules and their interpretations and duties of officials.

Ground Marking.

**PC-303**

## Softball: Fundamental Skills

Catching: one handed, two handed, with feet grounded, in flight.

Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce). Footwork: landing on one foot; landing on two feet; pivot; running pass. Shooting: one hand; two hands; forward step shot; backward step shot.

o Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; Sprt with change of speed.

Defending: marking the player; marking the ball: blocking: inside the circle; outside the circle (that is, defending the circle edge against the pass in).

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Intercepting: pass; shot.

The toss-up.

Role of individual players.

Rules and their interpretations and duties of officials.

## PC 303

### Volleyball: Fundamental Skills

o Players Stance- Receiving the ball and passing to the team mates,

The Volley (Over head pass),

The Dig (Under hand pass).

axvice.

o Rules and their interpretations and duties of officials.

## PC- 303

### Hand Ball:

**Fundamental Skills**- Catching, Throwing, Ball Control. Goal Throws- Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling- High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal keeping, Defense.

Rules and their interpretations and duties of officials.

## PC-303

### Basketball: Fundamental Skills

o Player stance and ball handling

Passing- Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side Arm Pass, Over Head pass, Hook Pass.

Receiving- Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running.

Dribbling- How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble.



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o Shooting-Layup shot and its variations, one hand set shot, One hand jump shot, Hook shot, Free throw.

o Rebounding-Defensive rebound, Offensive rebound, Knock out, Rebound Organization. Individual Defensive-Guarding the man with the ball and without the ball.

Pivoting.

o Rules and their interpretations and duties of the officials.

**After completion of the particle students will be able to:-**

### Course Outcomes:-

CO1. To gaining these activities contribute to individual development, skill enhancement, and a positive learning environment.

CO2.To study the sportsmanship by respecting opponents, following rules and fair play during competition.

CO3.To study about the importance of physical activity, nutrition and overall health and well-being.

CO4.To study supportive classroom atmosphere that encourage participation, teamwork and respect.

CO5.To study about the physical health, skill acquisition, teamwork, social interaction, and personal growth.

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## B.PED 4<sup>TH</sup> SEMESTER

|        |  |           |           |
|--------|--|-----------|-----------|
| CC-401 | MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION | 22L-T-12P | CREDIT -4 |
|--------|--|-----------|-----------|

### Objectives of the course:

1. To assess and quantify students' progress, performance, and achievements in various physical activities, sports, and fitness-related aspects.
2. To assess students' proficiency in various sports and movement skills, including running, jumping, throwing, catching, and specific sports techniques.
3. To help students set realistic and achievable goals related to physical fitness, skill development, and sports performance.
4. To motivate and engage students in physical education by recognizing their efforts and achievements.

### SYLLABUS:-

#### **Unit-1 Introduction to Test & Measurement & Evaluation(6hours)**

- o Meaning of Test & Measurement & Evaluation in Physical Education
- o Need & Importance of Test & Measurement & Evaluation in Physical Education
- o Principles of Evaluation.

#### **Unit- II Criteria; Classification and Administration of test (5hours)**

- o Criteria of good Test
- o Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms)
- o Type and classification of Test
- o Administration of test, advance preparation – Duties during testing – Duties after testing.

#### **Unit- III Physical Fitness Tests (6hours)**

- o AAHPER youth fitness test
- o National physical Fitness Test
- o Indiana Motor Fitness Test
- o JCR test
- o U.S Army Physical Fitness Test

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### Unit- IV Sports Skill Tests (5 hours)

- o Lockhart and McPherson badminton test
- o Johnson basketball test o McDonald soccer test
- o S.A.I volleyball test
- o S.A.I Hockey test

**After completion of the unit students will be able to:-**

#### Course Outcomes:

C01. Understand the basics of Test, Measurement & Evaluation for the perfect selection of an individual in each and every sports on the bases of these three terms.

C02. Understand the classification and administer of test.

C03. Know about the physical fitness tests which are conducted for the selection of players and setting criteria.

C04. Understand about the sports skill tests for volleyball, hockey & tennis, badminton.

#### References:

Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark: Ho+Storm.

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Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications.

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Sodhi, H.S., & Sidhu, L.S. (1984). Physique and selection of sports- a kinanthropometric study. Patiala: Punjab Publishing House.

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|        |                              |         |           |
|--------|------------------------------|---------|-----------|
| CC-402 | KINESIOLOGY AND BIOMECHANICS | 20L-T-P | CREDIT -4 |
|--------|------------------------------|---------|-----------|

## Objectives of the course:

1. To provide information and understand human movement and how it relates to physical activity, exercise, and sports.
2. To apply scientific principles to optimize athletic performance and improve efficiency in sports and physical activities.
3. To study how forces and motions influence human movement.
4. How to apply biomechanical analysis to specific sports movements, such as the mechanics of a golf swing, tennis serve, or basketball jump shot.

## SYLLABUS:-

### Unit – I Introduction to Kinesiology and Sports Biomechanics (5hours)

- o Meaning and Definition of Kinesiology and Sports Biomechanics
- o Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.
- o Terminology of Fundamental Movements
- o Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity

### Unit – II Fundamental Concept of Anatomy and Physiology (4hours)

- o Classification of Joints and Muscles
- o Types of Muscle Contractions
- o Posture – Meaning, Types and Importance of good posture.
- o Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innovation.

### Unit – III Mechanical Concepts (4hours)

- o Force - Meaning, definition, types and its application to sports activities
- o Lever - Meaning, definition, types and its application to human body.
- o Newton's Laws of Motion – Meaning, definition and its application to sports activities.
- o Projectile – Factors influencing projectile trajectory.

*Dr. Anurag*





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## Unit – IV Kinematics and Kinetics of Human Movement(6hours)

- o Linear Kinematics – Distance and Displacement, speed and velocity, Acceleration
- o Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.
- o Linear Kinetics – Inertia, Mass, Momentum, Friction.
- o Angular Kinetics – Moment of inertia ,Couple, Stability.

After completion of the unit students will be able to:-

### Course Outcomes:

- C01. Learn the basics of Sports biomechanics & kinesiology to physical education teacher and sports coach and athlete.
- C02. Understand the fundamental of posture, joints and muscles.
- C03. Understanding the mechanical concepts which are important to understand the law's which are apply in sports.
- C04. Understand kinematics and kinetics of human movement and the type of kinetics.

### Reference:

- Bunn, J. W. (1972).Scientific principles of coaching. Englewood Cliffs, N.J.: Prentice Hall Inc.
- Hay, J. G. & Reid, J. G.(1982).The anatomical and mechanical basis of human motion. Englewood Cliffs, N.J.: prentice Hall Inc.
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|        |   |         |           |
|--------|---|---------|-----------|
| CC-403 | RESEARCH AND STATISTICS IN PHYSICAL EDUCATION | 19L-T-P | CREDIT -4 |
|--------|---|---------|-----------|

## Objectives of the course:

1. To provide basic knowledge and use of research and statistics in field of physical education.
2. To develop reliable and valid assessment tools and measures for evaluating physical fitness, skill proficiency.
3. To employ statistical methods to analyze research data, draw conclusions
4. To measure and evaluate students' performance in physical education classes, sports activities, and fitness assessments.

## SYLLABUS:-

### Unit-I Introduction to Research (5hours)

- o Definition of Research
- o Need and importance of Research in Physical Education and Sports.
- o Scope of Research in Physical Education & Sports.
- o Classification of Research
- o Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

### Unit-II Survey of Related Literature(4hours)

- o Need for surveying related literature
- o Literature Sources, Library Reading
- o Research Proposal, Meaning and Significance of Research Proposal.
- o Preparation of Research proposal / project.
- o Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.

### Unit-III Basics of Statistical Analysis (5hours)

- o Statistics: Meaning, Definition, Nature and Importance
- o Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables
- o Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram.

*Dr. P. S. Singh*



## DEPARTMENT OF PHYSICAL EDUCATION

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### Unit- IV Statistical Models in Physical Education and Sports(5hours)

- o Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data
- o Measures of Variability: Meaning, importance, computing from group and ungroup data
- o Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data.

**After completion of the unit students will be able to:-**

#### Course Outcomes:

- C01. Know the basics of research and its classifications and scope of research in physical education.
- C02. learn the information from survey and research proposal.
- C03. Learning the basic of statistical Analysis which is use in physical education.
- C04. Know the statistical versions used in physical education

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# DEPARTMENT OF PHYSICAL EDUCATION

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

|        |  |           |           |
|--------|--|-----------|-----------|
| EC-401 | THEORY OF SPORTS AND GAMES<br>(ELECTIVE) | 18L-T-18P | CREDIT -4 |
|--------|--|-----------|-----------|

## Objectives of the course:

1. To provide knowledge about the theoretical information of sports and games.
2. To know about the scientific principles which are applied in this.
3. To get knowledge of various training methods and their effects on human body.
4. To know about warm up and limbering down for injury free body.

## SYLLABUS:-

### UNIT-I INTRODUCTION (5hours)

General Introduction of specialized games and sports–

- o Athletics,
- o Badminton,
- o Basketball,
- o Cricket,
- o Football,
- o Gymnastic,
- o Hockey,
- o Handball,
- o Kabaddi,
- o Kho-Kho,
- o Tennis,
- o Volleyball and
- o Yoga.

Each game or sports to be dealt under the following heads

- o History and development of the Game and Sports
- o Ground preparation, dimensions and marking
- o Standard equipment and their specifications
- o Ethics of sports and sportsmanship

### UNIT-II Scientific Principles of coaching: (particular sports and game specific) (5hours)

- o Motion – Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton's Law of motions.
- o Force – Friction, Centripetal and Centrifugal force, Principles of force.
- o Equilibrium and its types
- o Lever and its types
- o Sports Training – Aims, Principles and characteristics.
- o Training load – Components, Principles of load, Over Load (causes and symptoms).

### UNIT-III Physical fitness components: (particular sports and game specific) (5hours)

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## DEPARTMENT OF PHYSICAL EDUCATION

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

- o Speed and its types
- o Strength and its types
- o Endurance and its types
- o Flexibility and its types
- o Coordinative ability and its types
- o Training methods: - Development of components of physical fitness and motor fitness through following training methods (continuous method, interval method, circuit method, fartlek /speed play and weight training)

### UNIT-IV Conditioning exercises and warming up.(3hours)

- o Concept of Conditioning and warming up.
- o Role of weight training in games and sports.
- o Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition).
- o Recreational and Lead up games
- o Strategy – Offence and defense, Principles of offence and defense.

**After completion of the unit students will be able to:-**

#### Course Outcomes:

CO1. To learn the history of basketball, football, hockey, kabaddi, tennis and volleyball.

CO2. To understand the Rules and their explanation of basketball, football, hockey, kabaddi, tennis and volleyball.

CO3. Learn the Basics skills and their drills of basketball, football, hockey, kabaddi, tennis and volleyball.

CO4. Learn the various rules and regulations of games and different types of recreational activities.

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# DEPARTMENT OF PHYSICAL EDUCATION

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

|        |                   |         |           |
|--------|-------------------|---------|-----------|
| EC-402 | SPORTS MANAGEMENT | 18L-T-P | CREDIT -4 |
|--------|-------------------|---------|-----------|

## Objectives of the course:

1. To effectively and efficiently oversee and coordinate various aspects of sports organizations, events, and activities.
2. Providing knowledge planning, organizing, leading, and controlling the resources and operations within the sports industry to achieve specific goals and objectives.
3. To develop long-term strategic plans for sports organizations, outlining goals, objectives, and strategies for sustainable growth and success.

## SYLLABUS:-

### Unit-I (4hours)

- o Nature and Concept of Sports Management.
- o Progressive concept of Sports management.
- o The purpose and scope of Sports Management.
- o Essential skills of Sports Management.
- o Qualities and competencies required for the Sports Manager.
- o Event Management in physical education and sports.

### Unit-II(6hours)

- o Meaning and Definition of leadership
- o Leadership style and method.
- o Elements of leadership.
- o Forms of Leadership.
  - Autocratic
  - Laissez-faire
  - Democratic
  - Benevolent Dictator
- o Qualities of administrative leader.
- o Preparation of administrative leader.
- o Leadership and Organizational performance

*Dr. Arun*



# DEPARTMENT OF PHYSICAL EDUCATION

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

## Unit-III (5hours)

- o Sports Management in Schools, colleges and Universities.
- o Factors affecting planning
- o Planning a school or college sports programme.
- o Directing of school or college sports programme.
- o Controlling a school, college and university sports programme.
- Developing performance standard
- Establishing a reporting system
- Evaluation
- The reward/punishment system

## Unit-IV(4hours)

- o Financial management in Physical Education & sports in schools, Colleges and Universities.
- o Budget – Importance, Criteria of good budget,
- o Steps of Budget making
- o Principles of budgeting

**After completion of the unit students will be able to:-**

### Course Outcomes:

- C01. Understand the basics nature and progressive concept of sports management.
- C02. Understand the leader and leadership and their elements, form on leadership.
- C03. Learn the sports programming, management, directing and controlling of events.
- C04. Learn about the financial management and sports in physical education.

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|        |  |           |           |
|--------|--|-----------|-----------|
| PC-401 | Track and Field / Swimming / Gymnastics (Any one out of three)   | 12L-T-22P | CREDIT -4 |
| PC-402 | Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any Two of these) |           |           |

## Part-C Teaching Practice

|         |  |     |     |     |      |      |
|---------|--|-----|-----|-----|------|------|
| TP- 401 | Sports specialization:<br>Coaching lessons Plans<br>(One for Sports 5 lessons) | 6   | 4   | 30  | 70   | 100  |
| TP-402  | Games specialization:<br>Coaching lessons Plans<br>(One for Games 5 lessons)   | 6   | 4   | 30  | 70   | 100  |
| Total   |  | 40  | 32  | 240 | 560  | 800  |
|         |  | 160 | 128 | 960 | 2240 | 3200 |

After completion of the unit students will be able to:-

### Course Outcomes:

- CO1. To gaining valuable experience in competitive environments, fostering resilience, and enhancing sportsmanship.
- CO2. To study how to improve our coordination, balancing, and precise techniques required for different track and field events.
- CO3. To gaining the acquired knowledge and expertise in coaching methods that cater to diverse learning styles, skill levels, and abilities.
- CO4. To study how athlete safety and well-being by implementing appropriate warm-ups, cool down and injury prevention techniques.

*Shankar*  
*Barpujari*  
*Tan*