

## PROGRAMME OUTCOMES

Physical Education is a very wide subject in which biological, psychological, physical, health and functional aspects of sports and body are studied. It is noteworthy that it is such a subject with the help of which human body both internally and externally can be kept healthy. Students will definitely be able to discharge duties towards themselves and society through this subject. Under this subject, the students can demonstrate excellently their skills and perfection particularly in sports ability, management, leadership, health plan, event management, sports budgeting, physiology, teaching methods, sports psychology and research along with getting information regarding to the importance of Physical Education for DIVYANG.

### SYLLABUS FOR B. A. PHYSICAL EDUCATION/ SEMESTER I/ PAPER I

Program /Class: Certificate		Year: First	Semester: First
<b>SUBJECT: PHYSICAL EDUCATION- THEORY</b>			
Course code: E020101T		Course Title: Elementals of Physical Education	
<b>Course Outcomes:</b> The physical education is very wide concept and this subject teaches about introduction and Sociological concept of Physical Education and this also teaches about historical development of physical education in India and other countries. Its introduce a general concept of good health and wellness. This program will also help a student to promote healthy way of living and they will also be able to make fitness and health plan.			
Credits:4		Max. Marks:25+75	Min. Passing Marks:10+25
<b>Total no. of lectures-tutorials-practical (in hours per week):4-0-0</b>			
Unit	TOPIC	NO. OF LECTURES	
<b>I</b>	<b>Introduction:</b> <ul style="list-style-type: none"> <li>• Meaning, definition and concept of physical education.</li> <li>• Scope, aim and objective of Physical education.</li> <li>• Importance of Physical education in Modern era.</li> <li>• Relationship of physical education with general education</li> </ul> <b>Sociological Foundation:</b> <ul style="list-style-type: none"> <li>• Meaning, Definition and importance of sports Sociology</li> <li>• Culture and sports</li> <li>• Socialization and sports</li> </ul>	<b>07</b>	
<b>II</b>	<b>History:</b> <ul style="list-style-type: none"> <li>• History and development of Physical education in India: pre- and post independence.</li> <li>• History of physical education in ancient Greece, Rome and Germany.</li> </ul> <b>Olympic Games , Asian Games and Commonwealth Games:</b> <ul style="list-style-type: none"> <li>• Olympics Movement: Ancient Olympic, modern Olympic, Revival, aim, objectives.</li> <li>• Asian Games.</li> <li>• Commonwealth Games.</li> </ul>	<b>06</b>	
<b>III</b>	<b>Health Education:</b> <ul style="list-style-type: none"> <li>• Meaning, Definition and Dimensions of Health.</li> <li>• Meaning, Definition objectives, Principals and importance of Health Education.</li> <li>• Meaning of Balance Diet and Nutrition and its elements.</li> </ul> <b>Wellness's Life Style</b> <ul style="list-style-type: none"> <li>• Importance of wellness and life style.</li> <li>• Role of Physical Activity Maintaining Healthy Life Style.</li> <li>• Obesity and Weight Management.</li> <li>• Prevention of Disease through Behavioral Modifications.</li> </ul>	<b>08</b>	
<b>IV</b>	<b>Fitness :</b> <ul style="list-style-type: none"> <li>• Meaning &amp; Definition and types of fitness</li> <li>• Component of physical fitness</li> <li>• Factor affecting physical fitness</li> </ul> <b>Posture:</b> <ul style="list-style-type: none"> <li>• Meaning, Definition of Posture.</li> <li>• Importance of Good Posture.</li> <li>• Causes of Bad Posture.</li> </ul>	<b>07</b>	

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• Postural Deformities (causes and remedial exercise).	
<p><b>Suggested readings:</b></p> <ul style="list-style-type: none"> <li>• Barrow Harold M., Man and movements principles of Physical Education, 1978.</li> <li>• Difiore, J. (1998). Complete guide to postnatal fitness. London: A &amp; C Black.</li> <li>• Dynamics of fitness. Madison: W.C.B Brown.</li> <li>• General methods of training. by - Hardayal Singh</li> <li>• Giam, C.K &amp; The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book. McGlynn, G., (1993)</li> <li>• Kamlesh M.L., "Physical Education, Facts and foundations", Faridabad P.B. Publications. 7. Krishana Murthy V. and Paramesara Ram, N. "Educational Dimensions of Physical Education", 2nd Revised edition, Print India, New Delhi 1990.</li> <li>• Methodology of training. by - Harre</li> <li>• पाण्डेय, प्रीति, शारीरिक शिक्षा संकलन, " खेल सांस्कृति प्रकाशन " , कानपुर</li> <li>• पटेल, श्री कृष्णा , शारीरिक शिक्षा, " अग्रवाल पब्लिशर ", आगरा , 2014-15</li> <li>• Ravanes R.S., "Foundation of Physical Education", Houghton Millin Co. Boston USA (1978)</li> <li>• Science of sports training. by - Hardayal Singh</li> <li>• Sharkey, B. J. (1990). Physiology of fitness, Human Kinetics Book.</li> <li>• सिंह, अजमेर, शारीरिक शिक्षा और ओलंपिक अभियान', कल्याणी पब्लिशर, नई दिल्ली, संशोधित 2006.</li> <li>• Track &amp; Field. by – Gerhardt schmolinsky, Leipzig college of physical culture (DHFK)</li> <li>• सिंह, बलजीत, शारीरिक शिक्षा का इतिहास, "लक्ष्य पब्लिकेशन", नई दिल्ली, 2013.</li> <li>• सिंह, बलजीत, शारीरिक शिक्षा के आधार, "स्पोर्ट्स पब्लिकेशन", नई दिल्ली, 2008.</li> <li>• कमलेश, एमएल, शारीरिक शिक्षा के मूलाधार, "स्पोर्ट्स पब्लिकेशन", नई दिल्ली, तृतीय संस्करण, 2014.</li> </ul>	
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>	
<p><b>Continuous Evaluation Methods: (CIE)</b>  <b>INTERNAL ASSESMENT (25 Marks)</b>  Written Test – 10 marks  Assignment/ Research Based Project - 10 marks  Attendance – 5 marks  Research Orientation of the student.</p>	
<p><b>Suggested equivalent online courses:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> IGNOU</li> <li><input type="checkbox"/> Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li> <li><input type="checkbox"/> Rajarshi Tandon open University.</li> </ul>	

  




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

Program/Class: <b>Certificate</b>	Year: <b>First</b>	Semester: <b>First</b>
<b>Subject: Physical Education- Practical</b>		
Course Code: <b>E020102P</b>	Course Title: <b>Fitness and Yoga</b>	
<b>Course Outcomes:</b> Yogais very helpful in prevention of many diseases and students will learn about it.This subject deals with basic knowledge about and Aerobics and Gymnasium classes which will help students to excel in the fitness industry.		
Credits: <b>02</b>	Elective	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
<b>Unit</b>	<b>Topics</b>	<b>No. of Hours</b>
	<b>Part-A</b>	
<b>I</b>	<input type="checkbox"/> Learn and demonstrate the techniques of warm-up, general exercise and cooling down <input type="checkbox"/> Lean and demonstrate physical fitness through aerobic, circuit training and calisthenics. <input type="checkbox"/> Diet chart & measurement of BMI	<b>15</b>
	<b>Part-B</b>	
<b>II</b>	<b>INTRODUCTION OF YOGA:</b> <ul style="list-style-type: none"> <li>• Historical aspect of yoga.</li> <li>• Definition, types scopes &amp; importance of yoga.</li> <li>• Yoga relation with mental health and value education.</li> <li>• Yoga relation with Physical Education and sports.</li> </ul> <b>ASANAS:</b> <ul style="list-style-type: none"> <li>• Definition of Asana, differences between asana and physical exercise.</li> <li>• Suraya-namaskar, Bhujang asana, Naukasana, Halasana, Vajrasan, Padmasana, Shavasana, Makrasana,Dhanurasana, Tad asana.</li> </ul> <b>PRANAYAMA:</b> <ul style="list-style-type: none"> <li>• Difference and classification of pranayama.</li> <li>• Difference between pranayama and deep breathing.</li> <li>• Anulom, Vieam.</li> </ul>	<b>15</b>
<b>Suggested Readings:</b> <ol style="list-style-type: none"> <li>1. ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.</li> <li>2. Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)</li> <li>3. Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.</li> <li>4. Flyod, P.A.,S.E. MimmsandC.Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.</li> </ol>		
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>		
<b>Continuous Evaluation Methods(CIE)</b> <b>INTERNAL ASSESMENT (25 Marks)</b> Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. <b>PRACTICAL ASSESSMENT (75 Marks)</b> Practical – 50 VIVA – 15 Record book charts etc - 10		

