

B.A. Ist Year

There shall be two theory papers of 60 marks each and a practical examination carrying 80 marks. A candidate must pass in theory and practical examination separately.

PAPER - 1 HISTORY OF PHYSICAL EDUCATION

Unit: Physical Education

Its Meaning, Definition and Importance, Misconception about Physical Education

Aims and Objective of Physical Education

Physical Education as an Academic Discipline

Unit 2: Physical Education in ancient India:

Vedic Period, Epic period and Buddhist period, Yogic Physical Culture, Physical Education in the city state of Greece.

Unit 3: Survey of Physical Education in India pre and post independence period

Physical Education and sports training institutions in India, Olympic Association, Sports Authority of India, Arjuna Award, Dornachrya Award, Maulana Abul Kalam Azad Trophy, National SportsScholarship, Rajiv Gandhi Khel Ratna Award.

Unit 4: Modern Olympics Games:

Start of Olympics, Objectives of Olympic, Olympic Ring, Olympic motto and flag, Olympic charter, opening and closing ceremonies, Olympic commission and their functions.

Unit 5: Contribution to the growth of Physical Education by leaders and movement:

John Basedow, Johan Federick Gut Muths, Per Henric Ling, Dr. P.M. Joseph, H.C. Buck, D.G.Wakharker

Turnverin Movement, Philanthropinum movement, Y.M.C.A. and its contributions

References

Leonard, fred Engene and Affieck George B: Guide to the History of Physical education, Philadelphia Leo&Febiger 1962

Reice Emmett. A Hutchinson L.and Loc Marbal : A Brief History of Physical Education, New York the Renold Press Company, 1930

Rajgopalan, K.A.: Brief History of Physical Education in India, Delhi, Army publishers, 1962

Kishan Murthy V. and Ram N. Parmeshwar : Educational Demensions of physical Education, New Delhi, Sterling Publications, 1980

Singer, R.N. (ed.): Physical Education: Foundations, New York, Hall Renehert and Winston

Khan Eraj Ahmed: History of Physical Education, Scientific, Book Co., Patna

PAPER - II
FOUNDATIONS OF PHYSICAL EDUCATION

Unit 1: Biological Foundation

Heredity and Environment, its importance in stage of growth and development.
Principles governing physical and motor growth and development.
Chronological, Anatomical, Physiological and Mental-ages of individual-their implications in developing and implementing programme of physical education.

Unit 2: Psychological Foundation

Importance and implication of psychological elements in physical education.
Notions about mind and body, psycho-physical unity of man,
Conditions and Factors effecting learning.

Unit 3: Philosophical Foundation:

Idealism and Physical Education,
Pragmatism and Physical Education.
Naturalism and Physical Education,
Realism and Physical Education.

Unit 4: Physiological foundation:

General Benefits of exercise, Benefit of exercise to the various systems,
Basic Principles of exercise and physical education programme.

Unit 5: Sociological Foundation:

Physical Education and sports a need of the society.
Sociological implications of Physical Education and sports.
Physical activities and sports man's cultural heritage.

References

- Bucher, Charles A: Foundations of Physical Education, St. Louis, The C.V. Mosby Company 1986
- Nixon Engene D and Couson, W: An Introduction to Physical Education Philadelphia, London, W.B. Saunders Co. 1969.
- Oderateuter, Delbert: Physical Education New York Happer and Brothers Publishers, 1970
- Sharma. Jakson R.: Introduction to Physical Education, New York, A.S. Barnes and Company, 1964
- Williams Jeses Feiring: The Principal of Physical of Physical Education, Philadelphia, W.B. Saunders Company 1964.
- Kamlesh M.L.: Physical Education: Facts & Foundation, P.B. Publisher, Faridabad

**PRATICAL (B.A. Ist Year)
PHYSICAL EDUCATION**

The practical examination shall be conducted by a panel of two examiners.(Internal & External)

A candidate shall be required to show his/her familiarity (Rules and Techniques) and give performance/demonstration in the following:

1. Athletics (Compulsory)

Sprints, High Jump, Long Jump, Shot put, Discus throw & Baton exchange.

2. Games & Sports (any one game of choice from the following)

- (a) Basket Ball
- (b) Football
- (c) Kabbadi
- (d) Volley Ball

3. Physical Fitness (Compulsory)

12 Minutes (for boys) & 9 Minutes (for Girls) run/walk test

Athletics and Games / Sports

Theory Syllabus:

- 1. History and development of the games and sports
- 2. Ground dimension and Marking
- 3. Standard equipments
- 4. Important rules and their interpretation

Practice Syllabus:

- 1. General and specific warming (exercise)
- 2. Teaching Main Skills
- 3. Lead up games
- 4. Playing ability (performance)

Cooper Fitness Test Marking Norms

S. No.	Events	Sex	(Standard Performance)					
			20 Marks	18 Marks	15 Marks	12 Marks	10 Marks	05 Marks
1.	12 Min. run/ Walk (Mtr.)	Men	Above 3300	3299-2800	2799-2500	2499-2000	1999-1600	1600 & below
	9 Min. run/ Walk (Mtr)	Women	Above 2000	1999-1800	1799-1400	1399-1200	1199-1000	1000 & below

B.A. II Year

There shall be two theory papers of 60 marks each and a practical examination carrying 80 marks. A candidate must pass in theory and practical examination separately.

PAPER I ANATOMY & PHYSIOLOGY OF EXERCISE

Unit 1:Introduction:

Concept of Anatomy, Physiology & Physiology of Exercise.
Need and Importance of Anatomy and Physiology in Physical Education.
Introduction to cell, tissue, organ and system.

Unit 2:Skeleton & Muscles:

Function of bones, general features of scapula, radius, ulna, humerus, Femur, Tibia and Fibula.
Terminology of movements around joints & ligaments.
Types of Muscles (Voluntary, involuntary and cardiac)

Unit 3:System:

Basic knowledge of Cardio-vascular, respiratory, Digestive and Nervous Systems.

Unit 4:Physiology:

Pumping action of heart and its regulation
Function of blood and blood clotting
Mechanism of Respiration
Secretion and Function of the digestive juices

Unit 5:Physiology of Exercise:

Effects of exercise on respiratory, circulatory and muscular system.
Neuro Muscular co-ordination.
Second wind & oxygen debt
Stitch and cramps, obesity and body weight control.
Physiological concept of warming up, training & fatigue.

Reference:

Morehouse & Miller : Physiology of Exercise : C.V. Mosby Co., St. Louis
Srivastava etc.: Text book of Practical Physiology, Scientific Book Agency, Calcutta.
Guyton A.C.: Functions of Human Body, W.B. Saunders Co., London
Pearce Evelyn, C.: Anatomy and Physiology of Nurses, Faber & Faber-Ltd., London
Karpovich and Sinnser : Physiology of Muscular Activity, WB, Saunders Co., London
Pearce, J.W.: Anatomy for Students and Teacher of Physical Education, Edward arnold & Co., London
Duvel Elen Neill: Kinesiology: The Anatomy of Motion

Paper II
MANAGEMENT & METHODS IN PHYSICAL EDUCATION

Unit 1: Introduction :

Meaning, Importance & Scope of "Teaching Methods."
Factors to be considered in determining the methods of teaching,
Types of teaching methods,
Principles of Teaching,
Presentation Technique.

Unit 2: Organization and Tournaments

Federation & Associations
Organization and conduct of following:
a) Demonstration (b) Adventure sports (c) Competition (d) Annual Sports Meet
Tournaments: Meaning and their types
(a) Knock-out (b) League of Round Robin (c) Combination
(d) Challenges of perennial (Ladder & Pyramid)
Methods of drawing fixture.

Unit 3: Facilities and Equipments:

Audio-Visual aids & Teaching gadgets values.
Criteria for selecting and steps to be followed in using teaching aids.
An ideal list of basic facilities and equipments for Physical education and sports
Improvisation: Ways and means of improvisation of following:
(a) Area (b) Apparatus (c) Equipments d) Leadership

Unit 4: Management:

Meaning, Functions and Principles of Management.
Office Management: Records keeping, Filing, Correspondence & Store Keeping.
Sports Budget: Purpose, Principles and Account Preparation (receipt & Payments, Income & Expenditure)

Unit 5: Performance & Evaluation:

Training Structure and performance Dynamics,
Injury Management Ethics in Sports,
Psychological and Sociological preparation.
Evaluation: Need, Importance and methods of evaluation.

References:

- C. Tirunaryanan & S. Hariharan : Methods in Physical Education, Alagappa College of Physical Education, Alagappauram Karaikudi
Hari Shankar Sharma: Physical Education-Organisation, Administration and Supervision (Hindi)
Knapp Clyde and Hagman, E.P.: Teaching Methods of Physical Education, New York, McGraw Hill Book Co., 1984
Bucher, C.A.: Administration of Physical Education and Athletic Programmes, The C.V. Mosby Company, London, 1983
Zeigler, E.P.: and Bowiew, G.W.: Management Competency Development in Sports and Physical Education Lea and Fibiger, Philadelphia.

PRACTICAL (B.A. IInd Year)
PHYSICAL EDUCATION

The practical examination shall be conducted by a panel of two examiners. (Internal & External)

A candidate shall be required to show his/her familiarity (Rules and Techniques) and give performance-demonstration in the following:

1. Athletics (Compulsory) (30 Marks)
Triple Jump, Pole Vault, Javelin, Hammer and Walking.

2. Games and sports (anyone game of choice from the following) (30 marks)
(a) Cricket
(b) Hockey
(c) Kho-Kho
(d) Yoga

3. Physical Fitness - (Compulsory) (20 marks)
JCR Test

Athletics and Games / Sports

Theory Syllabus:

- (a) History and development of the games and sports
- (b) Ground dimension and marking
- (c) Standard equipments
- (d) Important rules and their interpretation
- (e) Officials

Practice Syllabus:

- (a) General and specific warming (exercise)
- (b) Teaching Main Skills
- (c) Lead up games
- (d) Playing ability (performance)

JCR Fitness Test Marking Norms

S. No.	Events	Sex	(Standard Performance)						
			07 Marks	06 Marks	05 Marks	04 Marks	03 Marks	02 Marks	01 Marks
1.	Jumping Vertical Jump (Inches)	Men	--	24 & Above	23-20	19-16	15-12	11-08	07 & Below
		Women	--	16 & Above	15-14	13-11	10-08	07-05	04 & Below
2.	Chinning Pull ups (Nos)	Men	10 & Above	09-07	06-05	04	03	02	01
3.	Hang (Sec.)	Women	50 & Above	49-39	38-29	28-20	19-12	11-06	05 & Below
	Running (Sec.) Shuttle Run (10 x 10 M)	Men	22 & Below	23-24	25-26	27-28	29-31	31-33	34 & Above
		Women	26 & Below	27-28	28-29	30-32	33-35	36-39	40 & Above

**B.A. Final Year
PHYSICAL EDUCATION**

There shall be two theory papers of 60 marks each and a practical examination carrying 80 marks. A candidate must pass in theory and practical examination separately.

**PAPER - I
HEALTH EDUCATION**

Unit 1: Health & Wellness:

Concept of Health & Wellness, Positive Health,
Determinants of Health, Dimensions of Health, Ecology of Health,
Importance of Health to individual, Family, community and the state.

Unit 2: Health Education:

Concept, Objectives, Principles and Scope of communication in Health Education,
Need and Importance of Health Education,
Alcohol, Drugs & Intoxication.

Unit 3: Nutrition and Diet:

Classification of Foods and Role of Various Nutrients,
Ideal diet for sportsman,
Malnutrition and Adulteration of Food.

Unit 4: Hygiene and Disease:

Personal Hygiene, environment hygiene, Food hygiene
Communicable diseases: (Factor, Source, Modes of Transmission, symptoms and prevention) Measles, Hepatitis, Tuberculosis, Typhoid, Rabies and AIDS
Postural deformities: Causes and remedies.

Unit 5: First Aid and Safety:

Importance and Principles of safety education
Common injuries in physical education and sports
Sprain, Strain, Fracture and Dislocations.

References

Lawrence, Thomas Gordon, Schriver, Alice, Powers, Douglas, F. and Verhans Levia J.: Your Health and Safety, Har Court, Brace and world, Inc.

Bausr, W.U. (Editor): Today's Health Guide, American Medical Association Revised Edition.

Johns, Edward P. Suttan, Wilfred C. and Webster, Lloye E.: Health for effective living, McGraw Hill Book Company, New York.

Stack, Harbert J. Juke Kikow: Education for safe Living, Englewood Cliffs, New Jersey, Prentice Hall Inc.

Evans. A.: William: Everyday Safety, Chicago, Lyons and Camaban.

Floria, A. A. and Stafford, G.T.: Safety Education, McGraw Hill Book Co. New York.

Park, J.C.: Text Book of Preventive and Soil Medicine Banarsidass Bharat.

"First Aid" Authorized Manual of St. John Ambulance Association, New Delhi.

B.A. Final Year

PAPER II TEST AND MEASUREMENT

Unit 1: Introduction:

Meaning of Tests, Measurement and Evaluation,
Need and Importance of Test and Measurement in Physical Education.
Meaning of Statistics, Need and Importance of Statistics
Frequency Tables-Meaning, Construction and Uses.

Unit 2: Fundamentals of Statistics:

Measures of Central Tendency-Meaning, uses and calculation from frequency tables.
Graphical representation of Data-Meaning, Uses and Techniques.

Unit 3: Test Evaluation and Construction:

Items to be included in Objective ,Subjective and knowledge tests.
Criteria of Test selection.

Unit 4: Measurements of Physical Fitness and Skill performance:

Fitness Tests: AAHPERD, Canadian Fitness Test, Roger's Physical Fitness Index.
Sports Skill Tests: Johnson Basketball Ability Tests, McDonald Soccer Test, Dribble and Goal Shooting Test in Hockey, Brady Volleyball Test.

Unit 5: Dimensions, Construction, Preparation and maintenance:

Indoor & Outdoor facilities: track and field, Football, Volleyball, Basketball, Cricket,Hockey, Badminton, Tennis, Kabaddi.

Reference:

Clarke, H.H.: Application of measure to Health and Physical Education. Englewood Cliffs, N.J. Prentice Hall Inc.

Larson, L.A. and Yacom R.D.: Measurement and Evaluation in Physical Health and Recreation Education St. Louis, C.V. Moslay Company.

Neilson, N.P.: An Elementary Course in Statistics, Test and Measurement in Physical Educational, National Test Polo Athletic.

PRACTICAL (B.A. Final Year)
PHYSICAL EDUCATION

The Practical examination shall be conducted by a panel of two examiners. (Internal & External)

A candidate shall be required to show his/her familiarity (Rules and Techniques) and give performance/demonstration in the following.

- 1. Gymnastics and Development Exercises (Compulsory)**

- 2. Games and Sports** (any one game of choice from the following)
 - (a) Badminton
 - (b) Table-Tennis
 - (c) Tennis
 - (d) Squash

- 3. Physical Fitness Test**
Canadian Test

Gymnastics and Games / Sports

Theory Syllabus:

- (a) History and development of the games and sports.
- (b) Ground dimension and marking
- (c) Standard equipment
- (d) Important rules and their interpretation
- (e) Officials.

Practice Syllabus:

- (a) General and specific warming (exercise)
- (b) Teaching Main Skills
- (c) Lead up games
- (d) Playing ability (performance)

Canadian Fitness Test Marking Norms

S. No.	Events	Sex	(Standard Performance)					
			20 Marks	18 Marks	15 Marks	12 Marks	10 Marks	05 Marks
1.	Canadian Test (Sec.)	Men	28 & Below	29-34	35-39	40-44	45-49	50 & Above
		Women	33 & Below	34-39	40-44	45-50	51-55	50 & above

"Physical education is the study, practice, and appreciation of the art and science of human movement" (Harrison, Blakemore, and Buck, p. 15). This curricular pattern uses activity units in sport, fitness, and dance (e.g., volleyball, aerobic dance, swimming) to teach physical education. Middle school curriculums should include a wide variety of team and individual sports utilizing motor skills introduced and refined at the elementary level. Physical education, also known as Phys Ed., PE and in some Commonwealth countries as physical training or PT, is a class that pupils are required to take at school. It is taken during primary and secondary education and encourages psychomotor learning in a play or movement exploration setting to promote health. In addition, physical literacy is a 21st-century term that first emerged in the sport literature before also being applied to physical education.