



ख्वाजा मुईनुद्दीन चिश्ती भाषा विश्वविद्यालय, लखनऊ, उत्तर प्रदेश (भारत)
Khwaja Moinuddin Chishti Language University, Lucknow, U.P. (India)

U.P. STATE GOVERNMENT UNIVERSITY,
(Recognised Under Section 2(f) & 12(B) of the UGC Act, 1956 & B.Tech. Approved by (AICTE)



CHOICED BASED CREDIT SYSTEM (CBCS)

COURSE SCHEME & SYLLABUS

OF

PHYSICAL EDUCATION

For

Under Graduate Programme

Bachelor of Arts (B.A.), Semester-V

Academic Session 2021-2022

Department of Physical Education

Khwaja Moinuddin Chishti Language University Lucknow, U.P., India



Khwaja Moinuddin Chishti Language University, Lucknow
Bachelor of Arts (B.A.) in Physical Education
Programme Regulations 2021

1. Applicability

The regulations shall apply to the Bachelor of Physical Education Programme from the session 2021-22

2. Minimum Eligibility for admission

Intermediate or equivalent examination from a recognized Board/ Institution including Madrasa Board of all States with minimum 45% marks in aggregate for General/OBC and 40% for SC/ST candidates.

(Any other additional requirement may also be specified from time to time)

3. Programme Objectives

Physical education is not only concerned with the physical outcome that accrue from participation in physical activities but also the development of knowledge and attitude conducive to lifelong learning and participation in motor activities. Physical education discipline is to develop a comprehensive outlook of an individual with a strong civic position, moral qualities, sense of responsibility, an independent, initiative, tolerant person who is able to successfully socialize and to use different forms of physical education and sports in daily life to protect his or her own health and promote effective professional activities. The overall objectives of bachelor's degree programme in Physical Education are;

- a. The acquisition and refinement of motor skills,
- b. To equip the students with the scientific knowledge of body response to various types of exercise.
- c. Maintenance of fitness for optimal health and well being,
- d. Attainment of knowledge and the growth of positive attitude towards physical activity and sports.
- e. Understanding the meaning of physical education for an individual development and improving general health for professional activity.
- f. Fostering motivational attitude to the physical education, healthy lifestyle and regular exercising.
- g. Learning special knowledge, practical skills, which provide health protection, form compensatory process, correct present health abnormalities, provide mental prosperity, development and improvement of psychophysical skills, form professional qualities of an individual.
- h. Body's adaptation for physical and mental workload and also at the increasing of the capability of physiological systems as well as raising of the resistance of immune defenses.
- i. Learning the methodology of formation and taking health exercises independently, the methods of self-control while exercising, hygiene rules and sound schedule for work and rest.
- j. Learning how to resist unfavorable factors and working conditions, decreasing fatigue during professional activities and raising the quality of results.



4. Programme Outcomes

This would lead the students to understand historical concept of physical education and relationship between Philosophy, Education and Physical Education. The student would further understand the theoretical implications of philosophies of physical education with modern development and social aspects of Physical Education.

- a. The curriculum would enable the pass out to select the inherited talented children for various sports activities.
- b. The pass out shall be able to orient children in schools with the fundamental skills of selected sports as per their inherited potential.
- c. The pass out shall be able to devise training program for athletes engaged in different sports activities
- d. The curriculum shall enable them to officiate, supervise various sports tournaments and orient them in organizing sports events at all levels.
- e. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, spa etc) and device appropriate fitness program for different genders and age groups of people.

5. Specific Programme Outcomes

- a. Students will acquire a comprehensive knowledge and sound understanding of fundamentals of Physical Education.
- b. Students will develop practical, theoretical skills in Physical Education.
- c. Students will be prepared to acquire a range of general skills, to specific skills to communicate with society effectively and learn independently.
- d. Students will acquire a job efficiently in diverse fields such as B.P.Ed, M.P.Ed., SSC, NET, SET ETC.



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Department of Physical Education
B.A. (Hons.) in Physical Education
Choice Based Credit System

Semester	Course Opted	Course Name	Credit
V	CCPE -11 Theory	Test & Measurement in Physical Education	4
	CCPE -11 Practical	Practical	2
	CCPE -12 Theory	Sports Training	4
	CCPE -12 Practical	Practical	2
	DSEPE-1 Theory	DSE-1 Theory	4
	DSEPE-1 Practical	DSE -1 Practical	2
	DSEPE-2 Theory	DSE-2 Theory	4
	DSEPE-2 Practical	DSE -2 Practical	2



B.A. (Hons.) Physical Education

B.A. (Hons.) IIIrd Year

Paper: Core

Credit- Theory-4+ Practical-2=06

Course Title: Test & Measurement in Physical Education

Maximum Marks: 100 (50 marks for End Semester Exam, 20 Marks for Practical and 30 for Internal Assessment)

Semester-V

Course Code: CCPE-11

Lectures: 60, Lab/Practical 30

Course Objectives:

Enable students to

- Teach the testing procedure to find the performance of the sports persons.
- Apply the tests in minor research areas.
- Analyze the performance and movements in the field of sports.

Course Outcomes:

- The students will be able to recognize and relate the concept of test, measurement and evaluation in the context of Physical Education.
- To understand different tests in Physical Education.
- To acquire the knowledge of various tests regarding Physical fitness, motor and health related fitness.
- To understand various sports skill tests.
- The students will be able to implement the criteria of test selection.

THEORY

Unit I

1. Test and Measurement: Meaning, Definition & Importance
2. Evaluation: Meaning, Definition, Need & Importance
3. Construction and Classification of test
4. Criteria of test selection

Lectures: 15

Unit II

Test for Specific Sports Skills:

1. Basketball-Johnson Basketball Test, Badminton-Miller Volley Test
2. Hockey-Henry Friedal Hockey Test
3. Lawn Tennis: Broer-Miller Tennis Test
4. Soccer-Mc Donald Soccer Test, Volleyball-Brady Volleyball Test

Lectures: 15

Unit III

Test for Fitness Components:

1. Strength Test: Kraus Weber Test
2. Speed: 50 metres run, Leg Power: Sargent Jump
3. Flexibility: Sit & Reach Test, Abdominal Endurance-Sit-Ups
4. Agility: Shuttle Run (4*10 yards)

Lectures: 15

Unit IV

Test for Motor Fitness & Organic functions

1. AAHPERD Youth Fitness Test
2. JCR Test
3. Harvard Step Test
4. Cooper's 12 minutes Run/Walk Test.

Lectures: 15



B.A. (Hons.) Semester-V

LAB/PRACTICAL:

Paper Code: CCPE 11P

Periods: 30

Credits: 2

1. Construction of a physical fitness test.
2. Test for Specific Sports Skills.
3. Test for Fitness Components.
4. Test for Motor Fitness & Organic functions.

P:08

P:08

P:08

P:08

SEMESTER CREDITS FOR THE PAPER=6 CREDITS

- Each theory lecture will be of one hour.
- Practical period will be of two hours.
- 4 theory lecture per week x 15weeks= 4 credits
- 4 Laboratory hours per week per semester= 2 credits.

Notes for Examiners, Teachers and Students (Common for all papers):

SUGGESTED READINGS

- i. Allen D., Phillips & James E. Hornork.: Measurement and Evaluation in Physical Education. John Willey & Sons, New York (1979).
- ii. Harold M. Borrow & Rosemary Mc Gee.: A practical approach to Measurement in Physical Education. Lea & Febiger Philadelphia (1979).
- iii. Harrison H. Clarke.: Application of Measurement to health & physical education prentice Hall Inc. Englewood Cliffs N. J. (1976-1987).
- iv. Clarike M.H. Application of measurement to health and physical Education by Englewood cliffs NJ.Prentice Malline
- v. Larson LA and Yacom R.D. Measurement & Evaluation in Physical Health and Recreation Educ. Stolouis C.V.Mosby com. 1957.
- vi. Mathew Donalk. Measurement in P.E. London W.S. Saunders Company 1973.
- vii. Neilson Nip: An elementary course in statistics, test and measurement in P.E. National test poalth1950



B.A. (Hons.) Physical Education

B.A. (Hons.) IIIrd Year

Paper: Core

Credit- Theory-4+ Practical-2=06

Course Title: Sports Training

Maximum Marks: 100 (50 marks for End Semester Exam, 20 Marks for Practical and 30 for Internal Assessment)

Semester-V

Course Code: CCPE-12

Lectures: 60, Lab/Practical 30

Course Objectives:

Enable students to

- Appraise types of periodization for performance development.
- Understand the training load with application of Intensity, Density, Duration and Frequency
- Understand the basic types of Training
- Create various training plans for novice to advance performers.

Course Outcomes:

- To understand the concept, principles and forms of sports training.
- To develop Methods of Training for all of the Fitness components.
- Technical and Tactical training methods to develop.
- The learners will be able to understand the organization to achieve high performance in sports.

THEORY

Unit I

Lectures: 15

1. Meaning, Definition, Aims & Tasks of Sports Training
2. Principles & Characteristics of Sports Training
3. Training Load: Intensity, Density, Duration and Frequency
4. Overload, Fatigue Causes, Symptoms and remedial Measures

Unit II

Lectures: 15

Developments of Motor Components:

1. Strength: Definition, Importance, Classification & Methods of development.
2. Endurance: Definition, Importance, Classification & Methods of development.
3. Speed: Definition, Importance, Classification & Methods of development.
4. Flexibility & Coordinative Abilities: Definition, Importance, Classification & Methods of development.

Unit III

Lectures: 15

Technical and Tactical Preparation:

1. Technique: Meaning, Definition & Importance, Stages of skill acquisition..
2. Methods of technique training
3. Strategy & Tactics: Meaning, Definition & Importance
4. Methods of tactical training

Unit IV

Lectures: 15

Planning & Periodization:

1. Meaning & importance of planning
2. Types of Plan: Short term, Medium term & Long term training program
3. Periodization: Meaning & importance
4. Types of Periodization



B.A. (Hons.) Semester-V

LAB/PRACTICAL:

Paper Code: CCPE 12P

Periods: 30

Credits: 2

1. Measurement & assessment of various Bio-motor abilities- Speed, Strength, Endurance, Flexibility, Coordinative ability. **P: 07**
2. Maximum Strength test, explosive strength test, strength endurance, back flexibility, lower & upper extremities test. **P: 07**
3. Cooper test & Harward step test to measure endurance. **P: 08**
4. Tests for coordinative abilities. **P: 08**

SEMESTER CREDITS FOR THE PAPER=6 CREDITS

- Each theory lecture will be of one hour.
- Practical period will be of two hours.
- 4 theory lecture per week x 15weeks= 4 credits
- 4 Laboratory hours per week per semester= 2 credits.

Notes for Examiners, Teachers and Students (Common for all papers):

SUGGESSTED READINGS

- i. Hardayal Singh, Science of Sports Training, ND; D.a.V. Pub., 1993.
- ii. Herre, D., Principals of Sports Training, London: Grafion Book, 1982.
- iii. Daniel, D. Arnheim & William E. Prentice "Principles of Sports Training" Morby -Year Book I Louis, 1993.
- iv. Batty, B: Practical & Motor Development in infants & children. Prentice hall,1979.
- v. Dick, F.W.: Sports Training Principles lepus, London 1980.
- vi. Enson C.R. Bischer, A.G. Scientific basic of Athletic Condition lea & Bebiger, Philedophie, 1972
- vii. Matweyew, L.: P: Fundamental of Sports training (Translation form Russian) Mir Publisher, Moscow, 1981.
- viii. Pyke, Frank, S: Towards better Coaching, Australian Government Publishing Services, Canberra, 1980.
- ix. Willmore,J.H: Athletic Training: & Physical fitness, Allyn & Bacon, Inc Sydney 1977.



B.A. (Hons.) Physical Education

B.A. (Hons.) IIIrd Year

Paper: DSE

Credit- Theory-4+ Practical-2=06

Course Title: Sports Journalism

Maximum Marks: 100 (50 marks for End Semester Exam, 20 Marks for Practical and 30 for Internal Assessment)

Semester-V

Course Code: DSEPE-1

Lectures: 60, Lab/Practical 30

Course Objectives:

Enable students to

- Provide knowledge to develop the essential professional skills in sports journalism.
- Know how to seek accreditation to sporting events and to report on such events.
- Develop understanding and ability to distinguish among the various sports communications professions.

Course Outcomes:

- The students will be oriented in basic art of mass communication.
- The students will be oriented in art of news writing.
- The students will know about the current trends in sports reporting.
- The students will know the impact of mass media on society.

THEORY

Unit I

Lectures: 15

1. Nature, scope and definition of Journalism.
2. Role and responsibilities of a journalist.
3. Concept, Meaning and definitions of Communication.
4. Impact and Principles of Mass Media.

Unit-II

Lectures: 15

1. Concept and definitions of News, Language of News writing.
2. Classification, Elements and gathering methods.
3. The art of news writing.
4. Heads, kind of heads and body development.

Unit III

Lectures: 15

1. Concept and sources of Sports reporting.
2. Current trends in sports reporting.
3. Tools for successful sports reporting and writing.
4. Sports reporting for different Mass Media.

Unit-IV

Lectures: 15

1. Introduction to Editing and Tools Basic Glossary of Editing.
2. Editing the wired copy.
3. Proof Reading.
4. Fundamentals of Journalistic writing.



B.A. (Hons.) Semester-V

LAB/PRACTICAL:

Paper Code: DSEPE 1P

Periods: 30

Credits: 2

1. Reporting:

P:15

Students need to do practical in various areas of reporting i.e., news writing, features, profiles, editorials, columns, interviews etc. Evaluation of the assignments will be done by internal as well as external examiners.

2. Editing:

P:15

Assignments on each area of editing need to be completed by students and assessed by internal and external faculty. Assignments will be given and assessed in news selection, subbing, editorial and article writing. In addition the students need to bring out a practice journal regularly.

SEMESTER CREDITS FOR THE PAPER=6 CREDITS

- Each theory lecture will be of one hour.
- Practical period will be of two hours.
- 4 theory lecture per week x 15weeks= 4 credits
- 4 Laboratory hours per week per semester= 2 credits.

Notes for Examiners, Teachers and Students (Common for all papers):

SUGGESSTED READINGS

- i. Sports Journalism: An Introduction to Reporting and Writing by Kathryn T. Stofer, James R. Schaffer and Brian A. Rosenthal
- ii. Field Guide to Covering Sports (Field Guide Series) by Joe Gisondi
- iii. Real Sports Reporting: by Abraham Aamidor
- iv. Associated Press Sports Writing Handbook by Steve Wilstein
- v. The Essentials of Sports Reporting and Writing by Scott Reinardy and Wayne Wanta
- vi. Sports Writing: A Beginner's Guide by Steve Craig
- vii. Sports Journalism: A Practical Introduction by Phil Andrews
- viii. The Art of Sports casting: How to Build a Successful Career by Tom Hedrick
- ix. Sports Journalism: Context and Issues by Raymond Boyle
- x. Sports Broadcasting: by Brad Schultz
- xi. The Sports Writing Handbook: by Thomas Fensch
- xii. Gilmore, Gene Modern News paper Editing Wodsworth Publishing co
- xiii. Bowres, Dorthy A. and Diane L Border Creative Editing Wodsworth



B.A. (Hons.) Physical Education

B.A. (Hons.) IIIrd Year

Paper: DSE

Credit- Theory-4+ Practical-2=06

Course Title: Kinesiology & Biomechanics in Physical Education

Maximum Marks: 100 (50 marks for End Semester Exam, 20 Marks for Practical and 30 for Internal Assessment)

Semester-V

Course Code: DSEPE-2

Lectures: 60, Lab/Practical 30

Course Objectives:

Enable students to

- Apply the principle of physics in solving tasks associated with human locomotion.
- Acquire strong foundations in kinesiology.
- Analyze the natural effects on movement of running, jumping and throwing.
- Interpret Biomechanics with suitable examples.

Course Outcomes:

- To understand the need and importance of Kinesiology in Physical Education & Sports.
- To understand the importance of movement analysis, kinesiological analysis.
- To understand the knowledge regarding antagonistic and agonistic muscles in the movements.
- To gain knowledge of the application of mechanical principles to fundamental skills and sports techniques.
- To understand the scope and importance of Biomechanics in Physical Education & Sports.

THEORY

Unit I

Lectures: 15

1. Kinesiology: History, Meaning, definition, aim & objectives.
2. Need & importance of Kinesiology in physical education.
3. Kinesiological fundamental movements
4. **Proximal & Distal attachment and actions of the following muscles:**
Pectoralis major, Deltoid, Biceps, Triceps, Rectus abdominus, Sartorius.

Unit II

Lectures: 15

1. Axis and Planes: Meaning & Types.
2. Spin & Elasticity, Centre of gravity and line of Gravity.
3. Lever & their application to human body.
4. Newton's Laws of Motion & their application to sports activities.

Unit III

Lectures: 15

1. Meaning, scope & importance of Biomechanics in the field of physical Education.
2. Aim & objectives of Biomechanics.
3. What is Efficient Movement? Factors causing Efficient Movement.
4. Mechanical analysis of fundamental movements-(Running, Jumping, Throwing).

Unit IV

Lectures: 15

1. Meaning, types and principles of Equilibrium.
2. Reciprocal innervations & Inhibition.
3. All or None law, Muscle tone and its importance.
4. Speed, Velocity, Acceleration & Momentum.



B.A. (Hons.) Semester-V

LAB/PRACTICAL:

Paper Code: DSEPE 2P

Periods: 30

Credit: 2

1. Demonstration of planes & axes of a given movement i) Determination of the location of muscles:
Pectoralis major, Deltoid, Biceps, Triceps, Rectus abdominus, Sartorius **P:08**
2. Muscular analysis of the techniques of game of your specialization. **P:08**
3. Determination of centre of gravity of a Bat/Racket (Suspension method). **P:08**
4. Evaluation of a Dynamogram to draw a velocity time curve, distance time curve. **P:08**

SEMESTER CREDITS FOR THE PAPER=6 CREDITS

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Notes for Examiners, Teachers and Students (Common for all papers):

SUGGESTED READINGS

- i. Jogishwar Goswami Basic Kinesiology Friends Publication India 2009
- ii. Cooper and Glassgow, Kinesiology, C.V. Mosby co. Saint Louis, 1976
- iii. Dugch and Duch, Kinesiology and applied anatomy, Lee and Fabiger, Philadelphin, 1977
- iv. Logan and Mckinney, Anatomic Kinesiology, M.C.Brown Co., 1977
- v. Marliyn and Hinsen, Kinesiology, Web Dubuque Lown 1977
- vi. Nancy Hamilton, Kinesiology: The scientific basis of motion (10th ed), Friends Publication India 2009
- vii. Thompson, Manual Structural Kinesiology Friends Publication India 2009.
- viii. Hay, the biomechanics of sports techniques Prentics Hall, Inc. N.J. 1978
- ix. Miller and Nelson, biomechanics of sports, Log and Fehier, Philadelphia 1973
- x. Rajlakshmi D. Biomechanics in games and sports Friends Publication India 2009
- xi. Sussan J Hall Basic Biomechanics Friends Publication India 2009
- xii. Uppal, A.K. Biomechanics in physical education and exercise science, Friends Publication India 2009
- xiii. Singh, A., Bains, J., Gill, J.S., Barar, R.S., Rathee, N.K. et al. Essential of Physical Education, New Delhi Kalyani Publication, 2003.



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PHYSICAL EDUCATION

For

Under Graduate Programme

Bachelor of Arts (B.A.), Semester III

Academic Session 2021-2022

Department of Physical Education

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4. Programme Outcomes

This would lead the students to understand historical concept of physical education and relationship between Philosophy, Education and Physical Education. The student would further understand the theoretical implications of philosophies of physical education with modern development and social aspects of Physical Education.

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B.A. (Hons.) in Physical Education
Choice Based Credit System

Semester	Course Opted	Course Name	Credit
III	CCPE -5 Theory	Sports Psychology	4
	CCPE -5 Practical	Basketball	2
	CCPE -6 Theory	Sports Sociology	4
	CCPE -6 Practical	Kabaddi	2
	CCPE -7 Theory	Yoga	4
	CC -7 Practical	Yoga (Practical)	2
	SECPE-1/2	Curriculum Design/ Sports Injuries & Physiotherapy	2
	GECPE-3 Theory	Sports Psychology & Sports Sociology	4
	GECPE-3Practical	Volleyball	2



B.A. (Hons.) Physical Education

B.A. (Hons.) IInd Year

Paper: Core

Credit- Theory-4+ Practical-2=06

Course Title: Sports Psychology

Maximum Marks: 100 (50 marks for End Semester Exam, 20 Marks for Practical and 30 for Internal Assessment)

Semester-III

Course Code: CCPE-5

Lectures: 60, Lab/Practical 30

Course Objectives:

Enable students to

- Understand the meaning, scope and need of psychology in physical education and sports.
- Analyze the factors which affect the learning process, role of perception in physical education and sports.
- Manage the stress and anxiety through physical activity and sports.
- Analyze the role of motivation in physical education and sports.

Course Outcomes:

- The study would orient the student in basic concepts of psychology.
- The student would be oriented in identifying factors determining one's overall personality.
- He would understand various laws of learning and their relevance in teaching learning process.
- The study would orient him in getting through with the psychology of sports person.

THEORY

Unit I

1. Meaning and definition Psychology.
2. Importance and scope of Psychology.
3. Meaning and definition of Sports Psychology.
4. Need for knowledge of Sports Psychology in the field of Physical Education.

Lectures: 15

Unit II

1. Meaning and definition of learning.
2. Theories and Laws of learning.
3. Learning curve: Meaning and Types.
4. Transfer of training- Meaning, definition and types. Factors affecting transfer of training.

Lectures: 15

Unit III

1. Motivation- Meaning, definition, types and importance of Motivation in Physical Education and Sports.
2. Emotion- Meaning, definition, types and importance of Emotion in Physical Education and Sports.
3. Personality- Meaning, definition and types of Personality traits.
4. Role of physical activities in the development of personality.

Lectures: 15

Unit IV

1. Stress- Meaning, definition and types of Stress.
2. Causes of Stress.
3. Anxiety- Meaning, definition and types of Anxiety.
4. Management of Stress and Anxiety through physical activity and sports.

Lectures: 15



B.A. (Hons.) Semester-III

LAB/PRACTICAL:

Paper Code: CCPE 5P

Periods: 30

Credits: 2

➤ **Basketball**

Contents of the Game/Sport.

- | | |
|-------------------------------|------|
| 1. History. | P:07 |
| 2. Basic Skills. | P:08 |
| 3. Rules & Regulations. | P:07 |
| 4. Dimensions of Play Fields. | P:08 |

SEMESTER CREDITS FOR THE PAPER=6 CREDITS

- Each theory lecture will be of one hour.
- Practical period will be of two hours.
- 4 theory lecture per week x 15weeks= 4 credits
- 4 Laboratory hours per week per semester= 2 credits.

Notes for Examiners, Teachers and Students (Common for all papers):

SUGGESTED READINGS

- i. Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
- ii. Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.
- iii. Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.
- iv. John D Lauther (2000) Psychology of Coaching. Ner Jersy: Prenticce Hall Inc.
- v. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
- vi. Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
- vii. Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- viii. Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
- ix. Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
- x. Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
- xi. Whiting, K, Karman. Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.



B.A. (Hons.) Physical Education

B.A. (Hons.) IInd Year

Paper: Core

Credit- Theory-4+ Practical-2=06

Course Title: Sports Sociology

Maximum Marks: 100 (50 marks for End Semester Exam, 20 Marks for Practical and 30 for Internal Assessment)

Semester-III

Course Code: CCPE-6

Lectures: 60, Lab/Practical 30

Course Objectives:

Enable students to

- Understand the scope, nature and methods of sociology in physical education and sports.
- Analyze the study of sports group, group interaction, competition and cooperation.
- Analyze the socio-economic status of women with special reference to games/sports
- Interpret the social problem, behavior of sportsmen and audience and leadership through sports.

Course Outcomes:

- To develop a sociological perspective on sport by learning basic sociological theories and concepts.
- To demonstrate how sport influences our values, attitudes, beliefs, perceptions, behavior, culture, and society.
- To apply the basic principles and theories of sociology to analyze the role of sports in our everyday social lives.

THEORY

Unit I

Lectures: 15

Introduction:

1. Nature, Scope and method of Sports Sociology.
2. Sports as a social phenomenon.
3. Sociological Analysis of Sports and Sports Sociology as an academic discipline.
4. Social Factor (appearance, sociality, aspiration level and audience) inference on participation and performance in sports.

Unit II

Lectures: 15

Sports and micro social systems:

1. Study of sport groups.
2. Group interaction, competition and cooperation.
3. Behavior characteristics.
4. Sports and Cultures.

Unit III

Lectures: 15

Sports and macro social systems:

1. Relationship between sport and socializing institutions (family, school and educational systems).
2. Inter-relationship between regulating institutions (Politics and economy).
3. Sport and Cultural institutions (religion and art).
4. Socialization via games and sports.

Unit IV

Lectures: 15

Social games concerning sport in society:

1. Social stratification in sports, as a stratificational system.
2. Discrimination and democratization in sport with special reference to socio-economic classes and women.
3. Sports and aggression, violence in sport.
4. Problem regarding professionalization and children in sport.



B.A. (Hons.) Semester-III

LAB/PRACTICAL:
Paper Code: CCPE 6P

Periods: 30
Credits: 2

➤ **Kabaddi**

Contents of the Game/Sport.

- | | |
|-------------------------------|-------------|
| 1. History. | P:07 |
| 2. Basic Skills. | P:08 |
| 3. Rules & Regulations. | P:07 |
| 4. Dimensions of Play Fields. | P:08 |

SEMESTER CREDITS FOR THE PAPER=6 CREDITS

- Each theory lecture will be of one hour.
- Practical period will be of two hours.
- 4 theory lecture per week x 15weeks= 4 credits
- 4 Laboratory hours per week per semester= 2 credits.

Notes for Examiners, Teachers and Students (Common for all papers):

SUGGESTED READINGS

- i. Singh, A., Bains, J., Gill, J.S., Barar, R.S., Rathee, N.K. et al. Essential of Physical Education, New Delhi Kalyani Publication, 2003.
- ii. Loy, John W., Kenyon, Gerald S. & McPherson, Barry D. Sports Culture and Society (Philadelphia: Lea & Febiger, 1981).
- iii. Ball, Donald W. and Loy John W. Sport and social Order; Contribution to the sociology of sport, (London: Addison Wesley Publishing Co., Inc., 1975).
- iv. Loy John. W. McPherson, Barry D., and Kenyon Gerald, sport and Social System (London: Addison Wesley Publishing Company Inc., 1978).
- v. Edward Larry. Sociology of sport (Illinois: The Dorsey Press, 1973).
- vi. Cratty, Brayant J. Social Dimensions of Physical Activity New Jersey: Englewood Cliffs, Prentice Hall Inc., 1967.



B.A. (Hons.) Physical Education

B.A. (Hons.) IInd Year

Paper: Core

Credit- Theory-4+ Practical-2=06

Course Title: Yoga

Maximum Marks: 100 (50 marks for End Semester Exam, 20 Marks for Practical and 30 for Internal Assessment)

Semester-III

Course Code: CCPE-7

Lectures: 60, Lab/Practical 30

Course Objectives:

Enable students to

- Develop the muscles and the body, mainly to the internal organs and glands.
- Develops agility, balance, endurance and greater vitality.
- Helps to develop sound health and eternal peace of mind

Course Outcomes:

- To understand and to be equipped with the Concepts of Yogic practices and Asana.
- To be Equipped with the knowledge of Yoga and its importance in one's life.
- To be Equipped with the knowledge of Yoga sutra, Astang Yoga and Hatayoga.
- To become familiar Classify and Identify the Yogic practices' and Asana's values and apply the same to the society.

THEORY

Unit I

Lectures: 15

1. Meaning and concept of Yoga.
2. Aim, objectives of Yoga.
3. Types of Yoga.
4. Importance of yoga in the modern world.

Unit II

Lectures: 15

1. Asanas and their importance.
2. Classification of asanas: a. Meditative b. Relaxative c. Cultural
3. General techniques and benefits of the following: Padmasana, Vajrasana, Halasana, Bhujangasana, Sarvangasana, Chakrasana, Dhanurasana, Salabhasana, Paschimotanasana, and Shirshasana.
4. Technique and benefits of Surya Namaskar, Difference between yoga and general exercises.

Unit III

Lectures: 15

1. Pranayama: meaning, objectives and types of pranayama.
2. Physiological values of pranayama.
3. Surya namaskar, its methodology and importance.
4. Yoga for the cure of Disease and Postural Deformities.

Unit IV

Lectures: 15

1. Sudhi Kiryas: Introduction, objectives and types of sudhi kriyas.
2. Physiological values of sudhi kriyas and Importance of sudhi kriyas.
3. Mudras and Bandhs, types and importance of mudras and bandhs.
4. General principles of yoga.



B.A. (Hons.) Semester-III

LAB/PRACTICAL:

Paper Code: CCPE 7P

Periods: 30

Credits: 2

Contents of Yoga:

Asanas-Suryanamaskar, Bhujangasana, Paschimottasana, Vajrasana, Tadasana, Sarvangasana, Halasana, Dhanurasana, Padmasana, Shalabhasana, Sheershasana. **P: 15**

Kriyas- Sutra Neeti, Jal Neeti, Kapalbhati, Nauli. **P: 15**

SEMESTER CREDITS FOR THE PAPER=6 CREDITS

- Each theory lecture will be of one hour.
- Practical period will be of two hours.
- 4 theory lecture per week x 15weeks= 4 credits
- 4 Laboratory hours per week per semester= 2 credits.

Notes for Examiners, Teachers and Students (Common for all papers):

SUGGESSTED READINGS

- i. Iyenger, B. K. S., "Light on Yoga"(ed.), George Allen & Unwin, Great Britain 1982.
- ii. Sharma, P. D., "Yoga, Yogasana and Pranayama for Health", Navneet Publication (I) Limited, Ahemdabad,1984.
- iii. Anand, O. P., "Yoga Dwara Kaya Kalp", Swasth Sahitya Parkashan, Kanpur, 2001.
- iv. Datey, K. K. et al., "Yoga and Your Heart", Jaico Publishing House, Bombay, 2 nd Edition, 1987.



B.A. (Hons.) Physical Education

B.A. (Hons.) IInd Year

Paper: SEC

Credit-2

Course Title: Sports Injuries & Physiotherapy

Maximum Marks: 50(35 marks for End Semester Exam and 15 for Internal Assessment)

Course Objectives:

Enable students to

- Know and understand the science, methods, techniques and instruments on which physiotherapy is based.
- Understand how to recover more quickly from intense exercise
- Understand the specialized techniques used to recover from specific sports related injuries.

Course Outcomes:

- To acquire knowledge regarding sports injuries and their management. He would understand the Prevention, Treatment and Rehabilitation of Athletic Injuries.
- To understand the effects and uses of the therapeutic modalities.
- To know about the duties of physiotherapist.

THEORY

Unit-I

1. Sports Injuries: Meaning, types, precautions and treatment.
2. Complications of incomplete spinal injuries.
3. Role of trained personnel in the management of the Sports Injuries.
4. Principles of planning of corrective physical education programme.

Lectures: 08

Unit II

1. Prevention of Sports Injuries.
2. Basic steps to reduce the risk of Sports Injuries.
3. **Common Sports Injuries & their treatment**
Sprain, Strain, Abrasion, Contusion, Bruise
4. **Effects and uses of the therapeutic modalities in:**
Cold Therapy, Hot Therapy, Contrast Bath, Wax Bath Therapy.

Lectures: 08

Unit III

1. Definition & Scope of therapeutic Exercises.
2. **Classification of therapeutic Exercises, therapeutic effects and uses of the following:**
 - a. Active Exercises (Free, Assisted and Resisted exercises)
 - b. Passive Exercises (Relaxed and Forced Exercises)
3. Meaning, Definition & objective of Physiotherapy.
4. Need & importance of physiotherapy.

Lectures: 08

Unit IV

1. Duties of physiotherapists before and after surgery.
2. Postural deformities: - Bow Legs, Knock Knees & Flat Foot Causes .Corrective exercise
3. Arthritis :- Meaning, Spondylitis, Symptoms Causes & treatment
4. Electrotherapy: Meaning and its uses.

Lectures: 08

Notes for Examiners, Teachers and Students (Common for all papers):

SUGGESTED READINGS

- i. Griffith, W.H.: Complete Guide to Sports Injuries. The Body Press/Perigee, New York, 2005.
- ii. Ambast, A.: Prevention & Treatment of Sports Injuries, Khel Sahitya Kendra, New Delhi 2005.
- iii. Wale, J.O.: Tidy's Massage & Remedial Exercise, Henry Ling Ltd. The Dorset Press, UK, 1987.
- iv. Chandra Shekhar, K.: Sports Physiotherapy, Khel Sahitya Kendra, New Delhi 2003.



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Khwaja Moinuddin Chishti Language University, Lucknow, U.P. (India)

**U.P. STATE GOVERNMENT UNIVERSITY,
(Recognised Under Section 2(f) & 12(B) of the UGC Act, 1956 & B.Tech. Approved by (AICTE))**



CHOICED BASED CREDIT SYSTEM

(CBCS)

COURSE SCHEME & SYLLABUS

OF

GENERIC ELECTIVE COURSE OF PHYSICAL EDUCATION

SEMESTER-III

For

Under Graduate Programme

(Effective from Academic Year 2021-22 Onwards)



U.G./B.A. (Hons.) Physical Education

B.A. (Hons.) IInd Year

Paper: GEC

Credit- Theory-4+ Practical-2=06

Course Title: Sports Psychology & Sports Sociology

Maximum Marks: 100 (50 marks for End Semester Exam, 20 Marks for Practical and 30 for Internal Assessment)

Semester-III

Course Code: GECPE-3

Lectures: 60, Lab/Practical 30

Course Objectives:

Enable students to

- Understand the meaning and importance of psychology in physical education and sports.
- Manage the stress, anxiety and aggression through physical activity and sports.
- Understand the meaning and importance of sports sociology in physical education and sports.
- Understand relationship between sport and socializing institutions

Course Outcomes:

- The study would orient the student in basic concepts of psychology.
- The student would be oriented in identifying factors determining one's overall personality.
- He would understand various laws of learning and their relevance in teaching learning process.
- To develop a sociological perspective on sport by learning basic sociological theories and concepts.
- To demonstrate how sport influences our values, attitudes, beliefs, perceptions, behavior, culture, and society.
- To apply the basic principles and theories of sociology to analyze the role of sports in our everyday social lives.

THEORY

Unit I

Lectures: 15

- Psychology & Sports Psychology: Meaning, Definition and Importance.
- Learning: Meaning, Definition and principles.
- **Emotion:** Meaning, Definition & Types of Emotion. Stress, anxiety & aggression & their causes and remedies.

Unit II

Lectures: 15

- Meaning, Definition, types & importance of motivation.
- Meaning, Definition & Dimensions of Personality.
- Role of physical activities in the development of personality.

Unit III

Lectures: 15

- Meaning, Definition & importance of Sports Sociology.
- Sports as a social phenomenon and men's cultural heritage.
- Competition and cooperation.

Unit IV

Lectures: 15

- Relationship between sport and socializing institutions (family, school and educational systems).
- Taboos related with games and sports.
- National & International integration through games and sports.



U.G./B.A. (Hons.) Semester-III

PRACTICAL:

Paper Code: GECPE 3P

Periods: 30

Credits: 2

➤ **Volleyball**

Contents of the Game/Sport.

- | | |
|-------------------------------|------|
| 1. History. | P:07 |
| 2. Basic Skills. | P:08 |
| 3. Rules & Regulations. | P:07 |
| 4. Dimensions of Play Fields. | P:08 |

SEMESTER CREDITS FOR THE PAPER=6 CREDITS

- Each theory lecture will be of one hour.
- Practical period will be of two hours.
- 4 theory lecture per week x 15weeks= 4 credits
- 4 Laboratory hours per week per semester= 2 credits

Notes for Examiners, Teachers and Students (Common for all papers):

SUGGESTED READINGS

- i. Al demen, A.B.: Psychological Behavior in Sports A.B. Saunder's Co. Saunders (1974).
- ii. Craatty, B.J.: Psychology & Physical Activity. Prentice Hall, inc. London (1961).
- iii. Suiin, R.N.: Psychology in Sports, Surjit Publication, Delhi (1982).
- iv. Hilgera & Atkinson: Introduction to Psychology, Ox Fore & 18 M. Pub. New Delhi (1979).
- v. Singh, A., Bains, J., Gill, J.S., Barar, R.S., Rathee, N.K. et al. Essential of Physical Education, New Delhi Kalyani Publication, 2003.
- vi. Kumar, A.: Psychology in Sports & Physical Education, Khel Sahitya Kendra, New Delhi, 2008(Ed.).
- vii. Loy, John W., Kenyon, Gerald S. & McPherson, Barry D. Sports Culture and Society (Philadelphia: Lea & Febiger, 1981).
- viii. Ball, Donald W. and Loy John W. Sport and social Order; Contribution to the sociology of sport, (London: Addison Wesley Publishing Co., Inc., 1975).
- ix. Loy John. W. McPherson, Barry D., and Kenyon Gerald, sport and Social System (London: Addison Wesley Publishing Company Inc., 1978).
- x. Edward Larry. Sociology of sport (Illinois: The Dorsey Press, 1973).
- xi. Cratty, Brayant J. Social Dimensions of Physical Activity New Jersey: Englewood Cliffs, Prentice Hall Inc., 1967