



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

Program /Class: Certificate	Year: First	Semester: Second
SUBJECT: PHYSICAL EDUCATION- THEORY		
Course code: E020201T	Course Title: Sports organization and Management	
Course Objectives: Enable students to <ul style="list-style-type: none">• Provide knowledge and technical skills to improve the quality of sports through professional management.• Understand the importance of management of Physical Education.• Gain knowledge regarding management of Physical Education and Sports at different level.• Able to organize various physical education programs. Know about planning of facility and financial management.		
Course Outcomes: This course is designed to give real time exposure to students in the area of organizing an event/ sports. The students will also learn about store management, purchasing and budget making.		
Credits:4	Maximum Marks: 100 (50 marks for End Semester Exam, 20 Marks for Practical and 30 for Internal Assessment)	Min. Passing Marks:20+08+12
Total no. of lectures-tutorials-practical (in hours per week):4-0-0		
Unit	TOPIC	NO. OF LECTURES
I	<u>Introduction:</u> <ul style="list-style-type: none">• Meaning, concept and definition of sports management.• Nature and scope of sports management.• Aims and objectives of sports management.• Guiding principles of sports management. <u>Organization</u> <ul style="list-style-type: none">• Organization: Meaning, definition, need and importance.• Guiding principles of Organization.• Structure and functions of SAI, University Sports Council and AIU	15
II	<u>Supervision</u> <ul style="list-style-type: none">• Supervision: Meaning, Definition and Principals.• Techniques of supervision in sports management.• Methods of supervision and Role of a coach/manager. <u>Event Management</u> <ul style="list-style-type: none">• Meaning and concept event• Planning and management of sports event.• Role of sports event manager.• Steps in event management:• Planning, Executing, Evaluating	15



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III	Budget <ul style="list-style-type: none">• Meaning, Definition, Preparation, Principals of making Budget.• Financial Management Opportunities and Challenges.• Basics of Sports Event Accounting.• The Budget Cycle and Budget Preparation Format.• Preparing the Departmental Financial Plan and estimate.• Expenditure management and Financial Reporting.	15
IV	Facilities Equipment <ul style="list-style-type: none">• Purchasing Equipment, Care and maintenance of Equipment.• Procedure to purchase sports goods and equipment, Stock entry.• Storing and distribution.• List of Consumable and Non-Consumable sports goods and equipment. Job Opportunities <ul style="list-style-type: none">• Job specification of sports manager in professional and state regulated Sports bodies.• Physical Educational professional, career avenues and professional preparation, Clients and Sponsorship.	15
Suggested readings: <ul style="list-style-type: none">• Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," MC Grow Hill publication, Now York (US) 2002• Hert, Renis(1961) New Patterns of Management, McGraw Hill,.• Horine, Larry," Administration of Physical Education and Sport programs. WM-C Brown Publishers Dubuque (US) 1991• Kotler,P and G Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo.• Parkhouse, Bonnie L., "The management of Sports – if foundation and application," Mosby publication, St. Louis (US), 1991• Sandhu, K. Sports Dynamics: Psychology, Sociology and Management.• Sivia, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. Deen Dayal Upadhyaya Marg,2005), Marketing: An Introduction, New York: Prentice Hall• शशिहा , क म र प्रवीण, श रीररक शशक्ष क सांगठन एवम ् प्रश सन," स्पोर्ट्स पब्ललके शन" , नई दिल्ली, 2010• शशिा े बी एस्, श रीररक शशक्ष में सांगठन, प्रश सन एवम ् पयव् ेक्षण," स्पोर्ट्स पब्ललके शन", नई दिल्ली,2012		
Continuous Internal Evaluation (CIE): INTERNAL ASSESMENT (30 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 10 marks		
Suggested equivalent online courses: <ul style="list-style-type: none">• IGNOU• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.• Rajarshi Tandon open University.		



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

LAB/PRACTICAL:

Paper Code: E020201P

Periods: 30

Credits: 2

Program /Class: Certificate		Year: First	Semester: Second
Subject: Physical Education- Practical			
Course code: E020201P		Course Title: Sports Event and Track & Field	
Credits:02		Elective	
Max. Marks:20		Min. Passing Marks:08	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
Unit	TOPIC		NO. OF HOURS
	Part-A		
I	<ul style="list-style-type: none">To make a plan for organizing an event.To organize an Interclass Competition of any games with in the wall.To prepare a budget plane for interclass competition within the wallMake a Sample Time Table for college.Prepare the list of Consumable and Non-Consumable items.Prepare a Bio data/ Vita/ curriculum vitae.		15
	Part-B		
II	Track & Field : <ul style="list-style-type: none">History, Measurements, Marking, Rules.Officials.Regulatory Governing Bodies.Tournaments- National and International.World and National Records.		15

Suggested Readings:

- Parkhouse, Bonnie L., "The management of Sports – if foundation and application," Mosby publication, St. Louis (US), 1991
- Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," MC Grow Hill publication, Now York (US) 2002
- Horine, Larry," Administration of Physical Education and Sport programs. WM-C Brown Publishers Dubuque (US) 1991
- Kotler,P and G Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo.
- Hert, Renis(1961) New Patterns of Management, McGraw Hill,.
- Sandhu, K. Sports Dynamics: Psychology, Sociology and Management.
- Sivia, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. Deen Dayal Upadhyaya Marg.2005), Marketing: An Introduction, New York: Prentice Hall.

This course can be opted as an elective by the students of following subjects: **Open for all**

PRACTICAL ASSESSMENT (20 Marks)

Practical/Skill Test – 10

VIVA – 05

Record book charts etc – 05

Course prerequisites: **There is no any prerequisites only student physical and medically fit.**



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

Program /Class: Certificate	Year: First	Semester: Second
SUBJECT: PHYSICAL EDUCATION- THEORY		
Course code: E020202T	Course Title: Sports Nutrition	
Course Outcomes: <ul style="list-style-type: none">To gain the knowledge of nutrition and sports nutrition.To understand the calculation of BMITo equip with the ideas of Fitness Promotion through nutrition.To understand the functions of nutrients.		
Credits:4	Maximum Marks: 100 (50 marks for End Semester Exam, 20 Marks for Practical and 30 for Internal Assessment)	Min. Passing Marks:20+08+12
Total no. of lectures-tutorials-practical (in hours per week):4-0-0		
Unit	TOPIC	NO. OF LECTURES
I	<ul style="list-style-type: none">Meaning and definition of nutrition and sports nutrition.Process and guidelines of nutrition.Need and Importance of sports nutrition.Factors for developing nutritional planNutritional plan for a sedentary and sports person.	15
II	<ul style="list-style-type: none">Meaning and types of nutrientsCarbohydrate- sources and functionsProtein- sources and functionsFat- sources and functionsDaily calorie intake and expenditure.	15
III	<ul style="list-style-type: none">Meaning macronutrients, micronutrients, trace elementsVitamins- sources and functionsMinerals- sources and functionsWater- sources and functionsDiet plan and exercise for sports performance	15
IV	<ul style="list-style-type: none">Meaning, and importance of Body Mass Index (BMI)Calculation and range of BMIMeaning types and factors of obesityBalance diet and sports performanceNutrition and weight management	15
Continuous Internal Evaluation (CIE): INTERNAL ASSESMENT (30 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 10 marks		
Course prerequisites: There is no any prerequisites only student physical and medically fit.		



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

LAB/PRACTICAL:

Paper Code: E020202P

Periods: 30

Credits: 2

Program /Class: Certificate		Year: First	Semester: Second
Subject: Physical Education- Practical			
Course code: E020202P		Course Title: Sports Nutrition	
Credits:02			
Max. Marks:20		Min. Passing Marks:08	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
Unit	TOPIC		NO. OF HOURS
Part-A			
I	<ul style="list-style-type: none">• Measurement of Body Weight and Height. Equipment needed procedure and calculation of Body Mass Index (BMI) as well as recommended norms and interpretation of BMI for different Sports Persons.• Measurement of waist circumference and Hip Circumference enlisting equipment, procedure, calculation of waist-hip Index with explanation to Pear form and Apple form of Waist-Hip appearance.		15
Part-B			
II	<ul style="list-style-type: none">• Demonstration of differences of body types in different Sports.• Diagnosis of Ill Health Components: B.P., Obesity, Blood Hemoglobin		15
<u>SUGGESSTED READINGS</u>			
<ul style="list-style-type: none">• Singh, A., Bains, J., Gill, J.S., Barar, R.S., Rathee, N.K. et al. Essential of Physical Education, New Delhi Kalyani Publication, 2003.• Fink HH (2009). Practical Application in Sports Nutrition 2nd ed. Jones & Bartlett Publishers. Sudbury, Massachusetts.			
PRACTICAL ASSESSMENT (20 Marks)			
Practical/Skill Test – 10			
VIVA – 05			
Record book charts etc – 05			
Course prerequisites: There is no any prerequisites only student physical and medically fit.			



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

Program /Class: Certificate	Year: First	Semester: Second
SUBJECT: PHYSICAL EDUCATION- THEORY		
Course code: E020203T	Course Title: Educational Technology and Methods of Teaching in Physical Education	
Course Objectives: Enable students to <ul style="list-style-type: none"> • Understand the qualities of a good presenter. • Understand Factors influencing presentation technique. • Understand the various teaching skills of physical education. 		
Course Outcomes: <ul style="list-style-type: none"> • To understand the importance and types of teaching methods and techniques with its devices to teach various aspects Physical education skillfully. • To acquire information on current directions in special Teaching Aids. • To be sensitive to the proficiency in construction of Lesson Plans for various physical education activities. • To gain the knowledge of presentation-techniques and technical preparations required for physical education lessons. • To acquire the skill of utilization of various teaching aids for conduct of physical education program effectively. 		
Credits:6	Maximum Marks: 100 (70 marks for End Semester Exam and 30 Marks for Internal Assessment)	Min. Passing Marks:28+12
Total no. of lectures-tutorials-practical (in hours per week):4-0-0		
Unit	TOPIC	NO. OF LECTURES
I	Introduction: <ul style="list-style-type: none"> • Education and Education Technology-Meaning and Definition. • Types of education-Formal, Informal and Non-Formal education • Educative Process • Importance of Devices and Methods of Teaching. Teaching Innovation: <ul style="list-style-type: none"> • Micro Teaching- Meaning, Types and steps of micro teaching. • Simulation Teaching- Meaning, Types and steps simulation teaching. 	15
II	Criteria of Teaching Methods: <ul style="list-style-type: none"> • Principles of teaching methods. • Factors affecting teaching methods. • Inspection of teaching methods. • Evaluation of teaching methods. Lesson Planning : <ul style="list-style-type: none"> • Lesson Planning-Meaning, Type and principles of lesson plan • General and specific lesson plan 	15



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III	Teaching Technique: <ul style="list-style-type: none">Teaching Technique- Lecture method, Command method, Project method, Demonstration & Imitation method.Teaching Procedure- Whole Method, whole-part-whole method, part-whole methodPresentation Technique- Personal and technical preparation.Command-Meaning, types and its uses in different situations.	15
IV	Teaching Aids: <ul style="list-style-type: none">Teaching Aids-Meaning, Importance and its criteria for selecting teaching aids.Teaching Aids-Audio aids, Visual aids, Audio-Visual aids, Verbal, Chalk Board, Charts, Model, Slide Projector, Motion Picture etc.Team Teaching-Meaning, Principles and advantage of team teaching.Difference between Teaching Methods and Teaching Aids	15
<u>SUGGESSTED READINGS</u> <ul style="list-style-type: none">Kamlesh, M.L., Management concepts of physical education and sport, New Delhi: Metropolitan Book Co., Pvt., Ltd.Joseph, P., Organization and administration of Physical Education, Gwalior.Bucher, Chales and Krotee, Mar L, (1997) Management of physical Education and Sport, London: Mospay Publishing Co.Sharma, (1997) Organization and Administration of Games and Sports, Jaipur: Book Enclave.Sarriran Chakraborty, (1998) Sports Management, Delhi: Sport Publication.Singh, A., Bains, J., Gill, J.S., Barar, R.S., Rathee, N.K. et al. Essential of Physical Education, New Delhi Kalyani Publication, 2003.		
Continuous Internal Evaluation (CIE): INTERNAL ASSESMENT (30 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 10 marks		
Course prerequisites: There is no any prerequisites only student physical and medically fit.		



**SYLLABUS FOR B. A. PHYSICAL EDUCATION/ SEMESTER II
GENERIC PAPER-II**

Program /Class: Certificate	Year: First	Semester: Second
SUBJECT: PHYSICAL EDUCATION- THEORY		
Course code: E020204T	Course Title: Sports Organization, Management and Methods in Physical Education (GENERIC)	
Course Objectives: Enable students to <ul style="list-style-type: none">• Provide knowledge and technical skills to improve the quality of sports through professional management.• Understand the importance of management of Physical Education.• Gain knowledge regarding management of Physical Education and Sports at different level.• Able to organize various physical education programs. Know about planning of facility and financial management.		
Course Outcomes: This course is designed to give real time exposure to students in the area of organizing an event/ sports. The students will also learn about store management, purchasing and budget making.		
Credits:4	Maximum Marks: 30+70	Min. Passing Marks:12+28
Total no. of lectures-tutorials-practical (in hours per week):4-0-0		
Unit	TOPIC	NO. OF LECTURES
I	<u>Introduction:</u> <ul style="list-style-type: none">• Meaning, concept and definition of sports management.• Aims and objectives of sports management.• Guiding principles of sports management.• Difference between Teaching Methods and Teaching Aids.	15
II	<u>Organization</u> <ul style="list-style-type: none">• Meaning, definition, need and importance of Organization.• Guiding principles of Organization.• Structure and functions of S.A.I. and A.I.U.	15
III	<u>Criteria of Teaching Methods:</u> <ul style="list-style-type: none">• Principles of teaching methods• Factors affecting teaching methods.• Evaluation of teaching methods. <u>Teaching Aids:</u> <ul style="list-style-type: none">• Teaching Aids-Meaning, Importance and its criteria for selecting teaching aids.• Teaching Aids-Audio aids, Visual aids, Audio-Visual aids, Verbal, Chalk Board, Charts, Model, Slide Projector, Motion Picture etc.	15



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IV	Teaching Technique: <ul style="list-style-type: none">• Teaching Technique- Lecture method, Command method, Project method, Demonstration & Imitation method.• Teaching Procedure- Whole Method, whole-part-whole method, part-whole method• Presentation Technique- Personal and technical preparation.	15
<u>SUGGESTED READINGS</u> <ul style="list-style-type: none">• Kamlesh, M.L., Management concepts of physical education and sport, New Delhi: Metropolitan Book Co., Pvt., Ltd.• Joseph, P., Organization and administration of Physical Education, Gwalior.• Bucher, Chales and Krotee, Mar L, (1997) Management of physical Education and Sport, London: Mospay Publishing Co.• Sharma, (1997) Organization and Administration of Games and Sports, Jaipur: Book Enclave.• Sarriran Chakraborty, (1998) Sports Management, Delhi: Sport Publication.• Singh, A., Bains, J., Gill, J.S., Barar, R.S., Rathee, N.K. et al. Essential of Physical Education, New Delhi Kalyani Publication, 2003		
Continuous Internal Evaluation (CIE): INTERNAL ASSESMENT (30 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 10 marks		
Course prerequisites: There is no any prerequisites only students physical and medically fit		



SYLLABUS FOR B. A. PHYSICAL EDUCATION/ SEMESTER II
SKILL ENHANCENENT COURSE (SEC) - PAPER-II

Program /Class: Certificate	Year: First	Semester: Second
SUBJECT: PHYSICAL EDUCATION- THEORY		
Course code: E020205T	Course Title: Sports Journalism	
Course Objectives: To provide knowledge to develop the essential professional skills in sports journalism.		
Course Outcomes:		
<ul style="list-style-type: none"> • Identify the scope of journalism and in particular sports journalism and discover the open and hidden power structures / opportunities in sports journalism. • Criticize the scams, ethics and inculcate professionalism. Use the theoretical knowledge as a sports journalist and get news-sources of news and write in an unbiased, factual manner. • Apply these concepts and techniques to sports communications: reporting, research, writing news, match reports, scripts and press releases, interviewing, feature writing, live reporting etc. • Understand and demonstrate the ability to communicate effectively and persuasively to develop professional relationships with sports bodies, coaches, players and other journalists thus gets proficiency to work in various professional settings and work effectively with diverse groups and organizations. • Develop an appreciation of how sport journalism can promote equity and social justice at the global, national, regional, state and local levels. 		
Credits:3	Max. Marks:30+70	Min. Passing Marks:12+28
Total no. of lectures-tutorials-practical (in hours per week):4-0-0		
Unit	TOPIC	NO. OF LECTURES
I	Definition and history of sports journalism: <ul style="list-style-type: none"> • Meaning, definition and history of sports journalism • Introduction to sports journalism • Nature and scope of sports journalism • Types of sports journalism • Growth of sports journalism in India 	15
II	Ethical and professional standards in sports journalism: <ul style="list-style-type: none"> • Original source of information • Bias in sports journalism • Judgment and reporting in journalism • Technical knowledge for a sports journalist • Print media V/S Visual media 	15
III	Sports writing: <ul style="list-style-type: none"> • Reporting of events • Profiles • Interview • Commentary and panel discussion • The effective style of reporting 	15



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IV	The role of sports journalist in promoting sports: <ul style="list-style-type: none">• Relationship of sports journalist and sports bodies• Relationship of sports journalist with players, coach and management• Professional course in sports Journalism• Profiles of renowned sports journalist• Social significance of sports journalism in India	15
<u>SUGGESSTED READINGS</u> <ul style="list-style-type: none">• Ahuja B.N. Theory and Practice of Journalism.• Kamath.M.V. The Journalist's Hand Book• Mehta.D.S, Mass Communication and Journalism in India.• Kamath.M.U., Professional Journalism• Prasadh Kumar Mishra, Sports Journalism, 2010, sports publication, New Delhi.• Batten James.K, Newspapers and Communities: The vital link. William Allen White Foundation, 1990.• Dalgren,Peter and Colin Sparks, Communication and citizenship: Journalism and the public sphere in the new media age, N.Y: Routledge,1991.		
Continuous Internal Evaluation (CIE): INTERNAL ASSESMENT (30 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 10 marks		
Course prerequisites: There is no any prerequisites only students physical and medically fit		