



ख़्वाजा 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)

Revised and Approved Syllabus of B.A. (Bachelor of Arts)

Department of Physical Education

As per

National Education Policy-2020

Approved by Board of Studies

Effective from Academic Session 2021-2022

Department of Physical Education

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



Department of Physical Education
as per
National Education Policy-2020

Abbreviations:

| S. No. | Abbreviation | Full Form |
|--------|--------------|--|
| 1 | C | Credits |
| 2 | L | No. of Lectures/periods (One hour Lecture for theory & two hours lab for practical) |
| 3 | CIE | Continuous Internal Evaluation |
| 4 | UE | University Exam. |
| 5 | Th. | Theory paper |
| 6 | Prac. | Practical paper |
| 7 | UG | Under Graduation |
| 8 | PG | Post Graduation |
| 9 | MM | Maximum Marks |
| 10 | POs | Programme Outcomes |
| 11 | PSOs | Programme Specific Outcomes |
| 12 | COs | Course Outcome |
| 13 | GE | Generic Elective |
| 14 | SEC | Skill Enhancement Course |
| 15 | AECC | Ability Enhancement Compulsory Course |

1. Applicability:

The regulations shall apply to the Bachelor in 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, and 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;

- The acquisition and refinement of motor skills,
- To equip the students with the scientific knowledge of body response to various types of exercise.
- 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:

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.

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.

Seats -The total number of students to be admitted in the Courses shall be 60.

Admission Policy- Admissions shall be made on the basis of University norms. Reservation policy as per rules of KMCL University will be followed.

Course Content-

- **Core Courses I –IV Semester-** 3 Core Courses of 06 credit each [$18 \times 4 = 72$ Credits]
- **Core Courses V –VI Semester-** 8 Core Courses of credit each [$8 \times 6 = 48$ Credits]
- **Core Course-VII-VIII Semester-**8 Core Courses of credit each [$8 \times 6 = 48$ Credits]
- **Minor Elective (Generic) I-IV Semester-2 (paper) 1 in each year of any semester**[$4 \times 2 = 8$ Credits],



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- VII-VIII Semester-1(paper) in any semester [4x1=4Credits]

Vocational/Skill Enhancement Course I-IV Semester-1 paper in each semester (4X3=12 Credits)

- **Co-curricular (Qualifying)-** I –VI -1 paper in each semester(6X0=0 Credit)
- **Research Project I and II(Qualifying)** V and VI semester (0 Credits)
- **Research Project /Industrial Training VII and VIII semester** (4X2=8 Credits)
- **Total Credits - 184**

I Year -Certificate in faculty-46 Credits

II Year-Diploma in faculty-92 Credits

III Year-Bachelor in faculty-132 Credits

IV Year –Bachelor (Research in faculty)-184 Credits

Teaching Pedagogy: 60% Offline and 40% Online

1. Number of subjects: 1

2. Number of papers:

2.1 Core Compulsory Papers:

In first two years, there shall be compulsory core papers of 18 credits in each semester with:

- Either one theory paper of 6 credits.
- Or one theory paper of 4credits and one practical paper of 2credits.

In the third year there shall be compulsory core papers of 24 credits in each semester with:

- Either 4 theory papers of 5 credits each.
- Or 4 theory papers of 4 credit each and two practical paper of 2 credits.

2.2 Minor Elective:

A course of 4/5/6 Credits can also be opted as an elective (Optional) course by the students in one year like Ist year and IInd year in any even or odd semester who do not have this subject as major (main) subject but other subjects.

- Minor Elective Course Paper will be any subject (4/5/6 credits) and not the full subject
- Minor Elective Paper will be taken by the student from other subject/any Faculty (Own Faculty or Other Faculty). No pre-requisite will be required for this.
- It will be mandatory for the student to take a minor elective subject (one minor paper per year) in the first, second year (undergraduate). The university/college may allot the minor subject paper on the basis of available seats. Minor/Elective paper will not be compulsory in 5th and 6th year.
- Students can choose the available minor elective paper in even or odd semesters at their convenience.
- Minor elective paper will be selected from the subjects offered in the institute. The classes for the selected minor paper will be held at the same time as the classes of the same course conducted in the Faculty and examination will also be held at the same time.

Vocational/Skill Development Courses:

- Every student at the undergraduate level will be required to undertake a skill development course of 3 credits in each semester of the first two years (four semesters) (four courses totaling 3x4 12 credits).

a. Co-Curricular Courses(Qualifying)



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- It will be mandatory for every graduate student to do one co-course in each semester of three years (six semesters).
- The student has to pass all these co-courses with 40 percent marks. Grades will be marked on the grade sheet of the student based on their marks, but they will not be included in the calculation of CGPA.

b. Research Project /Industrial Training

- Graduation/Post Graduation/PGDR level, every semester (fifth to eleventh) up to the semester). The student will have to do a small research project in the third year and a major research project in the fourth and fifth year. The nature of the research project in PGDR will be decided by the university as per Pre-Ph.D. course work
- A research project related to one of the two main subjects of the third year chosen by the student and the main subject of the fourth, fifth, sixth year will have to be done. This research project can also be interdisciplinary. This research project can also be in the form of industrial training/internship/survey work etc.
- The research project will be done under the direction of one teacher supervisor; co-supervisor can be taken from any industry/company/technical institute/research institute.
- At the end of the year, the student will submit a joint report of the research project done in both the semesters, which will be evaluated jointly by the supervisor and external examiner nominated by the university out of 100 marks at the end of the year.
- Grades will be marked on the grade sheet of based on research project of the students at graduation PGDR level and will be included in calculation of CGPA.
- Undergraduate (including research) and postgraduate students will be required to undertake a four-credit research project in each semester. The grades will be marked based on the project scores and they will be included in the calculation of CGPA.

3. Credit and credit determination:

- One credit paper of theory will carry one hour/week of teaching assignments; means 15 hours of teaching assignments in 15 weeks of a semester will be done.
- One credit paper of Practical/Internship/Field Work etc. will consist of two hours/per week teaching assignments i.e. 30 hours of practical/internship/field work etc. in 15 weeks of a semester. In computing the workload of the teacher, the workload of one hour of theory will be equal to the workload of two hours of practical/internship/field work etc.
- All credit related work will be done through "State Level Academic Bank of Credit", the guidelines of which will be issued separately.
- A student can obtain a one-year certificate with a minimum of 46 credits, a two-year diploma with a minimum of 92 credits, and a three-year bachelor's degree with a minimum of 132 credits. Beyond this, students can pursue a four-year bachelor's (including research) degree with a minimum of 184 credits, a master's degree with a minimum of 232 credits, and a PGDR with a minimum of 248 credits can take. Once the credits are used, the student will not be able to use the



credits for those papers again. For example, if a student obtains a certificate after one year using 46 credits, then his credits will be treated as expenses. If he wants to take Diploma after some years, he will either surrender his original certificate to the University and re-credit 45 credits to the account or re-credit new 46 credits and on the basis of which the second year (actual third year can earn 92 (46+46) credits and can take diploma. Similar arrangement will be there for the coming years also. If the student studies continuously and does not take certificate/diploma, then he can take the degree on the basis of 132 credits. You can get a degree.

- If a competent student will obtain the required credits for the degree in less time, then there will be a facility of gap on obtaining minimum credits, but the degree will be granted only after three years. During the interval he will be free to do any work.
- Earned credit will be in the form of certificate. In case of change of faculty or subject in second year. Category and not a diploma, because in order to obtain a diploma, he must obtain the necessary credits in the same subject.
- In the same faculty in which the student will obtain at least 60 percent credit in three years. He will be given a degree and according to the rules in the university, the facility of admission in postgraduate will be given.
- If the student is not able to obtain at least 60 percent of the total credits of the three major subjects in three years in any one of the faculty major, then he will be awarded the degree of Bachelor of Liberal Education and he will be awarded the degree of Bachelor of Liberal Education. in which the prerequisite of any subject at the graduation level will not be required.
- If any eligible student can re-credit his/her credit by taking certificate/diploma and he/she fails in the next examination, he/she can get the certificate/diploma again by using the credits re-credited.

4. Credit system:

- A 4 credit **theory course/paper** will have four Lectures/periods (of one hour) in a week. In one full semester the course will be covered in 60 Lectures.
- Similarly, a six credit **theory course/paper** will have six Lectures/periods (of one hour) in a week. In one full semester the course will be covered in 90 Lectures.
- A Two credit **practical course/paper** will have two Lab periods (of two hours each) in a week. In one full semester the course will be covered in 30Lab periods (60hours).
- Similarly, a four credit **practical course/paper** will have four Lab periods (of two hours each) in a week. In one full semester the course will be covered in 60 Lab periods (120 hours).

5. Attendance and credit determination:

- It will be necessary to take the exam for credit validation. Credits will be incomplete without the exam.
- In order to take the examination, 75 percent attendance will be mandatory as per the earlier rules.
- If a student qualifies for the examination on the basis of attendance in the class, but is unable to take the examination due to any reason, he/she can take the



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qualifying examination at a later date. He will not need to take classes again.

6. Continuous Internal Evaluation(CIE):

- Continuousinternalevaluationwillbeperformedbytheteacherconcerned.
- It is proposed that CIE be kept at present, at 30% of total assessment in a Theory paper. It can be increased in steps up to 50% over a period of time.
- The practical papers in all semesters will have 30% CIE and 70% UE, conducted at the end of the semester by one internal examiner and one external examiner appointed by the University.

7. Marking system:

- All papers will be of total Maximum Marks 100, including both CIE and UE.
- Maximum Marks 30 will be allotted to CIE and 70 (50UE+20 Practical) in paper and Research project.
- Maximum Marks 30 will be allotted to CIE and 70 UE in Research project.
- The practical papers in all semesters will have conducted at the end of the semester by one internal examiner and one external examiner appointed by the University.



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National Education Policy-2020
Common Minimum Syllabus for all U.P. State Universities
SEMESTER-WISE TITLES OF THE PAPERS IN PHYSICAL EDUCATION

| Year | Sem | Paper No. | Course code | Paper title | Theory/ Practical | Credits |
|--------------|-----|-----------|-------------|--|-------------------|---------|
| 1 | I | 1 | E020101T | ELEMENTALS OF PHYSICAL EDUCATION | THEORY | 4 |
| | | 2 | E020102P | FITNESS AND YOGA | PRACTIAL | 2 |
| | | 3 | E020103T | HEALTH AND FITNESS (GENERIC) | THEORY | 4 |
| | | 4 | E020104T | YOGA AND HOLISTIC LIFE [SKILL ENHANCEMENT COURSE (SEC)] | THEORY | 3 |
| | | 5 | | ABILITY ENHANCEMENT COMPULSORY COURSE (AECC)-1 | THEORY | 2 |
| Total Credit | | | | | | |
| 1 | II | 1 | E020201T | SPOTS ORGNISATION AND MANAGEMENT | THEORY | 4 |
| | | 2 | E020202P | SPORTS EVENT AND TRACK & FIELD | PRACTIAL | 2 |
| | | 3 | E020203T | HEALTH AND FITNESS (GENERIC) | THEORY | 4 |
| | | SEC 2 | E020204T | SPORTS JOURNALISM [SKILL ENHANCEMENT COURSE (SEC)] | THEORY | 3 |
| | | AECC 2 | | ABILITY ENHANCEMENT COMPULSORY COURSE (AECC)-2 | THEORY | 2 |
| Total Credit | | | | | | |
| 2 | III | 1 | E020301T | ANATOMY AND EXERCISE PHYSIOLOGY | THEORY | 4 |
| | | 2 | E020302P | HEALTH AND PHYSIOLOGY | PRACTIAL | 2 |
| | | 3 | E020303T | OLYMPIC MOVEMENT (GENERIC) | THEORY | 4 |
| | | 4 | E020304T | COUNSELING IN SPORTS [SKILL ENHANCEMENT COURSE (SEC)] | THEORY | 3 |
| | | 5 | | ABILITY ENHANCEMENT COMPULSORY COURSE (AECC)-1 | THEORY | 2 |
| Total Credit | | | | | | |



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| | | | | | | |
|--------------|-----|--------------|----------------|---|----------------------|---------|
| 2 | IV | 1 | E020401T | SPORTS PSYCHOLOGY AND RECREATIONAL ACTIVITIES | THEORY | 4 |
| | | 2 | E020402P | SPORTS PSYCHOLOGY | PRACTIAL | 2 |
| | | 3 | E020403T | OLYMPIC MOVEMENT (GENERIC) (GENERIC) | THEORY | 4 |
| | | 4 | E020404T | TALENT IDENTIFICATION [SKILL ENHANCEMENT COURSE (SEC)] | THEORY | 3 |
| | | 5 | | ABILITY ENHANCEMENT COMPULSORY COURSE (AECC)-2 | THEORY | 2 |
| Total Credit | | | | | | |
| Year | Sem | Paper No. | Course code | Paper title | Theory/ Practical | Credits |
| 3 | V | 1 | E020501T | ATHLETIC INJURIES AND REHABILITATION | THEORY | 4 |
| | | 2 | E020502T | KINESIOLOGY & BIOMECHANICS IN SPORTS | THEORY | 4 |
| | | 3 | E020503P | REHABILITATION AND SPORTS | PRACTIAL | 2 |
| | | 4 | E020504P | RESEARCH PROJECT | PROJECT | 3 |
| Total Credit | | | | | | |
| 3 | VI | 1 | E020601T | RESEARCH METHODS | THEORY | 4 |
| | | 2 | E020602T | PHYSICAL EDUCATION FOR DIVYANG | THEORY | 4 |
| | | 3 | E020603P | RESEARCH AND SPORTS | PRACTIAL | 2 |
| | | 4 | E020604P | RESEARCH PROJECT | PROJECT | 3 |
| Total Credit | | | | | | |



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

| | | | |
|---|--|--|-----------------------------|
| Programme/Class: Diploma | | Year: Third | Semester: Fifth |
| SUBJECT: PHYSICAL EDUCATION- THEORY | | | |
| Course code: E020501T | | Course Title: Athletic Injuries and Rehabilitation | |
| Course Outcomes: | | | |
| • Students can be able to understand Athletic Injuries and Athletic Care and Rehabilitation | | | |
| 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 | Athletic Injuries and Athletic Care. <ul style="list-style-type: none">i) Concept and Significance.ii) Factors causing Injuries.iii) General Principles of Prevention of Injuries. Common Sports Injuries <ul style="list-style-type: none">(Strain and Muscle and Ligament Sprain, Frozen Shoulder, Lower Back Strain, Tennis and Golfer’s Elbow, Runner’s Knee, Shin Pain, Blister, Concussion, Abrasion, Laceration, Hematoma, Fracture, Dislocation) | | 15 |
| II | <ul style="list-style-type: none">First aid – meaning, definition. Importance of First aid.● <ul style="list-style-type: none">Postural Deformities. Types, Causes and respective corrective exercises of: - Kyphosis, Scoliosis, Lordosis, Knock Knees, Bowlegs, Flat Foot. <ul style="list-style-type: none">Disorders due to Improper Posture. Back Pain, Neck Pain and their preventive Exercises. <ul style="list-style-type: none">Rehabilitation- RICE- Rest, Ice, Compression, Elevation.● <ul style="list-style-type: none">DRABC- Danger, Response, Airways,● Breathing, Circulation. Bandage- <ul style="list-style-type: none">Types of Bandages. Taping and Supports. | | 15 |
| III | <ul style="list-style-type: none">Physiotherapy- Definition <ul style="list-style-type: none">Guiding principles of physiotherapy. Importance of physiotherapy. <ul style="list-style-type: none">Massage- Meaning <ul style="list-style-type: none">Types and Importance. Hydrotherapy- <ul style="list-style-type: none">Meaning and Methods. Cryotherapy, Thermotherapy, Contrast bath, Whirlpool bath, Steam bath, Sauna bath, Hot Water Fomentation. | | 15 |
| IV | <ul style="list-style-type: none">Treatment modalities- Electrotherapy, Infrared rays, Ultraviolet rays, short wave diathermy, ultra | | 15 |



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| | | |
|--|--|--|
| | <p>sound.</p> <ul style="list-style-type: none"> • Therapeutic Exercise- • Meaning, Definition. • Importance. • Muscle Strengthening through Active and Passive Exercise. • Therapeutic value with Yoga asanas for rehabilitation and strengthening of the muscles. | |
| <p>Continuous Internal Evaluation (CIE): INTERNAL ASSESSMENT (30 Marks) Written Test – 10 marks Assignment/Research Based Project - 10 marks Attendance – 10 marks</p> | | |
| <p>Course prerequisites: There is no any prerequisites only student physical and medically fit.</p> | | |
| <p>Suggested Readings:</p> <ol style="list-style-type: none"> 1. ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A. 2. Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago, USA. 3. Beotra, Alka (2001-02) Drug Education Handbook on Drug Abuse in Sports, Applied Nutrition Sciences, Mumbai. 4. Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. 5. Fahey, T.D., M.P. Insel and W.T. Rath (2006), Fit & Well: Core Concepts and Labs in Physical Fitness, mcgraw Hill, New York. 6. Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA. 7. Hoeger, W K and S.A. Hoeger (2004). Principles and Labs for Fitness and Wellness, Thomson Wadsworth, California, USA. 8. Jain, J. (2004) Khel DawaonKa (New Delhi: Delhi University Press). 9. Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, (2008), Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi. 10. Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers). 11. Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA. 12. Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press). | | |
| <p>This course can be opted as an elective by the students of following subjects: Open for all</p> | | |
| <p>Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (30 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 10 marks Research Orientation of the student</p> | | |
| <p>Course prerequisites: There are no any prerequisites only students physical and medically fit.</p> | | |
| <p>Suggested equivalent online courses:</p> <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. | | |



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

LAB/PRACTICAL:

Paper Code: E020501P

Periods: 30

Credits: 2

| | | | |
|--|--|---|-----------------|
| Program /Class: Diploma | | Year: Third | Semester: Fifth |
| Subject: Physical Education- Practical | | | |
| Course code: E020501P | | Course Title: Rehabilitation and sports | |
| 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">Practice for Bandaging. Practice for massage techniquesDemonstration of Therapeutic Exercise.A visit to Physiotherapy lab.Write a Brief Report on the visit of the lab. | | 15 |
| | Part-B | | |
| II | <ul style="list-style-type: none">Chose any one Individual Games as per given Annexure-A with following activity:History and development of selected game/sportsLay out and measurement of selected game/sportsRules and regulation of selected games/sportsSpecific exercise for selected game/sportsTechniques and skills of selected game/sports | | 15 |
| <u>SUGGESTED READINGS</u> <ul style="list-style-type: none">1. ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.2. Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago, USA.3. Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.4. Fahey, T.D., M.P. Insel and W.T. Rath (2006), Fit & Well: Core Concepts and Labs in Physical Fitness, Mgraw Hill, New York.5. Koley, Shymlal(2007) Exercise Physiology – A basic Approach, friends publication New Delhi6. Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers).7. Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA.8. Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press). | | | |
| 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. | | | |
| This course can be opted as an elective by the students of following subjects: Open for all | | | |



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

| | | | |
|---|---|--|-----------------------------|
| Programme/Class: Diploma | | Year: Third | Semester: Fifth |
| SUBJECT: PHYSICAL EDUCATION- THEORY | | | |
| Course code: E020502T | | Course Title: Kinesiology and Biomechanics in Sports | |
| Course Outcomes: <ul style="list-style-type: none">Students can be able to understand various aspects of Kinesiology and Biomechanics in Sports and able to apply in sports activities | | | |
| Credits:4 | Maximum Marks: 100 (70 marks for End Semester Exam 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">INTRODUCTION:Meaning, Definitions, Aims, Objective.Importance of Kinesiology for games and sports.Kinesiological Fundamental Movements.Center of Gravity.Line of Gravity. | | 15 |
| II | <ul style="list-style-type: none">Axis and PlanesClassification of joints and MusclesTypes of muscles contraction.Location & Action of Muscles at Various Joints: -i) Upper extremity – shoulder girdle, shoulder joints, elbow joint. ii) Neck, trunk (Lumbar thoracic region). iii) Lower extremity – Hip joint, knee joint, ankle joint | | 15 |
| III | <ul style="list-style-type: none">Biomechanical Concept:INTRODUCTION:Newton’s Law of MotionFriction: Meaning, Definitions and TypesFORCE AND LEVERS:FORCE:MeaningDefinitionsTypesApplication to sports activities.LEVERS:MeaningDefinitionUses of them in the Human body. | | 15 |
| IV | <ul style="list-style-type: none">KINENIAMTICS:Meaning of Kinematics.Types- Linear and AngularSpeed, Velocity, Acceleration, Distance, Displacement.KINETICS:Meaning of KineticsTypes- Linear and Angular.Mass, Weight, Force, Momentum and Pressure. | | 15 |
| Continuous Internal Evaluation (CIE): INTERNAL ASSESMENT (30 Marks) Written Test – 10 marks | | | |



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| Assignment/Research Based Project - 10 marks Attendance – 10 marks |
| Course prerequisites: There is no any prerequisites only student physical and medically fit. |
| Suggested Readings: 1. Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA. 2. Blazeovich, A. (2007). Sports Biomechanics. A & C Black Publishers, USA. 3. Breer&Zarnicks (1979). Efficiency of human movement. WIB Sounders Co. USA. 4. Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA. 5. Hay (1993). The biomechanics of sports techniques. Prentice Hall Inc. New Jersey. 6. McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA. 7. Oatis, C.A. (2008). Kinesiology. 2nd Ed. Lippincott, Williams & Wilkins, USA. आगसे, रजरम सांजय, बयोमैकेतनक्स िथ क्रकाशसयोलॉजी, "स्पोर्ट्सपब्ललके शन "नई दिल्ली, 2013 |
| This course can be opted as an elective by the students of following subjects: Open for all |
| Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (30 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 10 marks Research Orientation of the student |
| Course prerequisites: There are no any prerequisites only students physical and medically fit. |
| Suggested equivalent online courses: • 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 V/PAPER-III

| | | | |
|---|---|---|------------------------------------|
| Programme/Class: Diploma | | Year: Third | Semester: Fifth |
| SUBJECT: PHYSICAL EDUCATION- THEORY | | | |
| Course code: E020503T | | Course Title: Test & Measurement in Physical Education | |
| Course Outcomes: <ul style="list-style-type: none">• 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. | | | |
| 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">• INTRODUCTION:• Test and Measurement: Meaning, Definition & Importance• Evaluation: Meaning, Definition, Need & Importance• Construction and Classification of test• Criteria of test selection | | 15 |
| II | Test for Specific Sports Skills: <ul style="list-style-type: none">• Basketball-Johnson Basketbal Test, Badminton-Miller Volley Test• Hockey-Harbans Singh Field Hockey Test• Lawn Tennis: Broer-Miller Tennis Test• Soccer-Mc Donald Soccer Test, Volleyball-Brady Volleyball Test | | 15 |
| III | Test for Fitness Components: <ul style="list-style-type: none">• Strength Test: Kraus Weber Test• Speed: 50 metres run, Leg Power: Sargent Jump• Flexibility: Sit & Reach Test, Abdominal Endurance-Sit-Ups• Agility: Shuttle Run (4*10 yards) | | 15 |
| IV | Test for General Motor Fitness & Organic functions <ul style="list-style-type: none">• Standing Broad Jump• Medicine Ball Put• Six Minutes Walk Test• Rockport Test. | | 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. | | | |
| Suggested Readings: i. Allen D., Phillips & James E. Hornork.: Measurement and Evaluation in Physical Education. | | | |



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| 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. Measurenent & 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 pooalth1950 |
| This course can be opted as an elective by the students of following subjects: Open for all |
| Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (30 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 10 marks Research Orientation of the student |
| Course prerequisites: There are no any prerequisites only students physical and medically fit. |
| Suggested equivalent online courses: • 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 V/PAPER-III

LAB/PRACTICAL:

Maximum Marks:20

Paper Code: E020503P

Periods: 30

Credits: 2

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| 1. Construction of a physical fitness test. | P:08 |
| 2. Test for Specific Sports Skills. | P:08 |
| 3. Test for Fitness Components. | P:08 |
| 4. Test for Motor Fitness & Organic functions. | 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):



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SYLLABUS FOR B. A. PHYSICAL EDUCATION SEMESTER V/PAPER-IV

| | | | |
|---|--|-------------------------------|-----------------------------|
| Programme/Class: Diploma | | Year: Third | Semester: Fifth |
| SUBJECT: PHYSICAL EDUCATION- THEORY | | | |
| Course code: E020504T | | Course Title: Sports Training | |
| Course Outcomes: <ul style="list-style-type: none">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. | | | |
| Credits:4 | Maximum Marks: 100 (70 marks for End Semester Exam 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 | Introduction <ul style="list-style-type: none">Meaning, Definition, Aims & Tasks of Sports TrainingPrinciples & Characteristics of Sports TrainingTraining Load: Intensity, Density, Duration and FrequencyOverload, Fatigue Causes, Symptoms and remedial Measures | | 15 |
| II | Developments of Motor Components: <ul style="list-style-type: none">Strength: Definition, Importance, Classification & Methods of development.Endurance: Definition, Importance, Classification & Methods of development.Speed: Definition, Importance, Classification & Methods of development.Flexibility & Coordinative Abilities: Definition, Importance, Classification & Methods of development. | | 15 |
| III | Technical and Tactical Preparation: <ul style="list-style-type: none">Technique: Meaning, Definition & Importance, Stages of skill acquisition.Methods of technique trainingStrategy & Tactics: Meaning, Definition & ImportanceMethods of tactical training | | 15 |
| IV | Planning & Periodization: <ul style="list-style-type: none">Meaning & importance of planningTypes of Plan: Short term, Medium term & Long term training programPeriodization: Meaning & importanceTypes of Periodization | | 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. | | | |
| Suggested Readings: <ul style="list-style-type: none">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 | | | |



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| 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, Philedephie, 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. |
| This course can be opted as an elective by the students of following subjects: Open for all | |
| Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (30 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 10 marks Research Orientation of the student | |
| Course prerequisites: There are no any prerequisites only students physical and medically fit. | |
| 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. | |



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

| | | | | | |
|---|--|---------------------------------------|---------------------------------|------------------------|---------------------|
| Program /Class: Degree | | Year: Third | | Semester: Fifth | |
| Subject: Physical Education- Project | | | | | |
| Course code: E020505P | | Course Title: Research Project | | | |
| COURSE OUTCOMES: <ul style="list-style-type: none">• Learn to Prepare Questionnaire.• Learn to write research report. | | | | | |
| Credits:03 | | | Compulsory | | |
| Max. Marks:30+70 | | | Min. Passing Marks:12+28 | | |
| Unit | TOPIC | | | | NO. OF HOURS |
| I | <ul style="list-style-type: none">• Chose a topic from your theory syllabus and prepare a Questionnaire with 20 Questions for your collage students.• Chose any one sports/ games for your syllabus and conduct an interview for your collage students• Student has to learn to prepare research report. | | | | 45 |
| Suggested readings: http://heecontent.upsdc.gov.in/Home.aspx | | | | | |
| This course can be opted as an elective by the students of following subjects: only for physical education students | | | | | |
| Suggested Continuous Evaluation Methods: <ul style="list-style-type: none">• Seminar/Assignment/ report.• Test• Research orientation of the student.• Quiz• Attendance | | | | | |