



**Pandit Deendayal Upadhyaya Shekhawati University,
Sikar**

SYLLABUS

(Three / Four Year Under Graduate Programme)

Physical Education (Optional Paper)

I & II Semester

SESSION: 2023-24

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**Dy. Registrar
Pandit Deendayal Upadhyaya
Shekhawati University,
Sikar(Rajasthan)**

**PANDIT DEENDAYAL UPADHYAYA SHEKHAWATI
UNIVERSITY, SIKAR**

**Three-year Under Graduate Programme
Syllabus- B.A. - Physical Education (Optional Paper)**

Semester-I

Session : 2023-24

Paper	Duration	Maximum	Minimum Pass Mark
Physical Education Theory	03 Hrs.	100	40
Physical Education Practical	04 Hrs.	50	20

HISTORY OF PHYSICAL EDUCATION

Unit-I

1. Definition of Physical Education: Need importance, Misconception about Physical Education.
2. Principles of Physical Education.
3. Aims & objectives of Physical Education.
4. Scope of Physical Education.
5. Career option in Physical Education.

Unit-II

1. Physical Education in Ancient India (Before 1947)
2. Physical Education in India after 1947.
3. Impact of Britain & U.S.A. on Physical Education in India.

Unit-III

1. Physical Education and Sports training Institution in India.
2. Sports Authority of India, Scheme & Function.
3. Rajasthan State Sports Council, Function, Aims & objective.
4. Arjuna Awards, Dronacharya Awards, Maulana Abdul Kalam Azad Trophy, National Sports Scholarship.
Dhyan Chand and Guru Vashist, Rajiv Gandhi Khel Ratan.

Unit-IV

1. Modern Olympic Games: Start of Olympics.
2. Objective of Olympic, Olympic mascot.
3. Olympic Motto and Flag.
4. Olympic Charter Opening and Closing.
5. Indian Olympic Association, International Olympic Committee.
6. Indian Olympic, differentiate Ancient and modern Olympic.

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Unit-V

1. Contribution of the growth of Physical Education by leaders & Movements.
2. National Physical Efficiency Drive.
3. All India Council of Sports.
4. Turnverein Movement. Y.M.C.A. and Its contribution Physical Education in U.S.S.R. the spartakiad.
5. Contribution in India; G.D. Sondhi; Rajkumari Amrit Kaur, B.P.De Coubertin, Dr.P.M. Joseph; Shri H.C. Buck. Prof. Karan Singh, Prof. Ajmer Singh, Asian games, SAF Games, National Games, Winter Olympics, Para Olympic.

Practical

Practical	Duration	Maximum Mark	Minimum Pass Mark
Physical Education Practical	04 Hrs.	50	20
	Bifurcation of Mark		
Practical Record Viva and Voce	20		
Fitness Test	30		
1. Athletics (two Periods)			
2. Games (two Periods)			

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UNIVERSITY, SIKAR**

**Three-year Under Graduate Programme
Syllabus- B.A. - Physical Education (Optional Paper)
Semester-II
Session: 2023-24**

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Physical Education Theory	03 Hrs.	100	40
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FOUNDATIONS OF PHYSICAL EDUCATION

Unit-I

Biological Foundation

1. Heredity & Environment & its effect.
2. Stages of growth & Development.
3. Principals of growth and development, factor effecting growth & development.
4. Different between growth & development, Different between male & female.
5. Chronological, Anatomical, Physiological and Mental ages of individuals – their implications in developing and implementing Physical Education Programmes.
6. Adolescent problems and their management.

Unit-II


Psychological Foundations:

1. Meaning of psychology, Importance of Psychology for Teacher.
2. Importance and implications of psychological elements in physical education.
3. Notions about mind and body and psycho-physical unity.
4. Learning, Learning theories; Law of learning, transfer of learning.
5. Psychological factors effecting sports performance.
6. Personality, its dimension and type, Role of sports in personality development.

Unit-III

Philosophical Foundations:

1. Idealism and Physical Education.
2. Pragmatism and Physical Education.
3. Naturalism and Physical Education.
4. Existentialism and Physical Education.


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Unit-IV

Physiological Foundations:

1. Respiratory System.
2. Circulatory System.
3. Muscles & type of Muscles.
4. General benefits of exercise.
5. Benefits of exercise to the various systems.

Unit-V

Sociological Foundations:

1. Physical Education and Sports as a need of the society.
2. Sociological Implications of Physical Education and Sports.
3. Physical activities and sports as a Man's cultural heritage.
4. Role of social institution in development of personality through Participation in games 7 sports.
5. Role of leadership in personality.

Practical

Practical	Duration	Maximum Marks	Minimum Pass Marks
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