

As per the NEP 2020

B.A. / B.Sc. Physical Education

(Effective from Academic Year 2024-2025 onwards)



Faculty of Arts / Science

Pandit Deendayal Upadhyaya Shekhawati University

Sikar (Rajasthan) 332024

E-mail: reg.shekhauni@gmail.com

Website: www.shekhauni.ac.in

21-
Dy. Registrar
Pandit Deendayal Upadhyaya
Shekhawati University,
Sikar(Rajasthan)

Unit II	<ul style="list-style-type: none"> • Physical Education in Ancient India (Before 1947). • Physical Education in India (after 1947). • Ancient Olympics. • Impact of Britain & U.S.A. on Physical Education in India. • Modern Physical Education in India. • Physical Education and Sports Training in India. • Rajasthan State sports Council, Function, Aim and Objectives. 	10
Unit III	<p>Philosophical Foundation</p> <ul style="list-style-type: none"> • Idealism and Physical Education. • Pragmatism and Physical Education. • Naturalism and Physical Education. • Existentialism and Physical Education 	10
Unit IV	<p>Biological Foundation.</p> <ul style="list-style-type: none"> • Heredity & Environment and their effect. • Stage of Growth & Development. • Principles of Growth and Development. • Factor's effecting Growth & Development. • Differences between Growth & Development. <p>Psychological Foundation.</p> <ul style="list-style-type: none"> • Meaning of Psychology. Importance of Psychology for Teacher. • Role of Psychological Elements in Physical Education. Motion - mind and body. • Psycho-Physical Unity. • Learning. Learning Theories. Law of Learning. 	10

Reference Books:

1	Bucher C.A. (1983) "Foundation of Physical Education and Sport" the C.V. Mosky Co. St. Louis Toroato-London.
2	Kamlesh & Sangral, (2000) "Principles & History of Physical Education," Prakash Brothers, Ludhiana.
3	Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".
4	Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
5	Ajmer singh etc. Essential of physical education." Kalyani Publishers, Ludhiyana
6	Text books of Physical Education For CBSE XI & XII class.
7	Bucher C.A. (1983) "Foundation of Physical Education and Sport" the C.V. Mosky Co. St. Louis Toroato-London.


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

8	Kamlesh & Sangral, (2000) "Principles & History of Physical Education," Prakash Brothers, Ludhiana.
9	Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".
10	Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
11	Ajmer singh etc. Essential of physical education." Kalyani Publishers, Ludhiana

Practical Examination

(Semester - I)

Max. Marks: 50

Duration: 3 Hrs.

Learning Outcomes:

On successful completion of the course, the students will be able to:

1. Assess the individual levels of fitness components.
2. Demonstrate the basic fundamental knowledge and skills of indoor games/sports.

PRACTICAL ASSESSMENT

1. Practical	=	30 Marks
2. Viva	=	10 Marks
3. Practical File	=	10 Marks
Total	=	50 Marks

Topics for practical:

1. Opted any one Indoor game.

a. Table Tennis -

b. Badminton -

(Preparing of practical file on opted indoor game.)

1. Canadian Physical Fitness

21-
Dy. Registrar
Pandit Deendayal Upadhyaya
Shekhawati University,
Sikar (Rajasthan)

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria
		Lecture	Tutorial	Practical/ Practice	
History and Foundation Of Physical Education-I	DSC-3 (3)	3	0	0	10+2 from any recognized Board
Practical	DSC-4 (1)	0	0	2	

Learning outcomes

After successfully completing this course, the student will be able to:-

1. Knowing the history of games given in Puraans and Scriptures and experimenting in games.
2. Acquire knowledge of particular historical context.
3. Knowledge about sports awards, sports associations, popular personalities of sports.

Semester II

Course Title:	History and Foundation Of Physical Education-II	Course Code: BGY5201T
Total Lecture hour 40		Hours
Unit I	<ul style="list-style-type: none"> • History of Olympic Games. • Modern Olympic Games. • Objective of Olympic Games, Moto and Flag of Olympic, Charter of opening & Closing. • Indian Olympic Association. Indian Sports Awards:- Arjun Award, Dronacharya Award, Maulana Abdul Kalaam Azad Trophy, Major Dhyan Chand award, Guru Vashisth award 	10
Unit II	<ul style="list-style-type: none"> • Contribution of the Growth of Physical Education by leader's movements. • All India Council of Sports. • National Physical Efficiency Drive. • Turnverein Movement. • Y.M.C.A. and its Contribution. • Contribution of personalities in the field of sports in India by:- G.D. Sondhi, Rajkumari Amrit Kaur, Dr. P.M. Joseph, Shri H.C. Buck, Prof. Karan Singh, Ajmer Singh • Sports Tournaments:- Asia Games, S.A.F. Games, National Games, Paralympic games 	10
Unit III	<ul style="list-style-type: none"> • Physiological Foundation- Respiratory System, Circulatory System, Muscles & type of Muscles, General benefits of Exercise. • Sociological Foundation- Physical Education and sports as a need of the Society, Sociological Implication of Physical Education and 	10

21
Dy. Registrar
Pandit Deendayal Upadhyaya
Shekhawati University,
Sikar(Rajasthan)

	sports, Physical activities and sports as a Man's cultural Heritage	
Unit IV	<ul style="list-style-type: none"> Psychological Factor's effecting sports Performance, Benefits of Different type of Exercise to the various system of the body, Role of Social Institution in development of personality through Publication in games & Sports. 	10

Reference Books:

1	Kamlesh & Sangral, (2000) "Principles & History of Physical Education," Prakash Brothers, Ludhiana.
2	Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
3	Ajmer singh etc. Essential of physical education." Kalyani Publishers, Ludhiyana
4	Bucher C.A. (1983) "Foundation of Physical Education and Sport" the C.V. Mosky Co. St. Louis Toroato- London.
5	Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".
6	Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
7	Ajmer singh etc. Essential of physical education." Kalyani Publishers, Ludhiyana
8	Text books of Physical Education For CBSE XI & XII class.
9	Kamlesh & Sangral, (2000) "Principles & History of Physical Education," Prakash Brothers, Ludhiana.
10	Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
11	Ajmer singh etc. Essential of physical education." Kalyani Publishers, Ludhiyana

21-
Dy. Registrar
Pandit Deendayal Upadhyaya
Shekhawati University,
Sikar (Rajasthan)

**Practical Examination
(Semester - II)**

Max. Marks: 50

Duration: 3 Hrs.

Learning Outcomes:

On successful completion of the course, the students will be able to:

1. Assess the individual levels of fitness components.
2. Demonstrate the basic fundamental knowledge and skills of outdoor games/sports.

PRACTICAL ASSESSMENT

1. Practical	=	30 Marks
2. Viva	=	10 Marks
3. Practical File	=	10 Marks
Total	=	50 Marks

Topics for practical:

2. Opt any one Outdoor games.

a. Football

b. Hockey

(Preparing of practical file on opted outdoor game.)

3. Cooper Physical Fitness Test (10 minutes run)


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

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria
		Lecture	Tutorial	Practical/ Practice	
Anatomy And Physiology Of Exercise	DSC-5 (3)	3	0	0	10+2 from any recognized Board
Practical	DSC-6 (1)	0	0	2	

Learning outcomes

After successfully completing this course, the student will be able to:

- Understand the basic structure and function of the human body and demonstrate its knowledge for the development of skills and fitness.
- Knowledge of anatomy helps design effective training programs tailored to individual needs and goals, optimizing performance and minimizing the risk of injuries.
- Demonstrate knowledge and understanding of the effect of exercise on the different systems.
- Classify types of joints and explain the structure and function of human joints.

Semester III

Course Title:	Anatomy And Physiology Of Exercise	Course Code: BGY6301T
Total Lecture hour 40		Hours
Unit I	<ul style="list-style-type: none"> • Introduction- Meaning and concept of Anatomy, Meaning of Physiology and Exercise Physiology, Need and importance of Anatomy and Physiology in Physical Education, Definition of cell, Tissue, Organs and Microscopic Structure of cell. 	10
Unit II	<ul style="list-style-type: none"> • Elementary knowledge of skeleton system, Joints and types at joints, - Terminology of various movement around joints, Types of Muscles, Structure of Muscles, Characteristics of Muscles. • Body System- Cardio vascular System, Digestive System, Respiratory System, Nervous System. 	10
Unit III	<ul style="list-style-type: none"> • Growth and Development— Define Growth and Development, Difference between Growth and Development, Role of Glands in Growth and Development, Definition and Physiological concept of physical fitness training, Definition and importance of - warming up and conditioning, Physiological aspects of developments of strength, speed, agility. 	10
Unit IV	<ul style="list-style-type: none"> • Effects of exercises on- Respiratory system, Circulatory system, Muscular system. • Neuro-muscular co-ordination, Obesity and body weight control, Second wind, Kinesthetic Sense, Oxygen debt, Fatigue, Side stitch, Cramp (Exercise-related transient abdominal pain.) 	10
Reference Books:		
1	Avelin C. Pearce, (2005) "Anatomy and Physical Education' Prakash ,Brothers, Ludhiana.	


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

2	Pearce, Evelyn- Anatomy and Physiology for Nurse” Oxford University Press, New Delhi.
3	Sears, Gordon –Anatomy and Physiology for Nurses- Orient Longman Ltd., New
4	Yashoda Saini,”Sharir Rachna Tatha Sharir Kriya Vigyan (Hindi)” Khel sahitya Kendra
5	Dr. Suresh Kumar Agarwal etc. “Basics of Physical Education, Health & Sports”.
6	Singh Ajmer etc. (2000) “Olympic Movement” Kalyani Publishers, Ludhiana.
7	Ajmer singh etc. Essential of physical education.” Kalyani Publishers,Ludhiyana
8	Text books of Physical Education For CBSE XI & XII class.

**Practical Examination
(Semester - III)**

Max. Marks: 50
Hrs.

Duration: 3

Learning Outcomes:

On successful completion of the course, the students will be able to:

1. Assess the individual levels of fitness components.
2. Demonstrate the basic fundamental knowledge and skills Athletics (Track and Field).

PRACTICAL ASSESSMENT

1. Practical	=	30 Marks
2. Viva	=	10 Marks
3. Practical File	=	10 Marks
Total	=	50 Marks

Topics for practical:

1. Athletics (Track and field).
 - a. Two Throwing Events
 - b. Two Jumping Events

(Preparing of practical file on athletics (Track and field))

2. Canadian Physical Fitness


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

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria
		Lecture	Tutorial	Practical/ Practice	
Management And Methods Of Physical Education	DSC-7 (3)	3	0	0	10+2 from any recognized Board
Practical	DSC-8 (1)	0	0	2	

Learning outcomes

- Describe the fundamentals of Sports Management, Organization and Administration in Sports Industry.
- Organize competitions at different levels.
- Prepare and execute the intramural program for their school and college.

Semester IV

Course Title:	Management And Methods Of Physical Education	Course Code: BGY6401T
Total Lecture hour 40		Hours
Unit I	<ul style="list-style-type: none"> • Teaching- Meaning and importance of Teaching methods, Types of teaching method, Principle of teaching. • Organizations- Organization of sports for educational institutes: - National level, State level, District level, Village level. 	10
Unit II	<ul style="list-style-type: none"> • Tournaments- Meaning of tournament, Types of tournaments, Method of drawing fixtures, Merit and demerits of different types of tournaments. • facilities and equipment's - Need and importance of equipment for physical education, An Ideal list of equipment's for physical education and Role of equipment in physical education. 	10
Unit III	<ul style="list-style-type: none"> • Purchasing and Maintaining- Realistic approach in purchase procedure of equipment, Maintenance of equipment and Development of improvised equipment and store keeping. 	10
Unit IV	<ul style="list-style-type: none"> • Budget and office Management- Physical education budget and its preparation, Maintenance of records, and office correspondence and Maintenance of accounts, income sources & expenditure 	10

Reference Books:

- 1 Dr. Khailash K. Pawar "Sharirik Shiksha me Sangathan tatha Prashasan " Sports publication, New Delhi
- 2 Kamlesh, M.L. (2005). "Methods in physical education" Friends publication.
- 3 Thomas, J.P.(1967). Organization and Administration of Physical Education. Madras: Gyanodayal Press.
- 4 Voltmer, E.F. & Esslinger, A.A.(1979). "The Organization and Administration of Physical Education". New York: Prentice Hall Inc.
- 5 Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".


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

6	Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
7	Ajmer singh etc. Essential of physical education." Kalyani Publishers, Ludhiyana
8	Text books of Physical Education For CBSE XI & XII class.
9	Dr. Khailash K. Pawar "Sharirik Shiksha me Sangathan tatha Prashasan " Sports publication, New Delhi

**Practical Examination
(Semester - IV)**

Max. Marks: 50

Duration: 3 Hrs.

Learning Outcomes:

On successful completion of the course, the students will be able to:

1. Assess the individual levels of fitness components.
2. Demonstrate the basic fundamental knowledge and skills of Indian originated Games/sports.

PRACTICAL ASSESSMENT

1. Practical	=	30 Marks
2. Viva	=	10 Marks
3. Practical File	=	10 Marks
Total	=	50 Marks

Topics for practical:

1. Opted any one Indian originated game.
 - Kabaddi
 - Kho-Kho -

(Preparing of practical file on opted Indian originated game.)

2. Cooper Physical Fitness Test (10 minutes run)

21/-
Dy. Registrar
Pandit Deendayal Upadhyaya
Shekhawati University,
Sikar (Rajasthan)