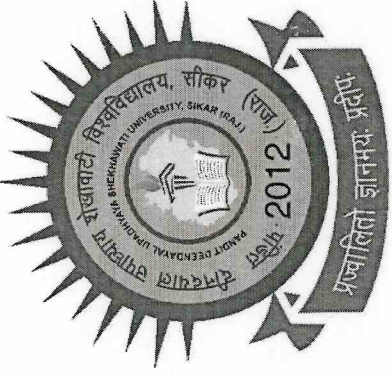


As per the NEP 2020
B.A./B.Sc. Physical Education
(Effective from Academic Year 2024-2025 onwards)



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(Signature)
Dy. Registrar
Shekhawati University,
Sikar(Rajasthan)

Semester – I**Learning Outcomes**

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

1. Explore the scientific evidence that has been gathered on the contribution and the benefits of physical education in college for students.
2. Understand & differentiate the concept of History, and Principles of physical education.
3. Choose physical education as a remedial tool to inculcate values and ethics.
4. Get acquainted with historical development and its impact on the nature of physical education in India and abroad.
5. Explore the Biological, Psychological, Physiological, Sociological, and Philosophical foundation of human beings.
6. Gain knowledge of learning theories.
7. Explore the physical and mental growth and development of the body.
8. Gain knowledge about Idealism, Pragmatism, Naturalism, and Existentialism.
9. Identify the students with different issues, challenges, and opportunities in Physical Education & Sports.

Course Title:	History and Foundation of Physical Education-I	Course Code: 24BPE5101T
Total Lecture hour 45		Hours
Unit I	• Definition of Physical Education and its importance. • Misconception about Physical Education. • Aim's & objective of Physical Education. • Scope of Physical Education. • Place of Physical Education in total Education Process.	12
Unit II	• 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.	12
Unit III	Philosophical Foundation • Idealism and Physical Education. • Pragmatism and Physical Education. • Naturalism and Physical Education. • Existentialism and Physical Education.	11
Unit IV	Biological Foundation • Heredity & Environment and their effect. • Stages of Growth & Development. • Principles of Growth and Development. • Factors affecting Growth & Development. • Differences between Growth & Development. Psychological Foundation • 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

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 Shekhawati

Suggestive Readings:	
1	Bucher C.A. (1983) "Foundation of Physical Education and Sport" the C.V. Mosky Co. St. Louis, Toronto - 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, Ludhiana.
6	Textbooks 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, Toronto - London.
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.

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.

Course Title:	Practical	Course Code: 24BPE5101P
1	Opt any one Indoor game. Table Tennis Badminton (Preparing of practical file on opted indoor game.) Canadian Physical Fitness	

Semester – II**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.

Course Title:	History and Foundation of Physical Education-II	Course Code: 24BPE5201T
Total Lecture hour 45		Hours
Unit I	• History of Olympic Games. Modern Olympic Games. Objective of Olympic Games, Motto 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 Vashishth Award.	12
Unit II	Contribution of the Growth of Physical Education by leader's movements.	12


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	• 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.	
Unit III	Physiological Foundation - Respiratory System, Circulatory System, Muscles & types of Muscles, General benefits of Exercise. Sociological Foundation - Physical Education and sports as a need of the Society, Sociological Implication of Physical Education and sports, Physical activities and sports as a Man's cultural Heritage.	11
Unit IV	Psychological Factors affecting sports Performance, Benefits of Different types of Exercise to the various systems of the body, Role of Social Institutions in development of personality through participation in games & sports.	10
Suggestive Readings:		
1	Bucher C.A. (1983) "Foundation of Physical Education and Sport" the C.V. Mosky Co. St. Louis, Toronto - 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, Ludhiana.	
6	Textbooks 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, Toronto - London.	
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.	

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.

Course Title:	Practical	Course Code: 24BPE5201P
1	1. Opt any one Outdoor game: a. Football b. Hockey (Preparing of practical file on opted outdoor game.) 2. Cooper Physical Fitness Test (10 minutes run)	

Semester – III**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.


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- 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.

Course Title:	Anatomy And Physiology of Exercise	Course Code: 24BPE6301T
Total Lecture Hours 45		
Unit I	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.	Hours 12
Unit II	Elementary knowledge of skeleton system, Joints and types of joints, Terminology of various movements around joints, Types of Muscles, Structure of Muscles, Characteristics of Muscles. Body System - Cardiovascular System, Digestive System, Respiratory System, Nervous System.	12
Unit III	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 development of strength, speed, agility.	11
Unit IV	Effects of exercises on - Respiratory system, Circulatory system, Muscular system. Neuro-muscular co-ordination, Obesity and body weight control, Second wind, Kinesthetic Sense, Oxygen depth, Fatigue, Side stitch, Cramp (Exercise-related transient abdominal pain).	10
Suggestive Readings:		
1	Pearce, Avelin C. (2005). <i>Anatomy and Physical Education</i> . Prakash Brothers, Ludhiana.	
2	Pearce, Evelyn. <i>Anatomy and Physiology for Nurses</i> . Oxford University Press, New Delhi.	
3	Sears, Gordon. <i>Anatomy and Physiology for Nurses</i> . Orient Longman Ltd., New York.	
4	Saini, Yashoda. <i>Sharir Rachna Tatha Sharir Kriya Vigyan (Hindi)</i> . Khel Sahitya Kendra.	
5	Agarwal, Dr. Suresh Kumar, et al. <i>Basics of Physical Education, Health & Sports</i> .	
6	Singh, Ajmer, et al. (2000). <i>Olympic Movement</i> . Kalyani Publishers, Ludhiana.	
7	Singh, Ajmer, et al. <i>Essentials of Physical Education</i> . Kalyani Publishers, Ludhiana.	
8	<i>Textbooks of Physical Education for CBSE XI & XII Class</i> .	

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 in Athletics (Track and Field).

Course Title:	Practical	Course Code: 24BPE6301P
1	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.	

Semester – IV

Learning Outcomes:

- Describe the fundamentals of Sports Management, Organization, and Administration in the Sports Industry.


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- Organize competitions at different levels.
- Prepare and execute the intramural program for their school and college.

Course Title:	Management And Methods of Physical Education	Course Code: 24BPE6401T
Total Lecture Hours 45		
Unit I	Teaching: Meaning and importance of teaching methods, Types of teaching methods, Principle of teaching. Organizations: Organization of sports for educational institutes: National level, State level, District level, Village level.	Hours 12
Unit II	Tournaments: Meaning of tournament, Types of tournaments, Method of drawing fixtures, Merit and demerit of different types of tournaments. Facilities and Equipment: Need and importance of equipment for physical education, An ideal list of equipment for physical education, and Role of equipment in physical education.	12
Unit III	Purchasing and Maintaining: Realistic approach in purchase procedure of equipment, Maintenance of equipment, and Development of improvised equipment and storekeeping.	11
Unit IV	Budget and Office Management: Physical education budget and its preparation, Maintenance of records, and office correspondence, and Maintenance of accounts, income sources & expenditure.	10
Suggestive Readings:		
1	Dr. Khailash K. Pawar. <i>Sharirik Shiksha me Sangathanan tatha Prashasan</i> . Sports Publication, New Delhi.	
2	Kamlesh, M.L. (2005). <i>Methods in Physical Education</i> . Friends Publication.	
3	Thomas, J.P. (1967). <i>Organization and Administration of Physical Education</i> . Madras: Gyanodaya Press.	
4	Voltmer, E.F. & Esslinger, A.A. (1979). <i>The Organization and Administration of Physical Education</i> . New York: Prentice Hall Inc.	
5	Dr. Suresh Kumar Agarwal, et al. <i>Basics of Physical Education, Health & Sports</i> .	
6	Singh, Ajmer, et al. (2000). <i>Olympic Movement</i> . Kalyani Publishers, Ludhiana.	
7.	Singh, Ajmer, et al. <i>Essentials of Physical Education</i> . Kalyani Publishers, Ludhiana.	
8.	<i>Textbooks of Physical Education for CBSE XI & XII Class</i> .	
9.	Dr. Khailash K. Pawar. <i>Sharirik Shiksha me Sangathanan tatha Prashasan</i> . Sports Publication, New Delhi.	

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.

Course Title:	Practical	Course Code: 24BPE6401P
1	1. Opt 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).	

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