



# University of Rajasthan Jaipur

## SYLLABUS

(Three/Four Year Under Graduate Programme in Arts (Physical Education))

I & II Semester

Examination-2023-24

As per NEP – 2020

*Rj / T as*  
By, Registrar (Acad.)  
University of Rajasthan  
JAIPUR



UNIVERSITY OF RAJASTHAN

Programme Name : UG -9101-THREE/FOUR YEAR BACHELOR OF ARTS  
(EDUCATION)

DISCIPLINE: PHYSICAL EDUCATION

S.No.	Discipline/Subject	Page No.
1.	Index	1
2.	Scheme of Examination	2
3.	Exit and Entrance Policy	3
4.	Letter and Grade Points	4
5.	Semester wise paper details and detailed syllabus for Three/Four Year Bachelor of Arts (UG 9101- PHE)	5-13

*Rj / Jas*  
Dy. Registrar (Acad.)  
University of Rajasthan  
JAIPUR

**SCHEME OF EXAMINATION FOR UNDERGRADUATE PROGRAMME AS  
PER UGC FRAMEWORK FOR SESSION 2023-24.**

1 Credit =25 marks for examination/evaluation

**Name of the Degree Program: BA/ UG Courses**

1. Discipline Core: Physical Education Sports & Yoga BA/BSc Total Credits for the Program (I & II Semesters): Discipline Core: 12 Credits
2. Open Electives: 06 Credits (BA all other UG Courses)
3. Skill Enhancement Courses: 03 Credits (BA & all other UG Courses)

**Aim of the Course**

- • The course aims at creating awareness about the fundamentals of Physical Education, Sports and Yoga and to promote Health and wellness through Healthy Lifestyle.

**Program Outcomes: By the end of the program the students will be able to:**

1. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, etc) and device appropriate fitness program for different genders and age groups at all level
2. The curriculum would enable to officiate, supervise various sports events and organize sports events
3. Students acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development
4. The student learns to plan, organize and execute sports events
5. Student will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently
6. Student acquire the knowledge of opted games, sports and yoga and also learn the technical and tactical experience of it.
7. Student will learn to apply the knowledge of managing the fitness equipment.

8. Student will learn to apply knowledge of Physical fitness and exercise management to lead better quality life.
9. The student will learn and contribute on fitness management.
10. Students will understand and learn different dimension of active life style.
11. The student will gain knowledge of professional preparation in Physical Education, Sports and Yoga.
12. Student will learn the knowledge of fitness diet.
13. Students will be able to assess the Physical Fitness in Scientific way.
14. The students will be able to continue professional courses and research in Physical Education, sports and yoga.
15. The activities in the Curriculum shall be modified/redesigned at the BoS level of the university to benefit the physically/ visually Challenged students.

#### ***PHYSICAL EDUCATION, SPORTS AND YOGA***

##### ***Objectives of the Course***

- To impart the students with basic concepts of Physical Education, Sports and Yoga for health and wellness.
- To familiarize the students with health-related Exercises, Sports and Yoga for Overall growth & development
- To create a foundation for the professionals in Physical Education, Sports and Yoga.
- To impart the basic knowledge and skills to teach Physical Education, Sports & Yoga activities.

##### ***Learning Outcome/ Skills:***

- Students will be able to understand the basic principles and practices of Physical Education, Sports and Yoga.
- Students will be able to instruct the Physical Activities, Sports and Yoga practices for Healthy Living.

• To develop professionalism among students to conduct, organize & officiate Physical Education, Sports and Yoga events at schools, colleges and community.

**Employability / Entrepreneurship abilities:**

- The candidate will be able to work as Physical Education, Sports and Yoga instructor.
- The Candidate will be able to instruct, organize & officiate Physical Education, Sports and Yoga event.
- The candidate will be able to establish fitness, sports and yoga centers.
- The candidate will be able to conduct Traditional games, Sports and General Yoga classes for rural and community.

**WEIGHTAGE FOR ASSESSMENT**

**Student Progress Evaluation**

Type		Paper Code and Nomenclature	Duration of Examination	Maximum Marks (Midterm + EoSE)	Minimum Marks (Midterm + EoSE)
Theory	SEM -I	UG-9101-PHE- 51T-101- <b>History of Physical Education</b>	1 Hrs- MT 3 Hrs- EoSE	20 Marks – MT 80 Marks- EoSE	8 Marks- MT 32 Marks - EoSE
Practical		UG- Basic Fitness Two Games and Athletics Event	2Hrs- MT 3 Hrs- EoSE	10 Marks – MT 40 Marks- EoSE	4 Marks- MT 16 Marks - EoSE
Theory	SEM -II	UG-9101-PHE- 52T-101- <b>Foundation of Physical Education</b>	1 Hrs- MT 3 Hrs- EoSE	20 Marks – MT 80 Marks- EoSE	8 Marks- MT 32 Marks - EoSE
Practical		UG- Basic Fitness Two Games and Athletics Event	1 Hrs- MT 3 Hrs- EoSE	10 Marks – MT 40 Marks- EoSE	4 Marks- MT 16 Marks - EoSE

**Note:-**

1. MJR = Major
2. PHE = Physical Education
3. MT = Mid Term
4. EoSE = End of Semester Examination

*Rj / Tary*  
 Dy. Registrar (Acad.)  
 University of Rajasthan  
 JAIPUR

<b>Semester-I BA</b>				
<b>Discipline Specific Core-1(4-0-2)</b>				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/Assessment
DSC-1 Theory	<b>HISTORY TO PHYSICAL EDUCATION</b>	4	4	100 (80+20)
DSC-1 Practical	<b>BASIC FITNESS, TRACK &amp; FIELD, MAJOR GAMES &amp; ATHLETICS EVENT</b>	2	4	50 (40+10)
<b>Total</b>		<b>6</b>	<b>8</b>	<b>150</b>

<b>emester-I BA</b>				
<b>ciplineSpecificCore-1</b>				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/Assessment
<b>DSC-1 Theory</b>	<b>HISTORY OF PHYSICAL EDUCATION</b>	4	4	<b>100(80+20)</b>
<b>DSC-1 Practical</b>		2	4	<b>50(40+10)</b>
<b>Total</b>		<b>6</b>	<b>8</b>	<b>150</b>

<b>Semester-II BA</b>				
<b>Discipline Specific Core-2</b>				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/Assessment
DSC-1 Theory	<b>FOUNDATION OF PHYSICAL EDUCATION</b>	4	4	100(60+40)
DSC-1 Practicals		2	4	50(30+20)
<b>Total</b>		<b>6</b>	<b>8</b>	<b>150</b>

## **BA Semester I & II**

### **Aim of the Course**

The course aims at creating awareness about the fundamentals of Physical Education, Sports and Yoga and promote Health and wellness through Healthy Lifestyle.

### **Objectives of the Course**

1. To impart the students with basic concepts of Physical Education, Sports and Yoga for health and wellness.
2. To familiarize the students with health related Exercise, Sports and Yoga for Overall growth & development
3. To create a foundation for the professionals in Physical Education, Sports and Yoga.
4. To impart the basic knowledge and skills to teach Physical Education, Sports & Yoga activities.

### **Learning Outcome/ Skills:**

- Students will be able to understand the basic principles and practices of Physical Education, Sports and Yoga.
- Students will be able to instruct the Physical Activities, Sports and Yoga practices for Healthy Living.
- To develop professionalism among students to conduct, organize & officiate Physical Education, Sports and Yoga events at schools and community level.

### **Employability/ Entrepreneurship abilities:**

- The candidate will be able to work as Physical Education, Sports and Yoga instructor.
- The Candidate will be able to instruct, organize & officiate Physical Education, Sports and Yoga.
- The candidate will be able to establish fitness, sports and yoga centers.
- The candidate will be able to conduct Traditional games, Sports and General Yoga classes for rural and community level.

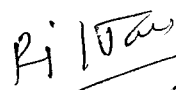
*P. J. Vas*  
Dy. Registrar (Acad.)  
University of Rajasthan  
JAIPUR

**BA Semester-I**

Title of the Course:

**HISTORY OF PHYSICAL EDUCATION**

<b>Number of Theory Credits</b>	<b>Number of lecture hours/semester</b>	<b>Number of practical Credits</b>	<b>Number of practical hours/semesters</b>
4	52-56	2	52-56
<b>Content of Theory Course-1</b>			
<b>Unit-I Introduction and History of Physical Education in India</b>			
<ol style="list-style-type: none"> <li>1. Definition of Physical Education, Need Importance, Misconception about Physical Education.</li> <li>2. Aims, Objectives and Importance of Physical Education.</li> <li>3. Scope of Physical Education, Sports and, Yoga.</li> <li>4. Modern trends of Physical Education, Sports and Yoga.</li> <li>5. Brief concept of Education in relation to Physical Education, Career option in Physical Education.</li> <li>6. Physical Education in Ancient India (Before 1947) Physical Education in India after 1947</li> <li>7. Impact of Britain and U.A.S. on Physical Education in India</li> <li>8. Physical Education in SPARTA, ATHENES</li> </ol>			14
<b>Unit-II Physical Education and Sports Training institutions in India</b>			
<ol style="list-style-type: none"> <li>1. Physical Education and Sports Training institutions in India</li> <li>2. Sports Authority of India , Scheme &amp; Functions</li> <li>3. Rajasthan Sports Council, Function, Admirations, Aim &amp; Objectives.</li> <li>4. Arjuna Awards, Dronacharya Awards. MAKKA Trophy, National Sports Scholarship, Guru Vashist Award, Major Dhaynchand Chand and Khei Ratan. Sports Personalities of Rajasthan &amp; India</li> <li>5. Khelo India Games, Khelo University Games</li> </ol>			14
<b>Unit-III Olympic Games</b>			
<ol style="list-style-type: none"> <li>1. Modern Olympic Games</li> <li>2. Objective of Olympic Games, Olympic Mascot, Olympic Motto and Flag</li> <li>3. Olympic Charter opening and Closing Ceremony</li> <li>4. Indian Olympic Association, International Olympic Committee.</li> </ol> <p>Ancient Olympic, Differentiate Ancient and Modern Olympic.</p>			14
<b>Unit-IV Physical Education Movement</b>			

  
**Dy. Registrar (Acad.)**  
 University of Rajasthan  
 JAIPUR



1. Contribution of the growth of physical education by leader & Movements in India.	
2. National Physical Efficiency Drive	
3. All India Council of Sports	
4. Turnverein Movement, YMCA and its contribution U.S.S.R., the Spartakiad.	
5. Contribution in India, G.D Sondhi Rajkumari Amrit Kaur, B.P.De Coubertin, Dr. Pm Joseph Shri H.C. Buck, Prof. Karan Singh, Prof. Ajmer Singh Asian Games, SAF Games, National Games, Winter Olympic Games, Para Olympic. Rajasthan Olympic Games	14

*Pj / Jas*  
Dr. Registrar (Acad.)  
University of Rajasthan  
JAIPUR

**Content of Practical Course I: Practical's (2credits/56hours) Basic**

**Fitness, Training and Assessment**

1. General warm-up
2. Body Composition (BMI) and Cardio vascular Assessment
3. Training and Assessment for Muscular Endurance, Muscular Strength, Flexibility, Cardio-respiratory Endurance, Body Composition

**A. Major Minor Outdoor Games/ Track & Field**

1. On Major Game & One Individual Sport (Among the list of IOA, AIU, SGFI) \*
2. One even teach-Running, Jumping and Throwing Event\*

**Pedagogy:** The course shall be taught through Lecture, Practical's, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramural

<b>Formative Assessment</b>	
<b>Assessment Occasion/ type</b>	<b>Weightage in Marks</b>
Theory	Theory-80 Marks Internal-20Marks
Practical's	Practical - 40 Marks Internal-10 Marks
<b>Total</b>	150 Marks

Rj 10/25  
Dy. Registrar (Acad.)  
University of Rajasthan  
JAIPUR

## Reference Books

1. Bucher, C.A. (n. d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014).
2. Physical Education in Ancient India. Amravati: Degree college of Physical education.
3. Mohan, V.M.(1969). Principles of physical education. Delhi: Metropolitan Book Dep.
4. Nixon, E.E.& Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
5. William, J.F.(1964).The principles of physical education. Philadelphia: W.B. Saunders Co.
6. Charles & Bucher, Foundations of Physical Education.
7. Harold M. Barrow, Man & His Movement Principles of Physical Education.
8. J.F. Williams, Principles of Physical Education.
9. . Cowel & France, Philosophy and Principles of Physical Education.
10. D.G. Wakhakar, Manual of Physical Education
11. M.L.Kamlesh & M.S. Sangral, Principles &History of Physical Education.
12. Upadyke Johnson, Principles of Modern Physical Education, Health & Recreation.
13. Ajmer Singh etc. Basics of Physical Education, Health & Sports BA. Part I,II & III, Kalyani Publication Ludhiana.

12/10/20  
Dy. Registrar (Acad.)  
University of Rajasthan  
JAIPUR

## BA Semester II

Title of the Course: **FOUNDATION OF PHYSICAL EDUCATION**

Number of Theory Credits	Number of lecture hours/semester	Number of practical Credits	Number of practical hours/semester
4	52-56	2	52-56
<b>Content of Theory Course 2</b>			
<b>Unit-1 Biological Foundation of Physical Education</b>			
1. Heredity & Environment & its effect 2. Stages of growth & Development. 3. Principles 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.			14
<b>Unit- II Psychological Foundations of Physical Education</b>			
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.			14
<b>Unit- III Philosophical and Biological Foundations of Physical Education</b>			
1. Idealism and Naturalism in Physical education 2. Pragmatism and Existentialism Physical Education 3. Respiratory system and Circulatory System 4. Muscles & type of Muscles. 5. General benefits of exercises 6. Benefit of exercise to the various systems			14
<b>Unit – IV Sociological Foundations of Physical Education</b>			
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 & sports. 5. Role of leadership in personality.			14

**Semester-II**  
**Skill Enhancement Courses (SEC-1)**

Title of the Course:  
**PHYSICAL EDUCATION AND YOGA**  
(BA UG Courses)

**Content of Practical Course1: Practical's (2 credits/ 56hours) Basic Fitness,**

**Training and Assessment**

1. General warm - up
2. Body Composition(BMI)and Cardio vascular Assessment
3. Training and Assessment for Muscular Endurance, Muscular Strength, Flexibility, Cardio-respiratory Endurance, Body Composition

**A. Major /Minor Outdoor Games/ Track & Field**

1. One Major Game & One Individual Sport (Among the list of IOA, AIU, SGFI) \*
2. One even teach-Running, Jumping and Throwing Event\*

**Pedagogy:** The course shall be taught through Lecture, Practical's, Interactive, Sessions, Materials, Assignments, Seminars, and Intramural & Extramural

<b>Formative Assessment</b>	
<b>Assessment Occasion/typ e</b>	<b>Weightage in Marks</b>
Theory	Theory-80 Marks Internal-20Marks
Practicals	Practical - 40 Marks Internal- 10 Marks
<b>Total</b>	150 Marks

## Reference Books

1. Bucher, C.A. (n.d.) Foundation of physical education. St. Louis:
2. Charles & Bucher, Foundations of Physical Education.
3. Harold M. Barrow, Man & His Movement Principles of Physical Education.
4. J.F. Williams, Principles of Physical Education.
5. Cowel & France, Philosophy and Principles of Physical Education.
6. D.G. Wakhakar, Manual of Physical Education
7. M.L. Kamlesh & M.S. Sangral, Principles & History of Physical Education.
8. Upadyke Johnson, Principles of Modern Physical Education, Health & Recreation.
9. Ajmer Singh etc. Basics of Physical Education, Health & Sports BA. Part I,II & III, Kalyani Publication Ludhiyana.

RS/10/25  
By Registrar (Acad.)  
University of Rajasthan  
JAIPUR