

Approved in BOS meeting in the
Subject of physical Education held on

Annexure-1 of
BOS Meeting

Physical Education Department
Himachal Pradesh University

OUTLINES OF SYLLBUS AND COURSES OF READING

IN THE SUBJECT OF PHYSICAL EDUCATION FOR B.A. WITH MAJOR IN PHYSICAL EDUCATION AND MINOR
ELECTIVE IN PHYSICAL EDUCATION (2013-2014 ON WARDS)

STRUCTURE OUT LINE OF MAJOR IN PHYSICAL EDUCATION (MINIMUM CRADITS TO BE EARNED=56)

Semester	Course code	Course type	Course name	credits	Cumulated credits course wise
1 (odd)		Compulsory course I	To be Selected from the list of Compulsory Courses	3	Compulsory-6 Core-8 Elective-8 GI & H-I Total=23
		Compulsory course II (Skill Based)-	To be Selected from the list of Compulsory Courses	3	
	PED0101	Major Core Course I	Foundation of Physical Education	3	
	PED0102	Major Core Course II	Health Education	3	
		Minor Elective Course I(a)	To be selected from the list or Minor Elective Subject other than Physical Education	4	
		Minor Elective Course I(b)	To be selected from the list or Minor Elective Subject other than Physical Education	4	
	PED0103-P	Major Core Practical Course I	Sports (Volley Ball, Cricket)	1	
	PED0104-P	Major Core Practical Course II	Athletics (Sprints, Jumps)	1	
		GI & H Course 1	To be Selected from the list of GI & Hobby	1	

Semester	Course code	Course type	Course name	credits	Cumulated credits course wise
II (Even)		Compulsory course III	To be Selected from the list of Compulsory Courses	3	Compulsory-6(12) Core-8(16) Elective-8(16) GI & H-I (2) Total=23 (46)
		Compulsory course IV (Skill Based)-	To be Selected from the list of Compulsory Courses	3	
	PED0201	Major Core Course III	History of Sports & Physical Education	3	
	PED0202	Major Core Course IV	Anatomy & Physiology I	3	
		Minor Elective Course II(a)	To be selected from the list or Minor Elective Subject other than Physical Education	4	
		Minor Elective Course II(b)	To be selected from the list or Minor Elective Subject other than Physical Education	4	
	PED0203-P	Major Core Practical Course III	Sports (Kabaddi, Football, Weight Lifting)	1	
	PED0204-P	Major Core Practical Course IV	Athletics (Throws & Middle Distance)	1	
		GI &H Course 1	To be Selected from the list of GI & Hobby	1	

Semester	Course code	Course type	Course name	credits	Cumulated credits course wise
III (odd)		Compulsory course V	To be Selected from the list of Compulsory Courses	3	Compulsory-6 (18) Core-8 (24) Elective-8(24) GI & H-I (3) Total=23 (69)
		Compulsory course VI (Skill Based)-	To be Selected from the list of Compulsory Courses	3	
	PED0301	Major Core Course V	Organization & Administration of Tournament	3	
	PED0302	Major Core Course VI	Anatomy & Physiology II	3	
		Minor Elective Course III(a)	To be selected from the list or Minor Elective Subject other than Physical Education	4	
		Minor Elective Course III(b)	To be selected from the list or Minor Elective Subject other than Physical Education	4	
	PED0303-P	Major Core Practical Course V	Sports (Table Tennis, Hockey)	1	
	PED0304-P	Major Core Practical Course VI	First Aid Bandage, Slings & Transportation of Injured Person	1	
		GI &H Course 1	To be Selected from the list of GI & Hobby	1	

Semester	Course code	Course type	Course name	credits	Cumulated credits course wise
IV (Even)	PED0401	Major Core Course VII	Concept of Physical Fitness	3	Core-12(36) Elective-8(32) Core Elective Additional 4 Total=24(93)
	PED0402	Major Core Course VIII	Psychological Bases of Physical Education & Sports	3	
	PED0403	Major Core Course IX	Sports Nutrition	3	
	PED0404	Core / Elective Course (Additional)	Sports Medicine	4	
		Minor Elective Course IV(a)	To be selected from the list or Minor Elective Subject other than Physical Education	4	
		Minor Elective Course IV(b)	To be selected from the list or Minor Elective Subject other than Physical Education	4	
	PED0405-P	Major Core Practical Course VII	Sports (Kho- Kho, Basketball)	1	
	PED0406-P	Major Core Practical Course VIII	Physiology (Measurement of BP, Pulse rate during rest & during Exercise, Spirometry)	1	
	PED0407-P	Major Core Practical Course IX	Yoga(Yogasanas,Pranayamas)	1	

Semester	Course code	Course type	Course name	credits	Cumulated credits course wise
V (odd)	PED0501	Major Core Course X	Sociology of Physical Education o Sports	3	Core-12(48) Elective-8(40) Core Elective Additional 4 Total=24(117)
	PED0502	Major Core Course XI	Exercise Physiology	3	
	PED0503	Major Core Course XII	Training Methods	3	
	PED0504	Core Elective Course Additional	Career in Physical Education & Sports	4	
		Minor Elective Course V (a)	To be selected from the list or Minor Elective Subject other than Physical Education	4	
		Minor Elective Course V I(b)	To be selected from the list or Minor Elective Subject other than Physical Education	4	
	PED0505-P	Major Core Practical Course X	Sports (Badminton, Wrestling)	1	
	PED0506-P	Major Core Practical Course XI	Athletics (Track & Field Marking in Athletics)	1	
	PED0507-P	Major Core Practical Course XII	Sports (Handball, Judo, Boxing)	1	

Semester	Course code	Course type	Course name	credits	Cumulated credits course wise
VI (Even)	PED0601	Major Core Course XIII	Yoga	4	Core-8(56) Core Elective Additional - 24 Total=32(149)
	PED0602	Major Core Course XIV	Kinesiology & Biomechanics	4	
	PED0603	Core Elective Course Additional	Sports Journalism	4	
	PED0604	Core Elective Course Additional	Methods of Teaching in Physical Education	4	
	PED0605	Core Elective Course Additional	Recreation	4	
	PED0606	Core Elective Course Additional	Biological Basis o Physical Education	4	
	PED0607	Core Elective Course Additional	Community Health & Environmental Sanitation	4	
	PED0608	Core Elective Course Additional	Officiating & Coaching	4	

Structure Outline of Minor Elective in Physical Education for other than Major Physical Education Students (Minimum Credits to be Earned 20).

Semester	Course code	Course type	Course name	credits	Cumulated credits course wise
1 (odd)		Compulsory course I		3	Compulsory-6 Core-8 Elective-8 GI & H-I Total=23
		Compulsory course II (Skill Based)-		3	
		Major Core Course I		3	
		Major Core Course II		3	
	PED0101	Minor Elective Course I(a)	Foundation of Physical Education	3	
		Minor Elective Course I(b)		4	
	PED0103-P	Minor Core Practical Course I	Sports (Volley Ball, Cricket)	1	
		Minor Core Practical Course II		1	
		GI &H Course 1		1	

Semester	Course code	Course type	Course name	credits	Cumulated credits course wise
II (Even)		Compulsory course III		3	Compulsory-6(12) Core-8(16) Elective-8(16) GI & H-I (2) Total=23 (46)
		Compulsory course IV (Skill Based)-		3	
		Major Core Course III		3	
		Major Core Course IV		3	
	PED0202	Minor Elective Course II(a)	Anatomy & Physiology I	3	
		Minor Elective Course II(b)		4	
		Minor Practical Course III		1	
	PED0204-P	Minor Practical Course IV	Athletics (Throws & Middle Distance)	1	
		GI &H Course 1		1	

Semester	Course code	Course type	Course name	credits	Cumulated credits course wise
III (odd)		Compulsory course V		3	Compulsory-6 (18) Core-8 (24) Elective-8(24) GI & H-I (3) Total=23 (69)
		Compulsory course VI (Skill Based)-		3	
		Major Core Course V		3	
		Major Core Course VI		3	
	PED0301	Minor Elective Course III(a)	Organization & Administration of Tournament	3	
		Minor Elective Course III(b)		4	
	PED0303-P	Minor Practical Course V	Sports (Table Tennis, Hockey)	1	
		Minor Practical Course VI		1	
		GI &H Course 1		1	

Semester	Course code	Course type	Course name	credits	Cumulated credits course wise
IV (Even)		Major Core Course VII		3	Core-12(36) Elective-8(32) Core Elective Additional 4 Total=24(93)
		Major Core Course VIII		3	
		Major Core Course IX		3	
		Core / Elective Course (Additional)		4	
	PED0402	Minor Elective Course IV(a)	Psychological Bases of Physical Education & Sports	3	
		Minor Elective Course IV(b)		4	
	PED0405-P	Minor Practical Course VII	Sports (Kho- Kho, Basketball)	1	
		Minor Practical Course VIII		1	
		Minor Practical Course IX		1	

Semester	Course code	Course type	Course name	credits	Cumulated credits course wise
V (odd)		Major Core Course X		3	Core-12(48) Elective-8(40) Core Elective Additional 4 Total=24(117)
		Major Core Course XI		3	
		Major Core Course XII		3	
		Core Elective Course Additional		4	
	PED0503	Minor Elective Course V (a)	Training Methods	3	
		Minor Elective Course V I(b)		4	
		Minor Practical Course X		1	
	PED0506-P	Minor Practical Course XI	Athletics (Track & Field Marking in Athletics)	1	
		Minor Practical Course XII		1	

Additional Elective Courses offered by Physical Education Department (can be chosen for earning credits over and above 56 Major subject credits, 40 Minor elective credits, 9 (min.) Compulsory course credits and 1 (Min.) 3 G I&H course credits)

Semester	Course Code	Course Type	Course Name	Credit(s)	Cumulated credits category wise
IV	PED0404	Core/Elective Course (Additional)	Sports Medicine	4	
V	PED0504	Core/Elective Course (Additional)	Career in Physical Education & Sports	4	
VI	PED0603	Core Elective Course Additional	Sports Journalism	4	
VI	PED0604	Core Elective Course Additional	Methods of Teaching in Physical Education	4	
VI	PED0605	Core Elective Course Additional	Recreation	4	
VI	PED0606	Core Elective Course Additional	Biological Basis of Physical Education	4	
VI	PED0607	Core Elective Course Additional	Community Health & Environmental Sanitation	4	
VI	PED0608	Core Elective Course Additional	Officiating & Coaching	4	

Himachal Pradesh University
New Scheme of Examination for B.A. (Physical Education) -2013
Contents
General Instructions for End Semester Exams (ESE)
Semester 1

		Marks:(ESE=50+CCA=50)=100	
Major Core Course/ Elective Course	Title	Course Code	Total No. of Credit
I	Foundation of Physical Education	(PED0101)	3
II	Health Education	(PED0102)	3
Practical I	Sports	(PED0103-P)	1
Practical II	Athletics	(PED0104-P)	1
Semester II			
III	History of Sports and Physical Education	(PED0201)	3
IV	Anatomy and Physiology-I	(PED0202)	3
Practical III	Sports	(PED0203-P)	1
Practical IV	Athletics	(PED0204-P)	1
Semester III			
V	Organization and Administration of Tournament	(PED0301)	3
VI	Anatomy and Physiology-II	(PED0302)	3
Practical V	Sports	(PED0303-P)	1
Practical VI	First Aid	(PED0304-P)	1
Semester IV			
VII	Concept of Physical Fitness	(PED0401)	3
VIII	Psychology of Physical Education and Sports	(PED0402)	3
IX	Sports Nutrition	(PED0403)	3
Core/Elective			
Additional	Sports Medicine	(PED0404)	4
Practical VII	Sports	(PED0405-P)	1
Practical VIII	Physiology	(PED0406-P)	1
Practical IX	Yoga	(PED0407-P)	1

Semester V

X	Sociology of Physical Education and Sports	(PED0501)	3
XI	Exercise Physiology	(PED0502)	3
XII	Training Methods	(PED0503)	3
Core/Elective			
Additional	Career in Physical Education and sports	(PED0504)	4
Practical X	Sports	(PED0505-P)	1
Practical XI	Athletics	(PED0506-P)	1
Practical XII	Sports	(PED0507-P)	1

Semester VI

XIII	Yoga	(PED0601)	4
XIV	Kinesiology and Biomechanics	(PED0602)	4
Core/Elective			
Additional	Sports Journalism	(PED0603)	4
Core/Elective			
Additional	Methods of Teaching in Physical Education	(PED0604)	4
Core/Elective			
Additional	Recreation	(PED0605)	4
Core/Elective			
Additional	Biological Basis of Physical Education	(PED0606)	4
Core/Elective			
Additional	Community Health and Environmental Sanitation	(PED0607)	4
Core/Elective			
Additional	Officiating and Coaching	(PED0608)	4

General Instructions for End Semester Exams (ESE)

1. Paper will be for three hours duration.

A) Part A will consist Ten Objective Type Questions (MCQ/True or False/Fill in the Blanks) for one mark each $10 \times 1 = 10$

B) Part B will consist of 5 Short Answer (25 words) type Questions for two marks each $5 \times 2 = 10$

C) Part C will consist 10 Questions of Medium Length answer (50 words) type, out of which 5 will have to be answered for three marks each.

$$3 \times 5 = 15$$

d) Part D will consist of 3 Questions of long answer (400 words) type out of which one is to be attempted for 15 marks

$$15 \times 1 = 15$$

Total Marks (A+B+C+D) $10+10+15+15 = 50$ Marks

General Instruction for adopting Minor Elective Course

A student adopting Physical Education as core course will adopt two Minor Elective course from Social Sciences/Sciences Group of Subjects.

General Instructions for those students who want to study Physical Education as Minor Elective Course

Those students who want to adopt Physical Education as Elective Course will have to choose the courses as per Appendix –II for suggested Programme Course Structure of Choice Based Credit System (CBCS) of Himachal Pradesh University. i.e. they will have to choose at least one Theory course and one Practical Course per semester among the course offered for Major Core Course.

Semester 1

COURSE CODE: (PED0101)

Major Core Course I

Total No. of Credit 3

Foundation of Physical Education

Unit-I (10 hours)

- Physical Education, its Nature and Definition
- A-Scope and Importance of Physical Education
- Aim and Objectives of Physical Education

Unit-II (10 hours)

-physical Education as an Art or science

- principles of Physical Education
- Misconception, regarding Physical Education
- Relationship with Education and Other Sciences

Unit-III (08 hours)

- Concept of Sports
- Role of Physical Education in Modern Age
- Role of Physical Education and Sports in National and International Integration

Unit-IV(12)

1. Meaning of Philosophy.
2. Different philosophies applied to Physical Education:
 - a. Idealism.
 - b. Pragmatism.
 - c. Realism.
 - d. Naturalism.
 - e. Existentialism.
3. Need and importance of different philosophies in modern Physical Education programme.

References

1. Barrow, Harold M., "Man and Movement: Principles of Physical Education" Lea and Febiger, Philadelphia, 1983
2. Bucher, Charles A & Wuest, Deborah A. , "Foundations of Physical Education and Sports" 11th Edition, The CV Mosby Co., St. Louis, 1991.
3. Krishna Murthy V. & Paramesara Ram, N., "Educational Dimensions of Physical Education", 2nd Revised edition, Print India, New Delhi 1990.

COURSE CODE: (PED0102)

Major Core Course II

Total No. of Credit 3

Health Education

Unit-I (10 hours)

- Meaning and Importance of Health
- Factor affecting Health
- Basic principals of health education

Unit-II (10 hours)

- Personal Hygiene- Meaning and Importance
- Basic principals of Personal Hygiene
- Care of Eyes, Skin, Ears, Teeth and Hair

Unit-III (11 hours)

- Communicable Diseases –
- Mode of Transmission,
- Identification, prevention and cure
- Malaria, Typhoid, Influenza, Dysentery, HIV-AIDS, Rabies

Unit-IV (09 hours)

- Health Hazards and Diseases
- Effect of Smoking, Alcohols and Drug Abuse on Sports person
- Meaning and scope of occupational Health
- Factor responsible for occupational Health Hazards

References

1. Nemir .A. THE SCHOOL HEALTH EDUCATION, New York: Harper and brother
- 2.Park ,JE & Park,K ,”Text Book of Preventive and Social Medicine”Tenth edition, Banarsi Dass Bhanot, Jabalpur , 1985
3. Wikipedia on Internet

Major Core Course Practical I (20 hours)

COURSE CODE: (PED0103-P)

Total No. of Credit 1 Marks—25

The candidate will be required to know and perform

Any one of the two games

Volleyball, Cricket

Viva & Practical File

Major Core Course Practical II (20 hours)

COURSE CODE: (PED0104-P)

Total No. of Credit 1 Marks--25

The candidate will be required to know and perform

Any two of the Athletics Events from Sprints and Jumps group

Viva & Practical File

Semester II
COURSE CODE: (PED0201)
Major Core Course III

Total No. of Credit 3

History of Sports and Physical Education

Unit-I (10 hours)

- History of Physical Education and Sports in Ancient Greece
- History of Physical Education and Sports in Rome
- History of Physical Education and Sports in Sweden
- History of Physical Education and Sports in Germany
- History of Physical Education and Sports in USSR

Unit-II (09 hours)

- History of Physical Education and Sports in India before Independence(Period of Indus Valley Civilization3250-2500 BC,Vedic period 2500-600 BC, Hindu period 600BC-1757AD, British period till 1947)
- History of Physical Education and Sports in India after Independence

Unit-III (12 hours)

- History of Modern Olympics Games, Asian Games and Commonwealth Games
- History and Structure of Indian Olympic Association and Federations (YMCA, SNIPES, LNIPE, Raj Kumari Amrit Kaur Scheme, NSNIS, SAI,AIU)

Unit-IV (09 hours)

- National Sports Policy
- Economy and Sports
- India and Sports Performance –Review, Causes of Deterioration, Suggestion for Improvement
- National and State sports awards

References

1. Kamlesh, ML ,”Principles &History of Physical Education” Parkash Brother Patiala 1991
- 2.Bucher,Charles A & Wuest,Deborah A. ,”Foundations of Physical Education and Sports” 11th Edition, The CV Mosby Co.,St. Louis,1991.
3. Partiyogita Dharpan G-13 Series Latest Series
- 4.Khan,E. Ahamad ,” History of Physical Education”,Scientific Book company Patna ,1964.

COURSE CODE: (PED0202)

Major Core Course IV

Total No. of Credit 3

Anatomy and Physiology-I

Unit-I (10 hours)

- Meaning of Anatomy and Physiology
- Human Cell-its structure and Function
- Shapes of Cell and Cell division
- Tissue-Structure, Classification and its Function

Unit-II (10 hours)

- Muscular System-Types of Muscles, Structure and Function of Skeletal Muscles
- Skeletal System- Introduction, Function and Importance of Skeletal System, Types of Bones-Skull, Upper and Lower Limbs and Trunk

Unit-III (10hours)

Respiratory System- Introduction, Structure and Function,
Types of respiration, Organs of respiration
Mechanism of Respiration and Measurements of Ventilation

Unit-IV (10 hours)

Digestive System-Introduction
-Importance of digestion
-Function and process of digestion
-Organs of Digestive system
-Mechanism of Digestive system
-Nerve Regulators of Digestive system

References

1. Grays Anatomy
2. Willmore,Jack H. &Costill, David L. ,"Physiology of Sports and Exercise" Human Kinetics,1994.
3. Rowland, Thomas W.,"Childern's Exercise Physiology " Second Edition Human Kinetics ,2005.
4. Fox,E.L . ,"Physiological Basis of Physical Education and Athletics" Brown Publication, 1989.
5. Pearce .E." Anatomy & Physiology for Nurses" Oxford University Press ,Delhi , 1989.
6. Chaurasia,B.D.,"Handbook of General anatomy" CAS Publication,New Delhi

Major Core Course Practical III (20 hours)

COURSE CODE: (PED0203-P)

Total No. of Credit 1 Marks--25

The candidate will be required to know and perform

Any one of the three games

Kabaddi, Football, Weight Lifting

Viva & Practical File

Major Core Course Practical IV (20 hours)

COURSE CODE: (PED0204-P)

Total No. of Credit 1 Marks--25

The candidate will be required to know and perform

Any two of the Athletics Events from Throws and Middle Distance

Viva & Practical File

Semester III

COURSE CODE: (PED0301)

Major Core Course V

Total No. of Credit 3

Organization and Administration of Tournament

Unit-I (09 hours)

- Concept and definition of tournaments
- Importance of Intramural and Extramural tournament
- Formation and Function of organizing committee

Unit-II (09 hours)

- Budget and its importance
- Type of Budget
- Source of Finance for a tournament
- Source of Finance for a tournament

Unit-III (12 hours)

- Kind of Tournaments –Knock Out, League and Combination Tournament (Their Merits and Demerits)

Unit-IV (10 hours)

- Purchase, maintenance and Dispose-off of sports equipments
- Maintenance of records
- Office Correspondence and report
- Basic Amenities (Facilities)
- Role of Volunteers

References

1. Kamlesh, M.L., "Principles & History of Physical Education" Parkash Brother Patiala 1991
2. Singh Ajmer et.al. , "Essentials of Physical Education" Kalyani Publishers Ludhiana Second Revised Edition 2008

Major Core Course VI

COURSE CODE: (PED0302)

Total No. of Credit 3

Anatomy and Physiology-II

Unit-I (10 hours)

-Circulatory System- Structure and Function of Heart, Arteries, Vein and Capillaries

-Systemic and Pulmonary Circulation, Cardiac Cycle

-Cardiac Output, Heart Rate, Blood Pressure, Stroke Volume

Unit-II (10 hours)

-Endocrine System-Structure and Function of Pituitary, Thyroid, Parathyroid, Pancreas, Adrenal and Sexual Glands

Unit-III (10 hours)

-Nervous System-Structure and Function of Brain and Spinal Cord, Autonomous Nervous System, Peripheral Nervous System, Nerve Cell, Receptor, Motor Unit and Reflex Action

Unit-IV (10 hours)

Excretory system- Introduction

-Organs of Excretory system,

-The structure and function of Skin, Kidney

References

1. Grays Anatomy
2. Willmore, Jack H. & Costill, David L. , "Physiology of Sports and Exercise" Human Kinetics, 1994.
3. Rowland, Thomas W., "Children's Exercise Physiology " Second Edition Human Kinetics , 2005.
4. Fox, E.L . , "Physiological Basis of Physical Education and Athletics" Brown Publication, 1989.
5. Pearce .E." Anatomy & Physiology for Nurses" Oxford University Press , Delhi , 1989.
6. Chaurasia, B.D., "Handbook of General anatomy" CAS Publication, New Delhi
7. Bucher, Charles A & Wuest, Deborah A. , "Foundations of Physical Education and Sports" 11th Edition, The CV Mosby Co., St. Louis, 1979.

Major Core Course Practical V (20 hours)

COURSE CODE: (PED0303-P)

Total No. of Credit 1 Marks--25

The candidate will be required to know and perform any one of the two games

Table Tennis, Hockey

Viva & Practical File

Major Core Course Practical VI (20 hours)

COURSE CODE: (PED0304-P)

Total No. of Credit 1 Marks--25

The candidate will be required to know and perform

First aid Bandage, Slings and Transportation of Injured Person

Viva & Practical File

Semester IV

COURSE CODE: (PED0401)

Major Core Course VII

Total No. of Credit 3

Concept of Physical Fitness

Unit-I (10 hours)

- Meaning and Importance of Physical Fitness
- Components of Physical Fitness
- Principles of Physical Fitness
- Factor Affecting Physical Fitness

Unit-II (10 hours)

- Role of Indoor and Outdoor Activities for development of Fitness
- Role of Aerobic and Anaerobic Activities in the Development of Fitness
- Need of Gymnasium in Present Era

Unit-III (10 hours)

- Classification of Physical Activities,
- Obesity and Over weight
- Ageing and Body Composition

Unit-IV (10 hours)

- Warming up- Introduction
- Significance of Warming up
- Types of Warming up
- General Guidance of Warming up programme
- Components of Warming up
- Physiological basis of Warming up
- Cooling Down

References

1. Singh, Hardyal, "Science of Sports Training" DVS Publication, Delhi 1991.
2. Nieman, David C., "The Exercise Health Connection" Human Kinetics. 1998.
3. Shaver, Larry G., "Essentials of Exercise Physiology" Surjeet Publication, Delhi.
4. Willmore, Jack H. & Costill, David L., "Physiology of Sports and Exercise" Human Kinetics, 1994.

Major Core Course VIII
COURSE CODE: (PED0402)
Total No. of Credit 3

Psychology Basis of Physical Education and Sports

Unit-I (10 hours)

- Meaning of Psychology
- Meaning of Sports Psychology
- Psychological factors affecting physical performance
- Psycho - Physical Unity of Man

Unit-II (10 hours)

- Learning, Theories of learning and its implications
- Stages of Learning,
- Learning Curve
- Laws of Learning,
- Transfer of Training

Unit-III (10 hours)

- Motivation
- Leadership
- Drives, Motives and Urges
- Stress, Anxiety and Arousal

Unit-III (10 hours)

- Personality-Intoduction,Meaning,Defination
- Personality Characteristics,
- Dimension of Personality,
- Classification of personality Traits
- Role of sports in the development of Personality

References

- 1.Singh Ajmer et.al. , "Essentials of Physical Education" Kalyani Publishers Ludhiana Second Revised Edition 2008
2. Burton, R.,"Sports Psychology, Motivation, Participation and Performance "Sports Educational Technology ,New Delhi.
- 3.Kamlesh M.L. ,"Psychology in Physical Education and sports" Metropolitan Book Co., New Delhi 1998.
4. Crow & Crow , " Educational Psychology" Eurasia Publishing House ,New Delhi ,1979.
5. Skinner Charles E.,"Educational Psychology" Prentice Hall of India New Delhi, 1984.
6. Walia J.S.," Foundation of Educational Psychology" Paul Publisher ,Jalandhar City ,1992.
7. Bucher,Charles A & Wuest,Deborah A. ,"Foundations of Physical Education and Sports" 11th Edition, The CV Mosby Co.,St. Louis,1979.

Major Core Course IX
COURSE CODE: (PED0403)

Total No. of Credit 3

Sports Nutrition

Unit-I (10 hours)

- Definition and Meaning of Nutrition
- Balance Diet,Factors affecting Balance Diet
- Constituents of Balance Diet

Unit-II (10 hours)

- Definition of Calorie
- Caloric requirement of various Sports Activities
- Balance Diet in relation with Age, Sex, Weight and Nature of Activity

Unit-III (10 hours)

- Sources of Food rich in Protein, Carbohydrates, Fats, Vitamins and Minerals
- Malnutrition and Deficiency Disorder

Unit-IV (10 hours)

- Hydration Meaning ,Definition
- Role of Hydration in sports
- Methods of Hydration
- Role of Isotonic Sports Drinks in sports

References

1. Singh Ajmer et.al. , “Essentials of Physical Education” Kalyani Publishers Ludhiana Second Revised Edition 2008.
2. Mc Ardle et. al., “ Exercise Physiology “ Lee & Febiger , Philadelphia 1981.
3. Swaminathan M ,” Handbook of Food and Nutrition” , Ganesh & Co. Madras 1977.
4. Shaver, Larry G.,”Essentials of Exercise Physiology” Surjeet Publication, Delhi.
5. Willmore, Jack H. &Costill, David L.,”Physiology of Sports and Exercise” Human Kinetics,1994.

Semester IV

COURSE CODE: (PED0404)

Core/Elective (Additional)

Total No. of Credit 4

Sports Medicine

Unit-I (10 hours)

-Meaning and Importance of Sports Medicine

-Sports Injuries –Types of Sports Injuries

-Common Sports Injuries and their cure- Sprain, Strain, Fracture, Dislocation, Abrasion, Contusion, Bruise

Unit-II (10 hours)

-Reasons of sports injuries

-Treatment of Simple Sports Injuries

-Immediate Care of Injuries, Prevention of Sports Injuries

-Basic steps to reduce the Risk of Sports Injuries

Unit-III (10 hours)

-First Aid –Types of First Aid, First Aid Box, Principles of First Aid, Functions of First Aider, First Aid and Emergency Treatment in various case.

–RICER, CPR (Cardio–Pulmonary Resuscitation)

Unit-IV (10 hours)

-Massage-Guidelines, types and principles

-Physiotherapy and Therapeutic Exercises

-WADA, NADA

-Basic Introduction of Anti Doping Code

References

1. Kapoor,N. &Baliga , M. ,”Elements of Health Education” Pitamber Publishing Company Reprint 1981 ,Karol Bagh New Delhi.
2. Muckle ,D.S. ,” Sports Injuries” Oriell Press Reprint 1983 ,London .
3. St. John Ambulance Association of India, “First Aid” 1-Red Cross Road 1963.
4. Winter Griffith, “Sports Injuries” 1st Indian Edition, 1989 Metropolitan Book Company Pvt. Ltd. New Delhi.
5. Yudenich, V.V.,” Excellent First Aid “Mir Publishers ,Mascow 1982.

Major Core Course Practical VII (20 hours)

COURSE CODE: (PED0405-P)

Total No. of Credit 1 Marks--25

The candidate will be required to know and perform
Any one of the two games
Kho Kho, Basket Ball
Viva & Practical File

Major Core Course Practical VIII (20 hours)

COURSE CODE: (PED0406-P)

Total No. of Credit 1 Marks--25

The candidate will be required to know and perform
Measurement of Blood Pressure
Measurement of Pulse Rate during Rest and during Exercise
Spirometry

Major Core Course Practical IX (20 hours)

COURSE CODE: (PED0407-P)

Total No. of Credit 1 Marks--25

The candidate will be required to know and perform

Yogasanas

- I) Padmasana
- II) Vajrasana
- III) Sarvangasana
- IV) Halasana
- V) Shavasana

Pranayama

- I) Surya Bhedan
- II) Chandra Bhedan
- III) Ujjai
- IV) Bharamari
- V) Anulom Vilom

Viva & Practical File

Semester V

COURSE CODE: (PED0501)

Major Core Course X Total No. of Credit 3

Sociology of Physical Education and Sports

Unit-I (10 hours)

- Definition, Aims and Objective of Sociology
- Play, Game and Sport
- Role of Social institution in the development of personality through games and sports
- Sports as a Man Cultural Heritage

Unit-II (10 hours)

- Physical Education and Games as a socializing agent
- National Integration through Games and Sports
- Women and Sports
- Group Dynamics

Unit-III (11 hours)

- Social Values and its implication in Games and Sports
- Sports Trends in Changing Society
- Politics and sports,
Role of political institutions in sports
- Inter- national Politics and Sports

Unit-IV(09 hours)

- Role of Sports Associations in promoting sports
- Need of political skills to govern sports.
- Hooliganism in sports, violence in sports and its causes.

References

- 1.Bucher,Charles A & Wuest,Deborah A. ,"Foundations of Physical Education and Sports" 11th Edition, The CV Mosby Co.,St. Louis,1991.
2. Barrow Harold M. ,"Man and Movement" Lee & Febiger ,1983.
3. Bhushan, V. & Sachdeva, D.R. ," An Introduction to Sociology" , Kitab Mahal 22-A, Sarojini Naidu Marg ,Allahabad.
- 4.Singh Ajmer et.al. , "Essentials of Physical Education" Kalyani Publishers Ludhiana Second Revised Edition 2008.

Major Core Course XI

COURSE CODE: (PED0502)

Total No. of Credit 3

Exercise Physiology

Unit-I (10 hours)

- Meaning and Importance of Exercise Physiology
- Effects of Exercises on Musculoskeletal, Respiratory, Digestive System

Unit-II (09 hours)

- Effects of Exercises on Cardiovascular , Nervous System and Endocrine system.

Unit-III(10 hours)

- Oxygen Debt, Second Wind, Causes of Fatigue and Staleness, Side Stitch
- Effect of Humidity, Temperature and Altitude on Sports Performance

Unit-IV(11 hours)

- Load and Recovery
- Effect of load on sports performance
- Symptoms and causes of Over Load
- How to overcome over load

References

1. Willmore,Jack H. &Costill, David L. ,”Physiology of Sports and Exercise” Human Kinetics,1994.
2. Rowland, Thomas W. , ”Childern’s Exercise Physiology “ Second Edition Human Kinetics ,2005.
3. Fox,E.L . ,”Physiological Basis of Physical Education and Athletics” Brown Publication, 1989.
4. Bucher,Charles A & Wuest,Deborah A. ,”Foundations of Physical Education and Sports” 11th Edition, The CV Mosby Co.,St. Louis,1991.
5. Shaver, Larry G.,”Essentials of Exercise Physiology” Surjeet Publication, Delhi.
6. Singh, Hardyal, “Science of Sports Training” DVS Publication, Delhi 1991.

Major Core Course XII
COURSE CODE: (PED0503)
Total No. of Credit 3
Training Method

Unit-I (10 hours)

-Introduction and meaning of sports training

-General Methods for improving Physical Fitness e.g. Fartlek Training, Circuit Training, Continuous Training.

Unit-II (10 hours)

General Guidelines of training Method

General Methods for improving Physical Fitness e.g. Plyometrics, Strength Training and Interval Training etc.

Unit-III(10 hours)

-Basic concept of Planning and Periodization

-Training Load

-Training Session-General Structure, Warming Up and Cooling down

Unit-III(10 hours)

-Techniques and Tactics

-General Guidelines for Improving Techniques and Tactics

-Detraining

-Effect of Detraining on physical fitness components

References

1. Singh, Hardy, "Science of Sports Training" DVS Publication, Delhi 1991.
2. Singh Ajmer et.al. , "Essentials of Physical Education" Kalyani Publishers Ludhiana Second Revised Edition 2008.
3. Fox E.L., "Sports Physiology", CBS College Publishing Hall 1984.
4. Harre,D. , "Principal of Sports Training " , Sportverlag ,Berlin 1982.

Semester V
COURSE CODE: (PED0504)
Core/Elective (Additional) Total No. of Credit 4
Career in Physical Education and sports

Unit-I (10 hours)

- Fitness and Exercise related career
- Commercial and Fitness related career
- Fitness Trainer
- Rehabilitation Programmes

Unit-II (10 hours)

- Health and Weight Control Programmes
- Therapy related careers
- Career in Sports Media and Broadcasting
- Sports writing/Journalism

Unit-III (10 hours)

- Sports photography
- Career in Sports Management
- Career in Sports Teaching

Unit-IV (10 hours)

- Career in Sports Coaching
- Career in Sports Officiating
- Career in Adventure Sports
- Entrepreneurship

References

1. Bucher, Charles A & Wuest, Deborah A. , "Foundations of Physical Education and Sports" 11th Edition, The CV Mosby Co., St. Louis, 1991.
2. Wilson, P.K. & Hall L. K. , " Industrial Fitness , Adult Fitness and Cardiac Rehabilitation : Graduate Programme Specific to Training , Exercise Specialist "Journal of Physical Education , Recreation and Dance 55 (3) :40 -43 ,1984.
3. Clay, J., " Careers in Sports" Contemporary Books Chicago 1982 Contemporary Books

Major Core Course Practical X (20 hours)

COURSE CODE: (PED0505-P)

Total No. of Credit 1 Marks--25

The candidate will be required to know and perform

Any one of the two games

Badminton, Wrestling

Viva & Practical File

Major Core Course Practical XI (20 hours)

COURSE CODE: (PED0506-P)

Total No. of Credit 1 Marks--25

Track &Field Marking in Athletics

Practical File and Viva Voce

Major Core Course Practical XII (20 hours)

COURSE CODE: (PED0507-P)

Total No. of Credit 1 Marks--25

The candidate will be required to know and perform

Any one of the three games

Handball, Judo, Boxing

Viva & Practical File

Semester VI

COURSE CODE: (PED0601)

Major Core Course XIII

Total No. of Credit 4

Yoga

Unit-I (10 hours)

- Introduction, Meaning of Yoga
- Aim and Importance of Yoga
- Types of Yoga
- Concept of Hat Yoga
- Importance of yoga in sports

Unit-II (10 hours)

- Asanas, Meaning and Importance of Yogasanas
- Types of Yogasanas
- Role of Asanas/Yogic exercises for the cure of Disease

Unit-III (10 hours)

- Yoga for the cure of Disease and Postural Deformities
- Pranayama- Meaning, Objectives and Types of Pranayamas.
- Physiological Values of Pranayamas
- Surya Namaskar and its importance

Unit-IV (10 hours)

- Sudhi Kiryas- Introduction, Objectives and Types of Sudhi Kriyas
- Physiological Values of Sudhi Kriyas
- Importance of different types of Mudras and Bandhs

References

1. Iyenger ,B.K.S. ,”Light on Yoga” George Allen & Unwin ,Great Britain 1982
2. Sharma P.D. , “Yoga, Yogasana and Pranayama for Health” ,Navneet Publication(I) Limited, Ahemdabad ,1984.
3. Anand O.P. ,”Yoga dwara Kaya Kalp” ,Kanpur ,Swasth Sahitya Parkashan ,2001.
4. Datey ,K.K.,et.al. ,”Yoga and Your Heart “,Jaico Publishing House ,Bombay Second Edition 1987.

Semester VI

COURSE CODE: (PED0602)

Major Core Course XIV

Total No. of Credit 4

Kinesiology and Biomechanics

Unit-I (10 hours)

- Meaning and Importance of Kinesiology
- Meaning and Importance of Biomechanics
- Joints and their types, Movements around joints

Unit-II (10 hours)

- Fundamental Anatomical Position, Planes and Axis
- Kinesiological classification of Muscles
- Role of Muscles-Agonist, Antagonist, Mover, Stabilizer, Fixator and Neutralizer

Unit-III (10 hours)

- Definition of Biomechanical Terms i.e. Velocity, Acceleration, Angular Velocity, Angular Acceleration, Linear and Angular Motion, Kinetics and Kinematics, Force, Pressure, Gravity, Friction, Work, Power, Torque, Parabolic Path

Unit-IV (10 hours)

- Newton Laws of Motion and Its Implication in Sports
- Mechanical Lever and their Implication in Sports and Physical Education
- Equilibrium (Stability/Balance), Centre of Gravity

References

1. Jensen et. al. , "Applied Kinesiology and Biomechanics" 3rd Edition McGraw – Hill Book Company ,1984
2. Piscopo , et.al. , " kinesiology: Science of Movement" John Wiley & Sons, Inc., New York 1981.
3. Wells, et.al. , "Kinesiology: Scientific Basis of Human Motion " 3rd Edition Saunders College , Philadelphia 1976.
4. Rasch et. al. , " Kinesiology and Applied Anatomy : The Science of Human Movement " 6th Edition Lee & Febiger Philedelphia 1978.

Semester VI

COURSE CODE: (PED0603)

Core/Elective (Additional)

Total No. of Credit 4

Biological Basis of Physical Education

Unit-I (11 hours)

- Growth and development
- Difference between Growth and development
- Principal of growth and development
- Stages of growth and development

Unit-II (10 hours)

- Factor affecting Growth and development
- Age and sex Difference in relation to physical activities and sports
- Anatomical and physiological differences between male and female

Unit-III (11 hours)

- Heredity and Environment
- Effect of Heredity and Environment on Growth and development
- Growth and development during Adolescent
- Problems of Adolescent
- The role of physical education teacher in solving the problems of Adolescent

Unit-IV (08 hours)

- Chronological age, Anatomical age, Physiological age
- Classification of pupils
- Different Methods of classification

References:

- 1.Singh Ajmer et.al. , "Essentials of Physical Education" Kalyani Publishers Ludhiana Second Revised Edition 2008
2. Burton, R.,"Sports Psychology, Motivation, Participation and Performance "Sports Educational Technology ,New Delhi.
- 3.Kamlesh M.L. ,"Psychology in Physical Education and sports" Metropolitan Book Co., New Delhi 1998.
4. Crow & Crow ," Educational Psychology" Eurasia Publishing House ,New Delhi ,1979.
5. Skinner Charles E.,"Educational Psychology" Prentice Hall of India New Delhi, 1984.
6. Walia J.S.," Foundation of Educational Psychology" Paul Publisher ,Jalandhar City ,1992.
7. Bucher,Charles A & Wuest,Deborah A. ,"Foundations of Physical Education and Sports" 11th Edition, The CV Mosby Co.,St. Louis,1979

Semester VI

COURSE CODE: (PED0604)

Core/Elective (Additional)

Total No. of Credit 4

Community Health & Environmental Sanitation

Unit-I (10 hours)

- Role of community in health promotion
- Basic principles of health education
- Contemporary health problems- Air, Water,Noise, Food,Radiation,Population,Drug Addition etc.
- Water Sources, Importance of pure water supply, purification of water, water pollution
- Air pollution and its affect of health

Unit-II (10 hours)

- Housing and its problems
- Light , temperatures and radiation and its affect on health
- WHO, UNICEF, REDCROSS, CARE.
- Soil and soil pollution.

Disposal of excreta, waste, refuse garbage etc

Unit-III (10 hours)

- Concept of Environment
- Scope of Environment-Living Environment, Work place Environment, and Environment for leisure activities
- Essential elements of healthful Environment
- Role of individual in improvement of Environment for health promotion

Unit-IV (10 hours)

- Disaster preparedness and health care during disaster
- Problems associated with premarital Sex and teenage pregnancies
- Role of parents in child care

References:

1. Bucher, Charles, A. "Administration of health and Physical Education Programs.:
2. Ghosh, B. "Treaties of hygiene and public health."
3. Park, J. E. "Park, K. "taxt book of preventive and social medicine."
4. Turner, C. E. " The social health and health education."

Semester VI

COURSE CODE: (PED0605)

Core/Elective (Additional)

Total No. of Credit 4

Officiating and Coaching

Unit-I (10 hours)

- Meaning and importance officiating
- Basic principles of officiating
- Qualification of a good official (Referee, empire, Judge).
- Role of official before, during and after competition

Unit-II (10 hours)

- Meaning and importance of coaching
- Qualification and qualities of a good coach
- Role of Coach during competition
- Precaution during officiating and coaching.

Unit-III (10 hours)

- Different training institution.
- Duties of Referee, Empire, Judge, Time Keeper on the following games (Any two games)officiating out of Volleyball, Basketball, Footballs, Hockey, Boxing, Judo, athletics, badminton, weightlifting, handball, Kho- Kho, Kabaddi, etc.

Unit-IV (10 hours)

- Marking and Preparation of Playing field/ court of the following games(Any two games) (Volleyball, Basketball, Footballs, Hockey, athletics, badminton, handball, Kho-Kho, Kabaddi, etc.

References:

1. Manual of Playing filed by D Jain. KSK Publisher and distributor in New Delhi.
2. Rules of sports and games by Reddy, Y.K.
3. Encyclopedia of sports (five volumes) by Reddy, Y.K. (2009) Shree Publishers and Distributors

Semester VI

COURSE CODE: (PED0606)
Core/Elective (Additional) Total No. of Credit 4
Sports Journalism

Unit-I (10 hours)

- Meaning and importance of Sports journalism
- Scope of Journalism of sports
- Introduction to Mass Media
- Purpose of Mass Media for the propagation/promotion of sports
- Growth of sports communication.

Unit-II (10 hours)

- Role of Print and Electronic Media in sports
- Qualities of a good sports journalist
- Qualification for sports journalist
- Role of media for popularizing sports

Unit-III (10 hours)

- Ethics of sports writing
- Sportsman's gratuities
- Amateurism V/s Professionalism
- Invasion of private life
- Sports for charity
- Writing a weekly or fortnightly Column
- Writing sports editorials

Unit-IV (10 hours)

Challenges and advancement in sports journalism

- Coverage of sports:
- In daily newspapers
- General magazines and sports magazines
- Radio and Television
- Writing a sports features
- Types of sports features
- Exclusive picture features

References:

1. Sports Journalism by Reddy, Y.K. (2009) Judica Publishers.
2. sports journalism By meenakshi Poonia, Pankaj edition:2011 Shree Publishers and Distributors

Semester VI

COURSE CODE: (PED0607)

Core/Elective (Additional)

Total No. of Credit 4

Methods of Teaching in Physical Education

Unit-I (10 hours)

- Meaning and importance of methods of teaching in Physical Education
- Factors affecting teaching methods
- Principles of teaching Method
- Deferent methods of teaching

Unit-II (10 hours)

- Teaching aids, meaning, types and importance in Physical Education
- Presentation technique
- Factor influencing Presentation technique
- Steps of Presentation technique

Unit-III (10 hours)

- Lesson plan, Objective and Values of lesson plan
- Types of lesson plan
- Principles of lesson plan

Unit-IV (10 hours)

- Time- table, Principle and construction of time table
- Meaning of class management, factors influencing class management
- Process of class management

References:

1. Sports management, macro perspective by IP Chelladuo
2. Administration of Physical Education and Athletics program. Charles, A. Bucher.

Semester VI

COURSE CODE: (PED0608)

Core/Elective (Additional) Total No. of Credit 4

Recreation

Unit-I (10 hours)

- Meaning of Recreation, Aims and Objectives of Recreation
- Physical education and recreation
- Need and importance of recreation in modern age
- Arrangement of recreation centers

Unit-II(10 hours)

- Introduction and Meaning of Camp
- Aims and Objectives of camp
- Types of Camps
- Agencies promoting Camp
- Educative value of camp

Unit-III(08 hours)

- Type and nature of recreation
- Recreation providing agencies
- Factor/ recent changes, responsibilities of recreational Manager.

Unit-IV(12 hours)

- Meaning, Importance and Utilities of Picnic
- Organization of picnic
- Essentials for picnic
- Organization of picnic and factor affecting its organization
- Educative value of picnic

References:

1. Organisation and administration & recreation in physical education (Tandon Publication) Ludhiana.
2. Administration of Physical Education and Athletics program. Charles, A. Bucher.
3. Butter, George .”Introduction to community recreation”. Mc crow-Hill Book Company Inc, New York. 3rd edition, 1959.

Proceedings of the syllabus committee of Under Graduate Course in Physical Education of HPU ,Shimla for framing the Syllabus in Accordance with Choice Based Credit System (CBCS)- 2013

The syllabus committee of Under Graduate course in Physical Education for framing the syllabus in accordance with Choice Based Credit System (CBCS) commencing w.e.f. Academic Session 2013- 14 met continuously w.e.f. 14 .5.2013 under the chairmanship of Dr. Ramesh K. Chauhan. The following members worked regarding various aspects of Syllabus:

1. Dr. Ramesh K. Chauhan (Head of Deptt.)
2. Dr. Bhupinder Thakur
3. Prof. Lal Chand
4. Dr. Raj Kumar
5. Dr. Kuldip singh
6. Dr. Gopal Chauhan
7. Dr. Ramesh Chauhan

The syllabus committee met in between on 17.05.2013, 20.05.2013 and On 21.05.2013. The committee framed and agreed upon the draft of the syllabus on 21.05.2013, the copy of which is attached herewith the proceedings. The copy of this syllabus may be placed in the Board of Study meeting for further approval.

1. Dr. Ramesh K. Chauhan (Chairman ,Deptt. Of Physical Education)
2. Dr. Bhupinder Thakur GC Seema
3. Prof. Lal Chand GC Solan
4. Dr. Raj Kumar GC Kotshera
5. Dr. Kuldip singh GC Nalagarh
6. Dr. Gopal Chauhan GC Nerwa
7. Dr. Ramesh Chauhan GC Sanjauli