

FACULTY OF EDUCATION
D.D.U. GORAKHPUR UNIVERSITY,
GORAKHPUR

DEPARTMENT OF PHYSICAL EDUCATION
ATTACHED WITH
DEPARTMENT OF EDUCATION

Syllabus
BACHELOR OF ARTS / SCIENCE
(PHYSICAL EDUCATION)

B.A / B.Sc. – Ist Year

		Paper No.	Name of paper	Marks
Part-A	Theory	1	HISTORY AND PRINCIPLES OF PHYSICAL EDUCATION	75
		2	SCIENTIFIC BASIC OF PHYSICAL EDUCATION	75
Part-B	Practical*			50
Total				200

*Out of 20 different Sports (list attached) the university / college has to choose minimum five sports depending on the administrative feasibilities and the practical examination will be conducted for selected sports only.

B.A / B.Sc – IInd Year

		Paper No.	Name of paper	Marks
Part-A	Theory	1	METHODS, TEST & MEASUREMENT IN PHYSICAL EDUCATION	75
		2	ANATOM AND PHYSIOLOGY	75
Part-B	Practical*			50
Total				200

*Out of 5 selected sports in B.A-Ist Year any two sports.

B.A / B.Sc – IIIrd Year

		Paper No.	Name of paper	Marks
Part-A	Theory	1	KINESIOLOGY AND TRAINING METHODS	75
		2	ORGANISATION AND MANAGEMENT IN PHYSICAL EDUCATION	75
		3	HEALTH EDUCATION, CORRECTIVES AND REHABILITATION	75
Part-B	Practical*			60
Part-C	Tour/Camp/Project			15
Total				300

*Out of 2 selected sports in B.A/B.Sc-IInd Year any one sports.

Year	B.A/B.Sc-I Year	B.A/B.Sc-II Year	B.A/B.Sc-III Year
Total Marks	200	200	300
Grand Total of three years = 700			

D.D.U. GORAKHPUR UNIVERSITY, GORAKHPUR
(PHYSICAL EDUCATION SYLLABUS)
B.A. / B.Sc. Part- I

PAPER- 1 HISTORY AND PRINCIPLES OF PHYSICAL EDUCATION

- UNIT-I Meaning and definition of Physical Education
Aims and objectives of Physical Education
Need and Importance of Physical Education
Relationship of Physical Education with General Education, Health education and Recreation
Physical education as an Art or Science.
- UNIT-II Physical Education in Greece and Rome
Physical Education in Ancient India (Vedic, Epic and Buddhist, period)
Development of Physical Education in India (Pre & post-Independence)
- UNIT-III Philosophies of Physical Education (Idealism, Naturalism, & Pragmatism)
Olympic Movement, Modern Olympic Games
Meaning of the terms – Physical culture, Physical training, Drill, Sports, Games and Recreation.
- UNIT-IV Y.M.C.A and its contribution in Physical education
SNIPES, LNUPE, NSNIS, SALIOA, NPPF

PAPER- 2 SCIENTIFIC BASIS OF PHYSICAL EDUCATION

- UNIT-I Biological basis of life, Body types. Heredity and Environment, Growth and Development,
Individual differences and its implication in Physical education
Chronological anatomical physiological and means ages in individuals
- UNIT-II Psychological basis of physical education and sports
Meaning of sports psychology importance and utility of sports psychology
Definition and Brief explanation of the following terms
Learning, motivation, personality, interest, attitude, emotions, anxiety, stress, memory achievement
Theories of Learning (Trial & error, Conditioned Reflex, Insight theory, Imitation)
- UNIT-III Physical Education and Sports as a Social Institution and their influence on society,
Importance of Sociology in Physical Education and Sports
Socialization through Sports at Home, Institution and Community
Role of Physical Education and Sports in National Integration
- UNIT-IV Mechanical bases of human movement and its contribution to performance
General organization of human body (Directions and planes of the body)
Application of basic mechanical principles in Physical education and sports
Role of Bio-Mechanics in Physical Education and sports

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B.A./B.Sc. PART-II

PAPER-1 **METHODS, TEST & MEASUREMENT IN PHYSICAL EDUCATION**

- UNIT-I Meaning, Scope and Importance of Teaching Methods in Physical Education.
Types of Teaching Methods and factors affecting teaching methods
Principles of Teaching Physical Education activities
Steps in effective Teaching – Learning process in physical education.
- UNIT-II Types of Tournaments – Elimination, League, Combination, Consolation, Challenges
Methods of Promoting Physical Education – Demonstration, Sports Meet, Exhibition,
Mass Display, Play day Incentives.
Audio – Visual Aids in Physical Education: its types, scope and value
- UNIT-III Meaning and Scope of Tests & Measurement in Physical Education
Criteria of selecting Tests
Physical Fitness Test – Strength, Motor Fitness, Cardio-Vascular, General Motor
Ability, *Sports Knowledge*.
- UNIT-IV Marking of play fields (football, volleyball, basketball, Hockey, Badminton, Kabaddi,
Kho-kho , Cricket and Handball)
Marking procedure of standard 400 meter and 200 meter Track, stagger for running
Events, exchange zone for relay events, Circles and sectors for throwing events,
Runways and Jumping pits for jumping events

PAPER-2 **ANATOMY AND PHYSIOLOGY**

- UNIT-I Introduction to Anatomy and Physiology: its importance in Physical Education.
Definition of Cell, Tissue and Organ.
Microscopic structure, Composition and Function of Cell.
Classification, Structure and Functions of Tissues.
Essential Properties of living Organism.
- UNIT-II Respiratory System: Organs of respiratory system and Mechanism of respiration:
Digestive System: Organs of digestive system and Mechanism of digestion
- UNIT-III Muscular System : Classification of Muscles, functions and types of muscles
Skeleton System : Classification and functions of bones
Joints : Classification, functions and types of joints, structure of a synovial joint
- UNIT-IV Cardio – Vascular System : The Heart & its structure and function, Cardiac Cycle,
Mechanism of blood circulation
Excretory System : Structure and functions of kidney, functions of skin.

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B.A./B.Sc. PART-III

PAPER-1 KINESIOLOGY AND TRAINING METHODS

UNIT-I Introduction : Definition, Aims and Objectives of structural Kinesiology, Brief History of Kinesiology, Importance of Kinesiology. Fundamental Concepts of Axes & planes, Center of gravity, line of gravity And structural classification of Human Body.

UNIT-II Functional/ kinesiological classification of muscles. Role of muscles. Terminology of muscular attachments. Principal actions of muscles (Gastronomes, Thigh group, muscles of chest, Abdominal muscles.trapezius, deltoid, triceps and biceps) Types of muscles contractions – Isotonic, Isometric and Isokinetic. Fundamental movements of the major segments of the body.

UNIT-III Definition and principles derive from : - Concept of Force, Friction, Mass, Weight, pushing and pulling. Types of Motion, Newton's laws of motion, acceleration, speed and velocity. Types of Equilibrium, Principles of equilibrium and their application. Types of Levers, Mechanical advantage. Concept of Projectile.

UNIT-I Meaning and Concept of Training
Warming up, Limbering down and their importance.
Methods of Training
Methods of Strength Development – Isomerik and Isokinetik exercises
Methods of Endurance Development – Continuous, Interval and Fartlek
Methods of Speed Development - Acceleration runs and Pace races.

PAPER-2 ORGANISATION AND MANAGEMENT IN PHYSICAL EDUCATION

UNIT- I Meaning and Definition of Administration and Management
Phases of Management
Program planning: Meaning, steps in planning, principles of planning, factors affecting program planning.

UNIT-II Finance and Budget: Meaning, Importance of budget making, criteria of a good budget, preparation of budget, source of income and expenditure.
Office Management : maintenance of records, stock register, meeting, attendance.
Time-Table Management: Need and Importance, factors affecting time-table.

UNIT-III Types of Command and Class Management
Classification of Students: methods of classification.
Types and Importance of Lesson Plan
Presentation techniques: personal and technical preparations.

UNIT-IV Types of Competitions – Intramural and Extramural
Organization of Competitions – committees of organization, responsibilities
before, during and after competition
Facilities & Equipment: Care and maintenance of outdoor and indoor facilities.

PAPER-3 HEALTH EDUCATION, CORRECTIVES AND REHABILITATION

UNIT- I Meaning and Importance of Health Education.
Dimensions, Spectrum and Determinations of Health
Positive Health and Wellness.
Principles of Health Education

UNIT-II Personal Health and Hygiene, Effect of smoking and Alcohol on health
School Health Program
Communicable Diseases: Mode of transfusion , Methods of prevention.
Environmental Problems and their effects on Health

UNIT-III Classification of foods, proximate principles and role of various nutrients.
Balanced Diet, Elements & functions of Balanced diet, factors affecting diet.
Daily energy requirements, Eating and Competition.
Understanding body height & weight charts.

UNIT-IV Modern concept of balanced posture.
Common postural deformities – their causes and remedial measures.
Common sports injuries – their classification and prevention.
Therapeutic exercises (Active, Passive, Resistive and stretching).
Meaning, types and principles of the First Aid
Personal qualities and functions of the First Aider.