

B.A. Physical Education

DISTRIBUTION OF DIFFERENT COURSES AND CREDITS IN VARIOUS SEMESTERS

Offered By:

Department of Physical Education
Faculty of Education
Deen Dayal Upadhyaya Gorakhpur University, Gorakhpur

Course Code: PHED 101	
Course Title: An Introduction to Physical Education	
Credits: 2+0	
Unit	Topic
I	<p>Physical Education:</p> <ul style="list-style-type: none"> • Need and Importance of Physical education in Modern Era. • Relationship of physical education with general education. • Scientific Basis of Physical Education. <p>Yoga and Physical Education:</p> <ul style="list-style-type: none"> • Relationship of Yoga with mental health and value education. • Relationship of Yoga with Physical Education and Sports. <p>Concept of Fitness and Wellness:</p> <ul style="list-style-type: none"> • Meaning and Importance of Fitness and Wellness. • Factor Affecting Fitness and Wellness. • Fit India Movement

Course Code: PHED 102(E020101T)	
Course Title: Elements of Physical Education	
Credits: 4+0	
Unit	Topic
I	<p>Ancient Wisdom in Physical Education, Sports and Yoga:</p> <ul style="list-style-type: none"> • Patanjali Yoga Sutra. • Ancient and Traditional Games of India. • Meaning, definition and concept of physical education. • Aims and objectives of Physical education.
II	<p>History of Physical Education:</p> <ul style="list-style-type: none"> • History and development of Physical education in India. • History of physical education in ancient Greece and Rome.
III	<p>Sociological Foundation of Sports:</p> <ul style="list-style-type: none"> • Meaning, Definition and importance of Sports Sociology. • Culture and sports. • Socialization and sports.
IV	<p>Olympic Movement:</p> <ul style="list-style-type: none"> • Olympic Movement: Ancient Olympic Games, Modern Olympic Games, Aims and Objectives of Olympic Games. • Olympic Spirit, Olympic Torch, Olympic Flag, Olympic Motto.
V	<p>Health Education:</p> <ul style="list-style-type: none"> • Meaning, Definition, Objectives, Principles and Importance of Health Education, Dimensions of Health. • Food and Nutrition - Essential nutrients & their functions, Balanced diet, Health and Drugs • International health agencies- WHO, UNICEF, Red Cross Society.
VI	<p>Wellness and Life Style:</p> <ul style="list-style-type: none"> • Importance of Wellness and Active Lifestyle. • Role of Physical Activities in maintaining healthy Lifestyle. • Causes and Health problems associated with Stress & Obesity.
VII	<p>Fitness:</p> <ul style="list-style-type: none"> • Meaning, Definition and types of fitness. • Components of Fitness. • Tests of Physical Fitness.

VIII	Posture: <ul style="list-style-type: none"> • Meaning & Definition of Posture. • Importance of Good Posture. • Causes of Bad Posture. • Common Postural Deformities.
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Course Code: PHED 103(E020102P)	
Course Title: Fitness and Yoga	
Credits: 0+2	
Unit	Topic
I	Part-A
	Introduction to Physical Fitness: <ul style="list-style-type: none"> • Learn and demonstrate the techniques of warm-up, general exercise and cooling down • Learn and demonstrate physical fitness through aerobics, circuit training and calisthenics. • Diet chart & measurement of BMI
II	Part-B
	Introduction of Yoga: <ul style="list-style-type: none"> • Practical aspect of yoga. • Types, scope & importance of yoga. Asanas: <ul style="list-style-type: none"> • Surya-namaskar, Bhujang asana, Naukasana, Halasana, Vajrasan, Padmasana, Shavasana, Makrasana, Dhanurasana, Tadasana. Pranayama: <ul style="list-style-type: none"> • Difference and classification of pranayama. • Difference between pranayama and breathing. • Anulom-Vilom.

Course Code: PHED 104(E020201T)	
Course Title: Sports Organization And Management	
Credits: 4+0	
Unit	Topic
I	Introduction: <ul style="list-style-type: none"> • Meaning, concept and definition of sports management. • Aims and objectives of sports management.
II	Event Management <ul style="list-style-type: none"> • Meaning and concept of event • Planning and management of sports event. • Steps in event management: Planning, Executing, Evaluating
III	Budget Part - A <ul style="list-style-type: none"> • Meaning, Definition, Preparation of Budget. • Principles of making Budget • Qualities of a good Budget.
IV	Budget Part - B <ul style="list-style-type: none"> • The Budget Cycle and Budget Preparation Format. • Preparing the Departmental Financial Plan and estimate. • Expenditure management.
V	Organization <ul style="list-style-type: none"> • Meaning and definition of Organization. • Need and importance of Organization. • Structure and functions of S.A.I., University Sports Council and A.I.U.
VI	Supervision <ul style="list-style-type: none"> • Meaning and Definition of Supervision • Principles and Methods of Supervision • Role of a coach/manager.
VII	Facilities & Equipment <ul style="list-style-type: none"> • Procedure to purchase sports goods and equipments. • Care and maintenance of Equipments. • Stock entry, Consumable and Non- Consumable sports goods
VIII	Job Opportunities <ul style="list-style-type: none"> • Job Opportunities in Physical Education and Sports. • Career avenues and professional preparation. • Clients and Sponsorship.

Course Code: PHED 105(E020202P)	
Course Title: Sports Event and Track & Field	
Credits: 0+2	
Unit	Topic
	Part-A
I	<ul style="list-style-type: none"> • To make a plan for organizing an event. • To organize Intramural Competition. • To prepare a budget plan for interclass competition. • Make a Sample Time Table for college. • Prepare the list of Consumable and Non-Consumable items. • Prepare a Bio data/ curriculum vitae/ Covering Letter.
	Part-B
II	<p><u>Track & Field:</u></p> <ul style="list-style-type: none"> • History. • Measurements. • Marking. • Rules. • Officials. • World and National Records.

Course Code: PHED 201(E020301T)	
Course Title: Anatomy & Exercise Physiology	
Credits: 4+0	
Unit	Topic
I	<p>Introduction:</p> <ul style="list-style-type: none"> • Meaning, Definition and Importance of Anatomy and Physiology in the field of Physical Education & Sports • Brief introduction of Cell, Tissues, Organs and various systems of human body.
II	<p>Skeletal System:</p> <ul style="list-style-type: none"> • Structural classification of bones. • Types of joints and major movements around them. • Functions of Skeletal System.
III	<p>Muscular System:</p> <ul style="list-style-type: none"> • Classification, Structure and functions muscles. • Major group of muscles. • Effects of Exercise on Muscular and Skeletal System.
IV	<p>Circulatory System:</p> <ul style="list-style-type: none"> • Structure and functions of human heart. • Blood pressure, cardiac output, Athlete's heart. • Functions of Blood and Mechanism of Blood Circulation. • Effects of exercise on Circulatory system.
V	<p>Respiratory System:</p> <ul style="list-style-type: none"> • Organs, Structure and functions of respiratory system • Effects of exercise on respiratory system.
VI	<p>Digestive System:</p> <ul style="list-style-type: none"> • Organs, Structure and functions of digestive system • Mechanism of Digestive System.
VII	<p>Excretory and Nervous System:</p>

	<ul style="list-style-type: none"> • Structure and functions of Kidney, Functions of Skin. • Parts and Functions of Nervous System. • Effects of Exercise on Nervous System.
VIII	General Physiological Concepts: <ul style="list-style-type: none"> • Vital Capacity-VC • Second Wind • Oxygen Debt • Fatigue

Course Code: PHED 202(E020302P)	
Course Title: Health and Physiology	
Credits: 0+2	
Unit	Topic
	Part-A
I	<ul style="list-style-type: none"> • Draw a labeled diagram of any two-body systems. • Prepare a Model of any one System of human body. • Learning of measuring height, weight, waist circumference and hip circumference and Waist-Hip ratio. • Learn to Measure Blood Pressure using Sphygmomanometer.
	Part-B
II	First Aid & Rehabilitation <ul style="list-style-type: none"> • Definition of first aid, DRABC of first aid. • First aid for hemorrhage, fractures, Sprain and Strain. • PRICER • School Health Card, First Aid facilities. • Types of Rehabilitation.

Course Code: PHED 203(E020401T)	
Course Title: Sports Psychology and Recreational Activities	
Credits: 4+0	
Unit	Topic
I	Introduction: <ul style="list-style-type: none"> • Meaning, Importance and scope of Sports Psychology • Growth and Development. • Psycho-physical Unity of Human behavior.
II	Learning: <ul style="list-style-type: none"> • Nature of learning, brief introduction to theories of learning. • Laws of learning, plateau in learning, transfer of Learning.
III	Motivation: <ul style="list-style-type: none"> • Nature & Types of motivation, factors influencing motivation. • Motivational techniques and their impact on sports performance.
IV	Personality: <ul style="list-style-type: none"> • Meaning and definition of personality, characteristics of personality. • Dimensions of personality, personality and sports performance.
V	Anxiety And Aggression: <ul style="list-style-type: none"> • Meaning and nature of anxiety, types of anxiety. • Aggression and sports.

	<ul style="list-style-type: none"> Anxiety, stress, arousal and their effects on sports performance.
VI	Play: <ul style="list-style-type: none"> Meaning and Definition of Play. Importance and functions of Play. Relationship between Learning and play.
VII	Recreation: <ul style="list-style-type: none"> Meaning and importance of recreation in physical education. Principles of recreation in physical education. Classification and ways of recreation.
VIII	Traditional Games: <ul style="list-style-type: none"> Meaning and Types of Traditional Games. Importance and Benefits of Traditional Games. Mental and Physical development through Traditional Games.

Course Code: PHED 204(E020402P)	
Course Title: Sports Psychology	
Credits: 0+2	
Unit	Topic
	Part-A
I	<ul style="list-style-type: none"> Measurement of Personality and Personality Profile Assessment of Sports Anxiety Measurement of Motivation (Incentive Motivation and Achievement Motivation) Measurement of Aggression in sports.
	Part-B
II	<ul style="list-style-type: none"> Reaction Time. Hand eye co-ordination. Foot-Eye Coordination. Hand-Foot - Eye Coordination. Team Building Games.

Course Code: PHED 301(E020501T)	
Course Title: Athletic Injuries and Rehabilitation	
Credits: 4+0	
Unit	Topic
I	Athletic Injuries and Athletic Care: <ul style="list-style-type: none"> Concept and Significance of Athletic Care. Factors causing Injuries. General Principles of Preventing Injuries.
II	Common Sports Injuries: <ul style="list-style-type: none"> Strain and Sprain, Lower Back Pain, Tennis Elbow, Shin Pain. Blister, Contusion, Abrasion, Laceration, Hematoma, Fracture, Dislocation.
III	Postural Deformities: <ul style="list-style-type: none"> Causes and respective corrective exercises of: Kyphosis. Lordosis. Knock Knees.

	<ul style="list-style-type: none"> • Flat Foot
IV	<p>Rehabilitation</p> <ul style="list-style-type: none"> • RICE- Rest, Ice, Compression, Elevation. • DRABC- Danger, Response, Airways, Breathing, Circulation. <p>Bandage</p> <ul style="list-style-type: none"> • Types of Bandages. • Taping and Supports.
V	<p>Physiotherapy</p> <ul style="list-style-type: none"> • Definition and Guiding principles of physiotherapy. • Importance of physiotherapy.
VI	<p>Hydrotherapy-</p> <ul style="list-style-type: none"> • Meaning and Methods of Hydrotherapy. • Brief introduction of Cryotherapy, Thermootherapy, Contrast bath, Steam bath, Sauna bath, Hot Water Fomentation.
VII	<p>Massage</p> <ul style="list-style-type: none"> • Meaning and Types of Massage. • Contradictions of Massage. • Importance of Massage in Rehabilitation and Sports.
VIII	<p>Therapeutic Exercises:</p> <ul style="list-style-type: none"> • Meaning, Definition and Importance of Therapeutic Exercises. • Muscle Strengthening through Active and Passive Exercise.

Course Code: PHED 302(E020502T)	
Course Title: Kinesiology and Biomechanics in Sports	
Credits: 4+0	
Unit	Topic
I	<p>Introduction:</p> <ul style="list-style-type: none"> • Meaning, Definitions, Aims & Objective of Kinesiology. • Importance of Kinesiology for games and sports.
II	<ul style="list-style-type: none"> • Fundamental Movements of Human body. • Center of Gravity. • Line of Gravity.
III	<ul style="list-style-type: none"> • Axis and Planes. • Types of Muscle Contraction.
IV	<p>Major Muscles at Various Joints:</p> <ul style="list-style-type: none"> • Upper extremity – shoulder girdle, shoulder joint, elbow joint. • Lower extremity – Hip joint, knee joint, ankle joint. • Major muscles of Neck and Torso
V	<p>Motion:</p> <ul style="list-style-type: none"> • Newton’s Laws of Motion <p>Friction:</p> <ul style="list-style-type: none"> • Meaning, Definitions and Types.
VI	<p>Force:</p> <ul style="list-style-type: none"> • Meaning, Definition & Types of Force. • Application of force in sports activities. <p>Levers:</p>

	<ul style="list-style-type: none"> • Meaning & Definition of Levers. • Uses of Lever in the Human body movements and sports activities.
VII	Kinematics: <ul style="list-style-type: none"> • Meaning of Kinematics. • Types- Linear and Angular. • Meaning of Speed, Velocity, Acceleration, Distance & Displacement.
VIII	Kinetics: <ul style="list-style-type: none"> • Meaning of Kinetics • Types- Linear and Angular. • Meaning of Mass, Weight, Momentum and Pressure.

Course Code: PHED 303(E020503P)	
Course Title: Rehabilitation & Sports	
Credits: 0+2	
Unit	Topic
	Part-A
I	<ul style="list-style-type: none"> • Practice for Bandaging. • Practice for massage techniques. • Demonstration of Therapeutic Exercise. • A visit to Physiotherapy lab/centre/clinic. • Write a Brief Report on the visit of the lab/centre/clinic.
	Part-B
II	Therapeutic Exercises: <ul style="list-style-type: none"> • Muscles Strengthening Exercises. • General Principles of Muscle Strengthening. • Manual-Muscle strength testing. Stretching and Mobilizing Exercises: <ul style="list-style-type: none"> • Factors causing Limitation of joint Range. • General stretching methods, and • Practical demonstration of exercises for mobilizing the shoulder, elbow, wrist, hip knee, ankle and foot.

Course Code: PHED 304(E020504P)	
Course Title: Research Project	
Credits:3+0	
Unit	Topic
I	<ul style="list-style-type: none"> • Choose a topic from your theory syllabus and prepare a Questionnaire with 20 Questions for your Institute / College students. • Choose any one sport / games and conduct an interview for your Institute / College students. • Student has to learn to prepare research report.

Course Code: PHED 305(E020601T)	
Course Title: Research Methods	
Credits: 4+0	
Unit	Topic
I	Introduction: <ul style="list-style-type: none"> • Definition, Meaning of Research. • Need and Importance of Research in Physical Education and sports. • Scope of Research in Physical Education and sports.
II	Type of Research <ul style="list-style-type: none"> • Basic Research • Applied Research • Action Research
III	Research Problem: <ul style="list-style-type: none"> • Meaning of the term Research problem. • Selection and Formulation of Research Problem.
IV	Hypothesis: <ul style="list-style-type: none"> • Meaning of Hypothesis. • Meaning of Research and Null Hypothesis.
V	Survey of Related Literature: <ul style="list-style-type: none"> • Literature sources & Library Reading. • Need to survey allied and critical literature.
VI	Introduction to Statistics <ul style="list-style-type: none"> • Meaning, Definition and Importance of Statistics in Physical Education. • Types of Data, Tabular and Graphical representation of data.
VII	Questionnaire and Interview: <ul style="list-style-type: none"> • Meaning of Questionnaire and Interview. • Procedure of making Questionnaire and conducting Interview.
VIII	Research Report: <ul style="list-style-type: none"> • Meaning of Research Report. • Qualities of a good research report

Course Code: PHED 306(E020602T)	
Course Title: Physical Education for Divyang	
Credits: 4+0	
Unit	Topic
I	Introduction: <ul style="list-style-type: none"> • Meaning and Definition of Divyang. • Need and Importance of Physical Education for Divyang people.
II	Adapted Physical Education Part A: <ul style="list-style-type: none"> • Definition and Concept of Adapted Physical Education. • Principles of Adapted Physical Education.
III	Adapted Physical Education Part B: <ul style="list-style-type: none"> • Need and Goals of Adapted Physical Education • Objectives of Adapted Physical Education.
IV	Adapted Physical Education Part C: <ul style="list-style-type: none"> • Benefits of Adapted Physical Education • Role of Yoga in Adapted Physical Education.
V	Physical Activities for Divyang: <ul style="list-style-type: none"> • Outdoor activities for the divyang people. • Rhythmic, Aquatic and Dance Activities for divyang people. • Physical activities for the children with unique needs.
VI	Disability and Rehabilitation: <ul style="list-style-type: none"> • Types and Causes of Physical Disabilities. • Functional and Occupational rehabilitation. • Psycho-social Rehabilitation.
VII	Programs: <ul style="list-style-type: none"> • Personality Development Program for Divyang people. • Social Welfare Program for Divyang people.
VIII	Inclusion in sports for Divyang people: <ul style="list-style-type: none"> • Recreational sports/ games. • Competitive sports/ games.

Course Code: PHED 307(E020603P)	
Course Title: Research and Sports	
Credits: 0+2	
Unit	Topic
I	Part-A
	Research Perspective to learn the measurement of variables and analysis of sport skill: <ul style="list-style-type: none"> • Learn to measure Anthropometric Variables. • Learn to measure Physiological Variables. • Learn to measure Psychological Variables. • Learn to conduct a Physical Fitness Test. • Learn to analyze a skill of selected game/sport
II	Part-B
	Paralympics Committee of India (PCI) <ul style="list-style-type: none"> • Historical development of Paralympics. • Aims and Objectives of PCI. • Types of Para-competitions.

Course Code: PHED 308(E020604P)	
Course Title: Research Project	
Credits: 0+3	
Unit	Topics
I	<p>To conduct a survey or interview of primary or secondary government recognized school students for their interest towards physical education and sports programs.</p> <ul style="list-style-type: none"> • Analyze the data and submit a detailed report and a presentation. • The student will work in groups in completing the project but will write the final paper individually.

