

Annexure-2

Parishkar

College Of Global Excellence

(Autonomous)

Jaipur



Syllabus

Physical Education

(To Be Effective From Academic Year 2022-23 & Onwards)

Semester I To VI

B.A. Program in Physical Education

Paper Code		
Semester I		
101	English/Hindi communication	Ability Enhancement: Compulsory
102	Foundation and History of Physical Education	Core
103	Other subject	Core
104	Introductory computer skills	Skill enhancement course
Semester II		
201	English Language	Ability Enhancement: Compulsory
202	Management of Physical Education	Core
203	Other subject	Core
204	Mathematical and Computational Skills	Skill Enhancement Course
Semester III		
301	English Language	Ability Enhancement: Compulsory
302	Anatomy Physiology and Exercise Physiology	Core
303	Other subject	Core
304	Professional, Leadership and Management Skills/General Interdisciplinary Awareness-I GIA	Skill Enhancement Course
Semester IV		
401	Hindi Language	Ability Enhancement: Compulsory
402	Health Education Physical Fitness and Wellness	Core
403	Other Subject	Core
404	GIA-2	Skill Enhancement Course
Semester V		
501	Hindi Language	Ability Enhancement: Compulsory
502	Officiating and Coaching	Generic Elective
		Sports Training
503	Other Subject	Discipline-Specific Elective-I
504	Skill Enhancement	
Semester VI		
601	Environmental Science	Ability Enhancement Course
602	Tests, Measurements and evaluation in Physical Education	Generic Elective
		Sports Psychology
603	Other Subject	Discipline-Specific Elective-II
604		

Semester-I
Foundation and History of Physical Education

Credit-6

Unit-I

An Introduction to Physical Education

Meaning, Definition, Aims, Objectives, Modern Concept,
Importance of Physical Education

Unit-II

Foundation of Physical Education

Biological Foundation

Meaning, Growth and Development
Factor Effecting Growth and Development,
Principal of Growth and Development
Chronological age, Anatomical age,
Physiological age, Mental age

Unit-III

History of Physical Education

Development of Physical Education,
Sports in India after 1947 Period,
Asian Games, Modern Olympic, Indian Olympic
Association National Sports Award
Arjuna Award
Major Dhyan Chand Khel Ratan Award
Dronacharya Award
Maulana Abdul Kalam Azad Trophy
Major Dhyan Chand Awards

Unit-IV

Yoga

Meaning, Definition
Aims, Objectives
Type of Yoga
Importance

Unit-V

Practical

Learn, Demonstrate the Suryanamaskar
Development of Physical Fitness Calisthenics, Aerobic Activities

Semester-II
Management of Physical Education and Sports

Credit-6

Unit-I

Introduction

Concept, Definition of Sports management, **Importance of Sports Management, Principles of Sports management**

Unit-II

Tournaments

Meaning, Definition, Types of Tournaments Drawing Fixture, Knockout Tournament, League Tournament, Combination Tournament, Challenge Tournament
Method of Organizing Annual Athletic Meet, Play Day
Method of Organizing of Intermural Competition, Extramural Competition Organization, National Level, State Level, District Level, Inter College Tournaments

Unit-III

Equipment

Standard Track Field Events, Maintenance of Play Ground,
Importance & Maintenance of Sports Equipment,
Time table-Meaning, Importance of Time Table

Unit-IV

Leadership

Meaning, Definition of leadership Qualities of Good Leader in Physical Education, Principles of Leadership Activities, Leadership in School, College, University Level

Unit-V

Practical

Track and Field Events
Games- Football, Kabddi, Kho-Kho, Volley Ball

SEMESTER-I

CORE PAPER-I Foundation and History of Physical Education

Unit I Introduction

1. Meaning and Definition of Physical Education
2. Aim and Objectives of Physical Education
3. Modern Concept of Physical Education: World and India
4. Importance of Physical Education

Unit II Biological and Sociological Foundation of Physical Education

1. Biological Foundation : Meaning and Definition of Growth and Development. Factors Affecting Growth and Development. Differences of Growth and Development, Principles of Growth and Development.
2. Age : Chronological age, Anatomical age, Physiological age and Mental age.

Unit III History of Physical Education

1. Historical development of physical education and sports in India after 1947 period.
2. Asian games and modern Olympic games.
3. Indian Olympic association.
4. Objectives of Olympic games, Motto and Flag, Charter, Opening & Closing Ceremony
5. National Sports Awards-
 - Arjuna Award
 - Major Dhyan Chand Khel Ratan Award
 - Dronacharya Award
 - Maulana Abdul Kalam Azad Trophy
 - Major Dhyan Chand Award

Unit IV Yoga Education

1. Meaning and definition of the term Yoga
2. Aim and objectives of Yoga
3. Types of yoga
4. Importance of Yoga

PRACTICAL

1. Learn and demonstrate the technique of Suryanamaskar.
2. Development of physical fitness through calisthenics and aerobic activities.

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SEMESTER-II

CORE PAPER II Management of Physical Education and Sports

Unit-I Introduction

1. Concept and definition of sports management
2. Important of sports management
3. Purpose of sports management
4. Principles of sports management

Unit-II Tournaments

1. Tournaments : meaning, definition and types of tournaments
2. Procedure of drawing fixture. Knockout Tournament, League Tournament, Combination Tournament, Challenge Tournament
3. Method of organizing annual athletic meet and play-day
4. Method of organizing of Intramural and Extramural competition
5. Organization : National level, State level, District level, Inter college

Unit-III Facilities and Equipment

1. Method of calculation of standard track field events (any-one)
2. Core and maintenance of play ground
3. Importance Core and Maintenance of Sports Equipment
4. Time Table- Meaning and Importance of Time-table

Unit-IV Leadership

1. Meaning and definition of leadership
2. Qualities of good leader in physical education
3. Principles of leadership activities
4. Leadership in school, College and University level

Practical

1. Track and field events (any-one).
2. Games- Football, Kabaddi, Kho-Kho, Volley Ball.

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