

VEER BAHADUR SINGH PURVANCHAL UNIVERSITY, JAUNPUR

Physical Education, Health Education, and Sports

B.A. / B.Sc. Part-I

		Paper No.	Name of paper	Marks
Part-A	Theory	1	History and foundation of physical education	75
		2	Scientific basis of physical education	75
Part-B	Practical			50
Total				200

B.A. / B.Sc. Part-II

		Paper No.	Name of paper	Marks
Part-A	Theory	1	Health education and sports rehabilitation	75
		2	Yoga and wellness	75
Part-B	Practical			50
Total				200

, B.A. / B.Sc. Part-III

		Paper No.	Name of paper	Marks
Part-A	Theory	1	Sports training	70
		2	Management of physical education	70
		3	Sports psychology	70
Part-B	Practical			70
Part-C	Tour/Camp			20
Total				300

*Out of two selected sports in B.Sc./B.A 2nd year any one sports.

Year	B.A./B.Sc. 1 st year	B.A./B.Sc. 2 nd year	B.A./B.Sc. 3 rd year
Total Marks	200	200	300
Grand Total=700			

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VEER BAHADUR SINGH PURVANCHAL UNIVERSITY, JAUNPUR

Physical Education, Health Education, and Sports

B.A. / B.Sc. Part-I

Paper-1: HISTORY AND FOUNDATION OF PHYSICAL EDUCATION

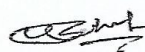
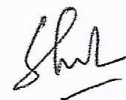
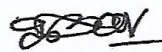
- UNIT-I** Meaning and definition of Physical Education
 Aims and objectives of Physical Education
 Need and Importance of Physical Education
 Relationship of Physical Education with Education
- UNIT-II** Ancient History of Physical Education
 Medieval History of Physical Education in India
 Physical Education after independence in India (after 1947)
- UNIT-III** Sociology aspect in Physical Education
 Socialization through Sports at Home, Institution and Community
 Characteristics at different stages of growth & development
- UNIT-IV** Philosophies of Physical Education (Idealism, Naturalism & Pragmatism)
 Olympic Movements
 Sports Association, Schemes & Awards

Paper- 2: SCIENTIFIC BASIS OF PHYSICAL EDUCATION

- UNIT-I** Anatomy –Cell, Tissue, Organs and Skeletal and its structures
- UNIT-II** Physiology- Different body Systems and its functions –Skeletal System, Muscular System, Respiratory System, Digestive System, Circulatory System and Blood
- UNIT-III** Mechanical concept of Physical Education –Force, Motion, Newton's laws of motion, Levers, Equilibrium, Gravity, Speed, Velocity, Mass, Weight, Lever, Power.
- UNIT-IV** Food & Nutrition- Balanced diet, Elements of Diet, Component of Diet, Role of diet on performance

References:

- Bunn. John. W. **Scientific Principles of Coaching** , Englewood Cliffs, N.J. Printice Hall Inc. 1972
- Khan. Ejaz Ahmed. **History of Physical Education** , Patna: Scientific Book Co.
- Majumdar D.C **Encyclopedia of India Physical Culture**, Baroda Good Companions, 1952.
- Mathew, D.K. and Fox Ed.L. **Physiological Basis of Physical Education and Athletics** , Philadelphia: W.G. Saunders Company 1976.
- Singh Ajmer, et.al. **Modern Text Book of Physical Education Health & Sports**, Kalyani Publisher

VEER BAHADUR SINGH PURVANCHAL UNIVERSITY, JAUNPUR

Physical Education, Health Education, and Sports

B.A. / B.Sc. Part-II

Paper- 1: HEALTH EDUCATION AND SPORTS REHABILITATION

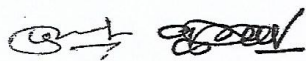
- UNIT-I** Concept of Health
Meaning ,Definition, Principal Health Education
Need and importance of Health Education
- UNIT-II** Communicable diseases
Tuberculosis, Chicken Pox, Malaria, AIDS , Hepatitis
Non communicable diseases
Heart disease, Cancer , Diabetes
- UNIT-III** Therapeutic Modalities
Cold therapy ,Wax bath, Hot therapy, Contrast bath
Therapeutic Exercises
Active exercises & passive exercises
- UNIT-IV** Posture and Deformities
Common Sports injuries and its prevention
First Aid

Paper- 2: YOGA AND WELLNESS

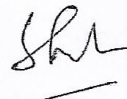
- UNIT-I** Concept of Yoga and Wellness
Brief history and development of Yoga,
- UNIT-II** The Fundamentals of Yoga,
Traditional Schools of Yoga,
- UNIT-III** Yogic practices for health and wellness,
General Guidelines for Yoga Practice,
- UNIT-IV** Benefits of yoga, for health, Fitness and Wellbeing
asanas, pranayam, kriyas, sankalpa, and prarthna.

References: Nutrition, Health and Safety for young children: promoting wellness, Joanne Sorte.

Health Education: Elementary and Middle School Application: Susan Telijohann.







VEER BAHADUR SINGH PURVANCHAL UNIVERSITY, JAUNPUR

Physical Education, Health Education, and Sports

B.A. / B.Sc. Part-III

Paper-1: SPORTS TRAINING

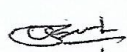

- UNIT-I** Meaning & Definition of Sports Training
 Aims of Sports training
 Principles of sports training
 Characteristics of sports training
- UNIT-II** Training Load- Meaning and type of training load, Recovery & Adaptation,
 Overload & Judgment of training load
- UNIT-III** Physical Fitness components and its training programme
 Speed, Strength , Endurance, Flexibility, Coordination abilities
- UNIT-IV** Planning
 Periodization
 Talent Identification

Paper- 2: MANAGEMENT OF PHYSICAL EDUCATION

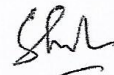
- UNIT-I** Meaning & definition of Administration and Management
 Phases of management
 Planning, organization and supervision
 Staffing & budgeting
- UNIT-II** Sports Organizational structure of School, College, Universities, Districts, state and national bodies
- UNIT-III** Facilities & Equipment
 Care and maintenance of outdoor facilities
- UNIT-IV** Recent Advancement in Physical Education
 Computer & Internet
 recreation/camping

Paper- 3: SPORTS PSYCHOLOGY

- UNIT-I** Definition and meaning of sports psychology
 Need and importance of sports psychology
 Motor learning
- UNIT-II** Motivation (meaning, definition, types, need and importance)
 Personalities (meaning, definition, type, need and importance)
- UNIT-III** Emotion and its role in sports
 Type of emotion
 Anxiety and aggression
- UNIT-IV** Psychological aspects of competition
 Preparation for competition and Causes of disturbance before competition





References:-

Bucher, Charles A. **Administration of Physical Education and Athletic Programme**, London: The C.V. Mosby Company, 1983. 8th Ed.

Dick W Frank, **Sports Training Principles** 4th ed. London: A&C Ltd

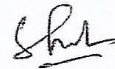
Gangopadhyay S.R., **Sports Psychology**, (published by S.R. Gangopadhyay, 2002)

Roger C. Glyn, **Learning Experiences in Sports Psychology** (Champaign Illionosis : Human Kinetic Publishers, 1981)

Singh, Hardy, **Science of Sports Training**, New Delhi: DVS Publication

Uppal, A.K. **Principles of Sports Training**, Delhi: Friends Publication, 2001

Xilport W. Gurden, **Personality: A Psychological Interpretation** (New York: Holt, 1973)

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Physical Education, Health Education, and Sports

Syllabus for Practical Activity

Objectives:

- Brief history including important competitions and personalities.
- Demonstration of basic skills of sports and games.
- To familiarize with the rules of sports and games.
- To familiarize with method of constructions layout and marking of court, fields, ground.
- Officiating

Theory:

- A brief historical survey of sports/games and also an elementary knowledge of international and national development, important competition, achievement, tables of India, Asia and world leading nations and outstanding personalities.
- Rules of sports and games.
- Conditioning warming up exercise.
- Officiating

Practical:

- Conditioning warming up exercise.
- Officiating
- Measurement and dimensions of different fields, grounds and court/
- Techniques, tactics, strategies, teaching and training stages.

List of 15 different sports is as follows:

- Athletics
- Badminton
- Basketball
- Cricket
- Football
- Gymnastics
- Handball
- Hockey
- Kabaddi
- Kho-Kho
- Table Tennis
- Tennis
- Volleyball
- Wrestling
- Yoga

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