

INTERNATIONAL COLLEGE FOR GIRLS(AUTONOMOUS)

DEPTT. OF PHYSICAL EDUCATION

Semester – I

B. A. Part I Physical Education

Paper- I History of Physical Education

Credits - 2

Paper Code: PHE - 101

Time Duration – 30 hrs

Unit I	8 hrs
1.1	Meaning, definition of Physical Education.
1.2	Aims and Objectives of Physical Education.
1.3	Need and Importance of Physical Education.
1.4	Misconception about Physical Education, Modern concept and scope of Physical Education.
1.5	Place of Physical Education in the total Education Process.
Unit II	6 hrs
2.1	Physical Education in Ancient India.
2.2	Physical Education in the city-states of Greece.
Unit III	8 hrs
3.1	Survey of Modern Physical Education in India.
i)	Physical Education and Sports. Training Institution in India.
ii)	Sports Authority of India, Rajasthan state sports council.
iii)	National Awards and Rajasthan State Awards (Rajeev Khel Ratan Award Arjuna Award, Dronacharya Award, Maulana Abdul Kalam Azad Trophy, National Sports Scholarships).
Unit IV	2 hrs
4.1	Ancient and Modern Olympic Games : Start of Olympic, Objectives of Olympic, Motto and Flag, Olympic Charter, Opening and Closing Ceremonies.
Unit V	6 hrs
5.1	Contribution to the growth of Physical Education by Leaders and movements.
i)	Turnverein Movement, Y.M.C.A and its contribution, U.S.S.R., A.A.P.H.R. Physical Education in Schools, the sport kind.
ii)	Contributors from India : G. D. Sodhi, Raj Kumari, Amrit Kaur, Dr. P.M. Joseph, Shri H.C. Buck, Prof. Karan Singh and Prof. Ajmer Singh

Books Recommended:

Essential Reading:

1. Ajmer Singh etc. : Basis of Physical Education, Health and Sports B.A. I : Kalyani Publications Ludhiana.
2. Singer R.N. (ed.) Physical Education : Foundations New York : Hall Rinehart and Winston.
3. M.L. Kamlesh and Sangral : History of Principle of Physical Education, Prakash Brothers, Ludhiana.

Reference Books:

1. Rice Emmett. A. Hutchinson John L and Loc Harbal. A brief history of Physical Education, New York. The Penold Press Company 1960.
2. Rajgopalan K.A. Brief History of Physical Education in India, Delhi Army Publishers - 1962.
3. Krishan Murthy, V. and Ram N. Parmeshwar. Educational Dimensions of Physical Education. New Delhi : Sterling Publications 1980.
4. Khan Eraj Ahmed : History of Physical Education Scientific Book Co. Patana.
5. Williams Principle of Physical Education : Khel Sahitya, Dariyaganj, New Delhi.

Semester – I
B. A. Part I
Physical Education

Paper-II
Foundations of Physical Education - I

Credits - 2

Paper Code: PHE - 102

Time Duration – 30 hrs

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| Unit I Biological Foundations | 6 hrs |
| 1.1 Movement basis of growth. | |
| 1.2 Structure function and growth | |
| 1.3 Chronological, Anatomical, Physiological and Mental ages of individuals and implications in developing and implementing programme of Physical Education. | |
| Unit II | 6 hrs |
| 2.1 Define growth and development | |
| 2.2 Principles governing Physical and Motor growth and development. | |
| 2.3 Factors influencing growth and development. | |
| 2.4 Principles governing physical and Motor growth and development. | |
| 2.5 Heredity, Environment in its importance and stages of growth and development. | |
| Unit III Psychological foundation | 6 hrs |
| 3.1 Definition of Psychology and Sports Psychology. | |
| 3.2 Scope of Sports Psychology. | |
| 3.3 Importance and implication of Psychological elements in Physical Education. | |
| 3.4 Psycho-physical unity of man. | |
| Unit IV | 6 hrs |
| 4.1 Define learning, theories of learning. | |
| 4.2 Laws of learning | |
| 4.3 Conditions and factors effecting learning. | |
| 4.4 Transfer of learning | |
| 4.5 Principles of learning in Motor skills | |
| Unit V | 6 hrs |
| 5.1 Meaning of play. | |
| 5.2 Theories of play. | |
| 5.3 Types of play, play and work. | |
| 5.4 Define personality, types of personality | |
| 5.5 Factors effecting personality | |
| 5.6 Sports and ethics | |
| 5.7 Discipline and sportsmanship | |

Books Recommended:

Essential Reading:

1. Ajmer Singh etc. : Basis of Physical Education, Health and Sports B.A. I : Kalayni Publication Ludhiana.
2. V.D. Sharma, Introduction to Physical and Health Education. Avichal Pubsishing Co., Trilokpur Road, Kalaamb (H.P.).
3. Deepak Jain, Basic Health Education : Khel Sahitya Kendra Dariyaganj, New Delhi.

Reference Books:

1. Lawrence, Thomas Gordan; Your Health and Safety Schriver, Alico : Powers; Har Court, Brace and World. Douglas F. and Verhans Levia J. Inc. New York 1969.
2. Johns, Edward P. : Health for Effective Living Suttan, Wilfred C., No Crow Hill Book Company and Webster, Lloyd E., New York, 1970.
3. Stack, Harbett, J. Duke Elkow Education for Safe Living. Englewood Cliffs, New Jersey, Prentice Hall Inc. 1966.
4. Datta A.K. and Mazumdar I. : Student Teaching in Physical Education : Janvani Prakashan Pvt. Ltd., Delhi.
5. Sharma and Granth Singh : Physical and Health Education : Asha Prakashan Greh, New Delhi.
6. L. Henerson, Hand book of Health Education : Khel Sahitya Kendra Dariyaganj, New Delhi.
7. Bhave , Fundamental of Health Education : National Book Trust India.

Semester I
B. A. Part – I
Physical Education
Paper-III
Physical Education Practical

Credits - 4

Paper Code: PHE - 103

Time Duration – 160 hrs

To be eligible for offering a paper in Physical Education a candidate shall be required to show her familiarity (Rules and Techniques) and to give her performance in the following :

1. **Physical Fitness Training –**

- i) Warming-up
- ii) Jogging
- iii) Free Hand Exercise
- iv) Bending Exercise

2. **Athletics**

Track Events -

- i) Sprint
- ii) Middle distance races

Throw Events –

- i) Shot-Put
- ii) Discus Throw

3. A Candidate may choose any one of the following Games :

- i) Basketball
- ii) Handball
- iii) Swimming

Books Recommended:

1. V.D. Sharma, Granth Singh, Practical Physical Education : Arya Book Depot, Karolbagh, New Delhi.
2. Ashok R. Lohar, Handball Basic Techniques : Khel Sahitya Kendra, New Delhi.
3. Lakshmi Vijaya, Physical Fitness : Khel Sahitya Kendra, New Delhi.
4. Lakshmi Vijaya, Principles of Athletic Training : Khel Sahitya Kendra, New Delhi.
5. Choudhary, Teach Yourself Swimming : Prerna Prakashan.
6. Swimming and Diving : Ladybird Book Ltd.
7. Shekhar K.C., Sports Training : : Khel Sahitya Kendra, New Delhi.
8. Official Basket Ball Rules by FIBA.
9. J.V. Karne, Basketball Skills and Drill : Khel Sahitya Kendra, New Delhi.

Semester – II
B. A. Part I
Physical Education

Paper-I
Health Education

Credits - 2

Paper Code: PHE - 201

Time Duration – 30 hrs

Unit I **4 Hrs**

- 1.1 Meaning of Health Education.
- 1.2 Its need and scope for college students;
- 1.3 Aims, objectives and principles of Health Education.

Unit II **6 hrs**

- 2.1 Concept of Health and Fitness
- 2.2 The importance of health to individual, family, Community and the state.
- 2.3 Meaning of Mental Health and its relationship with Physical Education.

Unit III **8 hrs**

- 3.1 Balanced diet and nutrition,
- 3.2 Mal Nutrition's misconceptions about food,
- 3.3 Function of food in the body,
- 3.4 Essential body nutrients and other components of food,
- 3.5 Required diet for sportsman,
- 3.6 Adverse effects of Tobacco, Alcohol and Intoxicating Drugs.

Unit IV **6 hrs**

- 4.1 Need and importance of
 - i) Personal hygiene
 - ii) Environmental hygiene
 - iii) Food hygiene
- 4.2 Communicable disease and its prevention
- 4.3 Posture-common postural defects and Remedies.

Unit V **6 hrs**

- 5.1 Importance and general principles of safety education for preventing accidents in Physical Education and Sports.
- 5.2 Common accidents in games and sports and its first-aid treatments.

Books Recommended:

Essential Reading:

1. Ajmer Singh etc. : Basis of Physical Education, Health and Sports B.A. I : Kalyani Publications Ludhiana.
2. Singer R.N. (ed.) Physical Education : Foundations New York : Hall Rinehart and Winston.
3. M.L. Kamlesh and Sangral : History of Principle of Physical Education, Prakash Brothers, Ludhiana.

Reference Books:

1. Rice Emmet. A. Hutchinson John L and Loc Harbal. A brief history of Physical Education, New York. The Penold Press Company 1960.
2. Rajgopalan K.A. Brief History of Physical Education in India, Delhi Army Publishers - 1962.
3. Krishan Murthy, V. and Ram N. Parmeshwar. Educational Dimensions of Physical Education. New Delhi : Sterling Publications 1980.
4. Khan Eraj Ahmed : History of Physical Education Scientific Book Co. Patana.
5. Williams Principle of Physical Education : Khel Sahitya, Dariyaganj, New Delhi.

Semester – II
B. A. Part I
Physical Education

Paper-II
Foundations of Physical Education – II

Credits - 2

Paper Code: PHE – 202

Time Duration – 30 hrs

Unit I Philosophical Foundations	6 hrs
1.1 Meaning of Philosophy.	
1.2 Philosophy and science	
1.3 Component of philosophy	
1.4 Importance of philosophy in physical education	
Unit II Various Philosophy of Physical Education	6 hrs
2.1 Naturalism and Physical Education.	
2.2 Idealism and Physical Education	
2.3 Pragmatism and physical education	
2.4 Existentialism and Physical Education.	
2.5 Realism and Physical Education	
Unit III Physiological Foundation	6 hrs
3.1 General Benefits of exercise.	
3.2 Effect of exercise to the various system.	
3.3 Ken esthetic and performance.	
3.4 Basic concept of second wind, oxygen debt, fatigue and staleness.	
Unit IV Sociological Foundation :	4 hrs
4.1 Physical Education and Sports as a need of the Society.	
4.2 Sociological implication of Physical Education and Sports.	
4.3 Physical activities and sports as a man's Cultural Heritage.	
4.4 Social reorganization, competition, cooperation, character development through physical education.	
4.5 Role of Physical Education in promoting social values - Sympathy, Brotherhood, Cooperation, Tolerance, Helpfulness, Patience, Honest	
Unit V Leadership and Family	8 hrs
5.1 Leadership quality and importance of leader.	
5.2 Family and life Education.	
5.3 Define family, function of family.	
5.4 Role of parents in childcare.	
5.5 Individual and society.	

Books Recommended:

Essential Reading:

1. Ajmer Singh etc. : Basis of Physical Education, Health and Sports B.A. I : Kalayni Publication Ludhiana.
2. V.D. Sharma, Introduction to Physical and Health Education. Avichal Publishing Co., Trilokpur Road, Kalaamb (H.P.).
3. Deepak Jain, Basic Health Education : Khel Sahitya Kendra Dariyaganj, New Delhi.

Reference Books:

1. Lawrence, Thomas Gordan; Your Health and Safety Schriver, Alico : Powers; Har Court, Brace and World. Douglas F. and Verhans Levia J. Inc. New York 1969.
2. Johns, Edward P. : Health for Effective Living Suttan, Wilfred C., No Crow Hill Book Company and Webster, Lloyd E., New York, 1970.
3. Stack, Harbett, J. Duke Elkow Education for Safe Living. Englewood Cliffs, New Jersey, Prentice Hall Inc. 1966.
4. Datta A.K. and Mazumdar I. : Student Teaching in Physical Education : Janvani Prakashan Pvt. Ltd., Delhi.
5. Sharma and Granth Singh : Physical and Health Education : Asha Prakashan Greh, New Delhi.
6. L. Henerson, Hand book of Health Education : Khel Sahitya Kendra Dariyaganj, New Delhi.
7. Bhave , Fundamental of Health Education : National Book Trust India.

Semester II
B. A. Part – I
Physical Education
Paper-III
Physical Education Practical

Credits - 4

Paper Code: PHE - 203

Time Duration – 160 hrs

To be eligible for offering a paper in Physical Education a candidate shall be required to show her familiarity (Rules and Techniques) and to give her performance in the following :

1. **Physical Fitness Training –**
 - i) Warming-up
 - ii) Jogging
 - iii) Running
 - iv) Jumping Exercise and Floor Exercise

2. **Athletics**

Track events –
 - i) Walking
 - ii) Relays
Field events –
 - i) Long Jump
 - ii) High Jump

3. A Candidate may choose any one of the following Games :
 - i) Volleyball
 - ii) Kho-Kho

Books Recommended:

1. V.D. Sharma, Granth Singh, Practical Physical Education : Arya Book Depot, Karolbagh, New Delhi.
2. Ashok R. Lohar, Handball Basic Techniques : Khel Sahitya Kendra, New Delhi.
3. Lakshmi Vijaya, Physical Fitness : Khel Sahitya Kendra, New Delhi.
4. Lakshmi Vijaya, Principles of Athletic Training : Khel Sahitya Kendra, New Delhi.
5. Choudhary, Teach Yourself Swimming : Prerna Prakashan.
6. Swimming and Diving : Ladybird Book Ltd.
7. Shekhar K.C., Sports Training : : Khel Sahitya Kendra, New Delhi.
8. Official Basket Ball Rules by FIBA.
9. J.V. Karne, Basketball Skills and Drill : Khel Sahitya Kendra, New Delhi.

Semester III

B.A. Part II Physical Education

Paper-I Anatomy and Physiology

Credits : 2

Paper Code: PHE – 301

Time Duration – 30 Hrs

- Unit I Introduction** **4 hrs**
1. Meaning and concept of Anatomy and physiology.
 2. Need and importance in physical education and sports.
 3. Definition of cell, tissue, organ and systems.
- Unit II Skeletal & Muscular System** **6 hrs**
1. Structure and functions of human skeleton.
 2. Definition of Joints, classifications and movements of joints.
 3. Definition and functions of muscles.
 4. Type of muscles (Voluntary muscles, involuntary muscles, cardiac)
- Unit III Circulatory and respiratory system** **6 hrs**
1. Blood circulations – organs and importance of blood circulation, function of blood.
 2. Respiratory system various organs and importance of respiration.
- Unit IV Nervous, Digestive, Glandular System** **8 hrs**
1. Definition parts of nervous system. Functions of the spinal cord, classification of nerves.
 2. Digestive system – chief organs of digestive system, functions of the systems.
 3. Types and functions of glands.
- Unit V Physical Fitness & Training** **6 hrs**
1. Meaning, Importance and factors affecting physical fitness.
 2. Different training methods (Circuit training, Interval training, Weight training, Fatlek training and Pressure training)
 3. Motor fitness components - Strength, speed, endurance, flexibility, coordinative abilities.
 4. Warming-up and cool down.

Books Recommended:

Essential Reading

1. Ajmer Singh- Basis of physical Education, Health and Sports (B.A. II): Kalyani Publication Ludhiana.
2. Cuyton A.C.: Functions of Human Body: W.B. Saunders Co. London.

Reference Book:

1. Morehouse and Miller – Physiology of Exercise: C.V. Mosby Co., St. Lewis.
2. Karpovich and Sinneer : Physiology and Muscular Activity: W.B. Saunders Co. London.
3. Pearce J.W.: Anatomy for students and teachers of physical education: Edward Arnold and Co. London.
4. भाटिया ए.एल. और बघेला हेतसिंह: शरीर रचना क्रिया शास्त्र, स्वास्थ्य दिक्षा, सुरक्षा दिक्षा, प्राथमिक। चिकित्सा और आहार: श्रीयांदा पब्लिकेदान, जयपुर।

Semester III
B.A. Part II
Physical Education

Paper-II
Kinesiology & Biomechanics

Credits : 2

Paper Code: PHE - 302

Time Duration – 30 Hrs

Unit I	4 hrs
1. Brief History of kinesiology	
2. Importance of kinesiology in physical education.	
3. Limitation of kinesiology in sports coaching	
a. Mechanical	b. Physiological limitations
c. Psychological limitations	
Unit II Anatomic fundamentals	8 hrs
1. Basic concepts and definition of the terms related to kinesiology	
a. Starting position of body.	
i. Fundamental starting position	
ii. Anatomic starting position	
2. Centre of Gravity	
3. Line of Gravity	
4. Centre of Gravity and line of gravity according to kinesiology.	
5. Bodily planes	
a. Sagittal planes	b. Frontal planes
c. Horizontal planes	d. Axis
Unit III	6 hrs
1. Principles of planes and axis in Movement	
2. Terminology of various types of movements – Flexion, extension, abduction, adduction, rotation, circumduction, elevation, depression, pronation, supination, dorsiflexion, plantar flexion, inversion, eversion.	
3. Bony – joints and their types.	
4. Muscle bone relationship.	
Unit IV Equilibrium	6 hrs
1. Meaning and concept of equilibrium	
2. Principles of equilibrium	
3. Lever, kinds and principles of leverage, law of leverage.	
4. Application of lever in sports.	
Unit V	6 hrs
1. Define movement.	
2. Factors affecting efficient movements.	
3. Factors influencing force and movement friction, air resistance, force of gravity, water resistance.	
4. Motion	
a. Define motion	b. Types of motions
c. Newton's law of motion	

Books Recommended

Essential Reading:

1. Dr. Suresh Desh Pandey: Kinesiology: Publication Shree Human Vayam Prasarak Mandal, Amravati.

Semester III
B. A. Part – II
Physical Education

Paper-III
Physical Education Practical

Credits - 4

Paper Code: PHE - 303

Time Duration – 160 hrs

To be eligible for offering a paper in Physical Education a candidate shall be required to show her familiarity (Rules and Techniques) and to give her performance in the following :

1. **Physical Fitness –**
 - i) Warming-up
 - ii) Flexibility and stretching exercise
 - iii) Suryanamaskar (Yoga Exercise)

2. **Athletics**

Track Events -

- i) Long distance races

Throw Events –

- i) Javelin Throw

3. A Candidate may choose any one of the following Games :
 - i) Hockey
 - ii) Kabaddi

Semester IV

B.A. Part II Physical Education

Paper-I Methods of Physical Education

Credits – 2

Paper Code: PHE - 401

Time Duration – 30 Hrs

Unit I Introduction 8 hrs

1. Meaning and importance.
2. Scope of Teaching Methods.
3. Factors influencing teaching in physical education.
4. Types of teaching methods.
5. Micro and macro teaching.

Unit II Organization 4 hrs

1. Set up and functions of National, State and District level/Federations/Associations.
2. Set up and functions of School, College and University level.

Unit III Tournaments/competition 6 hrs

1. Meaning, types of tournament.
2. Method of drawing fixtures
3. Merits and demerits of various types of tournament.

Unit IV Facilities and equipments 8 hrs

1. Need and importance of equipments for physical education
2. An ideal list of equipment for physical education.
3. Purchasing Principles- Realistic approach in purchases and purchase procedures.
4. Store keeping.

Unit V Office Management and Budget 4 hrs

1. Maintenance of records, filing and office correspondence.
2. Meaning, type and principles of budget preparation (sources).

Books Recommended

Essential Reading:

1. Kamlesh-Sangral: Methods in Physical Education: Prakash Brothers, Ludhiana.
2. C. Tirumarayann & S. Hariharan: Methods in Physical Education and : Alagappa College of Physical Education, Alagappa, Karaijudi.
3. Pandey Laxmi Kant: Methods of Physical Education: Metropolitan Book Company Pvt. Ltd., New Delhi.

Reference Books:

1. Vaisnav Rajendra Prasad: Organization and Methods of Physical Education Shree Yansh Publication, Jaipur.

Semester IV

B.A. Part II Physical Education

Paper-II Recreation and Camping

Credits – 2

Paper Code: PHE – 402

Time Duration – 30 hrs

Unit I Introduction

1. Meaning of recreation
2. Physical Education and recreation
3. Misconception of recreation
4. Need of recreation in life
5. Types of recreation
6. Objective and advantages of recreation
7. Classification of recreation.

Unit II Play and recreation

3. Natural process of recreation
4. Player and recreation
5. Spectator and recreation
6. Hazards from recreation
7. Healthy and unhealthy recreation

Unit III

1. Recreation in rural area.
2. Recreation in urban area.
2. Recreation in Industrial area.
3. Recreation in Education area.
4. Recreation in Hilly area
5. Recreation in Coastal area
6. Leadership in Recreation Programming.

Unit IV Camping

1. Introduction, meaning of camping.
2. Types and preparation of camping.
2. Preparing and planning for camping.
3. Equipment for camping.
4. Health, Sanitation and first aid.
5. Health and hygiene.

Unit V

1. Nature of mobile camping.
2. Equipment for mobile camping
3. Planning of meals.
4. Cooking and dietary
5. The choice preparation and cooking of food.
6. Recreation and activities.

Books Recommended:**Essential Reading :**

1. Camping Management in Physical Education, Friends Publication (India)
2. Laxmikant Pandey, Organization and Administration in Physical Education, Shri Bhram Gupt Metropolitan Book Company Pvt. Ltd., New Delhi.

Semester IV
B. A. Part – II
Physical Education

Paper-III
Physical Education Practical

Credits - 4

Paper Code: PHE - 403

Time Duration – 160 hrs

To be eligible for offering a paper in Physical Education a candidate shall be required to show her familiarity (Rules and Techniques) and to give her performance in the following :

1. **Physical Fitness –**

- i) Warming-up
- ii) Shuttle run
- iii) Aerobic exercise

2. **Athletics**

Track Events -

- i) Hurdles races

Throw Events –

- i) Discuss Throw

3. A Candidate may choose any one of the following Games :

- i) Chess
- ii) Yoga – Pranayama and Aassans (, Sukhasana, Tadasana, Bhunjangasana, Dhanuasana, Halasana, Pavanmuktasana, Sarvangasana)

Semester V

B.A. Part III Physical Education

Paper-I Test and Measurement

Credits – 2

Paper Code: PHE – 501

Time Duration – 30 hrs

Unit I Introduction **6 hrs**

1. Meaning of tests, measurement and evaluation.
2. Need and importance of tests and measurement in physical education.
3. Meaning and importance of statistics.
4. Frequency tables-meaning, construction and uses.

Unit II Fundamentals of Statistics **6 hrs**

1. Measures of central tendency- mean mode and medium.
2. Graphical representation of data-meaning uses and techniques.
3. Measures of dispersion – range, standard deviation.

Unit III Test evaluation and construction **4 hrs**

1. Objective and subjective tests.
2. Criteria of tests selection.
3. Administration of Testing programme.
4. Importance of Computer Application in sports.

Unit IV Measurement of Physical fitness and skill performance **8 hrs**

1. Fitness tests: AAHPERD, JCR test, Canadian fitness test, cooper test.
2. Sports skill tests: Johnson Basket ball ability test, Harbans Singh Goal Shooting test, in Hockey Brady test (Volley Ball test)

Unit V **6 hrs**

1. Dimensions and marking of playfields, Handball, volleyball, basketball, Cricket, Hockey and Badminton
2. Track Marking

Books Recommended

Essential Reading

1. Dr. Abhey Kumar Shrivastava: Test and Measurement in Physical Education.
2. Neilson N.P.: An Elementary Course in Statistics Test and Measurement in Physical Education National Test Polo Athletic 1960.

Reference Book

1. Clark H.H.: Application of Measure to Health.
2. Kamlesh-Sangral : Methods in Physical Education. Prakash Brothers, Ludhiana.

Semester V

**B.A. Part III
Physical Education**

**Paper-II
Officiating and Coaching**

Credits – 2

Paper Code: PHE – 502

Time Duration – 30 hrs

Unit I Officiating	4 hrs
1. Definition and importance of officiating.	
2. Principles of officiating.	
3. Duties and relations of an officials.	
Unit II	4 hrs
1. Qualities of a good official.	
2. Suggestion for improving the standard of officiating	
3. Officials for athletics and other major games and their responsibilities.	
Unit III Coaching	8 hrs
1. Meaning and definition of coaching.	
2. Importance of coaching	
3. Principles of coaching	
4. Qualities of a good coach	
5. Duties and relations of a coach	
Unit IV	6 hrs
1. Demonstration and analysis of skills.	
2. Criteria of Selection of players.	
3. Principles of offence and defence.	
4. Training schedules.	
5. Requisites of a champion.	
Unit V Training	8 hrs
1. Meaning and definition of training	
2. Types of training	
3. Principles of training	
4. Factors affecting training	

Book Recommended :

Essential Reading

1. Dr. P.D. Sharma: Officiating and Coaching, A.P. Publishers, 19, Books, Market, Chowk Adda, Jalandher.
2. Singh Hardayal – Sports Training General Theory and Practice NSNIS Publication Patiala, 1984.

Reference Books

1. Clair Bee and Ken Norton: The Science of Coaching: Second Edition, The Ronald Press Company, New York 1959.
2. James B. Bonder: How to Be successful Coach, Prentice Hall, INC, Englewood Cluffs N.J.

Semester V
B. A. Part – III
Physical Education

Paper-III
Physical Education Practical

Credits - 4

Paper Code: PHE - 503

Time Duration – 160 hrs

To be eligible for offering a paper in Physical Education a candidate shall be required to show her familiarity (Rules and Techniques) and to give her performance in the following :

1. **Physical Fitness –**
 - i) Warming-up
 - ii) 6 / 9 min. continue running practice

2. **Athletics**

Track Events -
 - i) Advance training of track events
Jumping Events –
 - ii) Triple jump

3. A Candidate may choose any one of the following Games :
 - i) Cricket
 - ii) Badminton

Semester VI

B.A. Part III Physical Education

Paper-I

Organization, Administration and Supervision in Physical Education

Credits - 2

Paper Code: PHE – 601

Time Duration – 30 hrs

Unit I Organization	4 hrs
1. Meaning and definition of organization. 2. Importance of organization 3. Area of organization 4. Principles of organization	
Unit II Administration	8 hrs
1. Meaning and definition of administration 2. Qualities of a good administrator. 3. Function of physical education administration. 4. Types of administration, principles of administration. 5. Principles of planning.	
Unit III Programme Planning	4 hrs
1. Principles of time table. 2. Factors affecting the time table. 3. Preparing time table and scheduling for general school and sports school. 4. Annual Sports meet 5. Intramurals and Extramurals.	
Unit IV Facilities	8 hrs
1. Construction and care of play grounds. 2. Indoor and outdoor facilities 3. Records and different registers	
Unit V Supervision	6 hrs
1. Definition and meaning of supervision. 2. Purpose and need of supervision. 3. Types of supervision. 4. Principles of supervision. 5. Inspection and follow-up.	

Books Recommended :

Essential Reading

1. A.K. Karmarkar and Abhey Kumar Shrivastava: Physical Education organization administration, supervision and camping.

Reference books

1. Vaishnav Rajendra Prasad: Organization and Methods of Physical Education, Sheeyansh Publication, Jaipur.

Semester VI

B.A. Part III Physical Education

Paper-II Method of Sports Training in Physical Education

Credits – 2

Paper Code: PHE – 602

Time Duration – 30 hrs

Unit I Fundamentals of Training **6 hrs**

1. Meaning and aims of sports training
2. Training means and methods.
3. Principles of sports training.
4. Training load– means, load adaptation, factors of load, principles of load.

Unit II Training Components **8 hrs**

1. Strength – Meaning, type, factors determining strength, Improvement of strength.
2. Speed-meaning, factors determining speed.
3. Endurance-Meaning, Importance of Endurance, types of Endurance.
4. Flexibility-Meaning, Importance of flexibility, types of flexibility.
5. Coordinative Abilities-Nature, definition and Importance.

Unit III Technique and Tactics **5 hrs**

1. Technique – Definition, Technique, skill and style and methods of technique training.
2. Tactics – Aims and principles of tactics preparation.

Unit IV Training Process – I **5 hrs**

1. Periodisation – Meaning, aim, contents of periodisation and types of periodisation.
2. Planning – Definition, principles of planning, types of training plans.

Unit V Training Process – II **6 hrs**

1. Training session – meaning – meso and micro cycle plans.
2. Short and long term training planning.
3. Talent Identification and development – means and principles of talent identification and development.

Books Recommended:

Essentials books

1. Dr. Hardy Singh – Science of Sports Training
2. Dr. Hardy Singh – Sports Training

Reference Books

1. Fox, E.L. Mathews, D.K., The Physiological Basis of Physical Education and Athletics Saunders College Publishing, 1984.
2. Wilmore, J.H. : Strength, Power and Muscular Endurance in Athletic Training and Physical Fitness Boston: Allyn and Baleer Inc., 1977.

Semester VI
B. A. Part – III
Physical Education

Paper-III
Physical Education Practical

Credits - 4

Paper Code: PHE - 603

Time Duration – 160 hrs

To be eligible for offering a paper in Physical Education a candidate shall be required to show her familiarity (Rules and Techniques) and to give her performance in the following :

1. **Physical Fitness –**
 - i) Warming-up
 - ii) Free Hand exercise
 - iii) Weight training exercise
 - iv) Meditation

2. **Athletics**
 - i) Advance training of field events

3. A Candidate may choose any one of the following Games :
 - i) Table Tennis
 - ii) Tennis