



SIDHO-KANHO-BIRSHA UNIVERSITY

**Curriculum**  
**BACHELOR OF ARTS(BA) PROGRAM COURSE**  
**WITH**  
**PHYSICAL EDUCATION**  
(with effect from 2017-2018)

**Semester -I**

**Paper – CC-1**

**Course Code -BPEDCCRT101**

**Title:**

Foundation and History of Physical Education

**Syllabus:**

Unit – I- Introduction

1. Concept, definition & Scope of Physical Education
2. Aim & Objectives of. Physical Education.
3. Modern Concept of Physical Education
4. Need & Importance of Physical Education
5. Misconception of Physical Education

Unit – II Historical Foundation

1. Historical Development, of Phy.Edu & sports in India.
  1. Pre – Independence & post- Independence period in India.
  2. Sports Schemes in India.
  3. Olympic Movement.
    1. Ancient Olympic
    2. Modern Olympic
    3. Objective of Olympic
    4. Olympic motto, Flag, Emblem, Torch, oath, Opening& Closing Ceremony.

Unit – III Philosophical & Psychological Foundation

1. Meaning of Philosophy.
2. Different Schools Philosophy applied of Physical Education.
3. Psychological Foundation- Clearing, Transfer at learning, mother learning.
4. Law's of learning, learning curve.
5. Psychological factors influencing motor learning.

1. Biological Foundation :-

Introduction meaning of growth & Development, Principles of growth & Development, Factors affecting Growth & Development.

1. Body types, age & Sex Difference & Physical Activates.
2. Sociological Foundation & Concept of Sociological.
3. Role of Games & Sports in National & International Integration.

## **Semester -II**

### **Paper – CC-2** **Course Code -BPEDCCRT201**

#### **Title:**

Management of Physical Education

#### **Syllabus:**

##### Unit – I

Nature, Concept of sports management.

The Purpose and scope of sports management.

Qualities and competencies requires for the spots management.

##### Unit - II

Meaning, Definition & Types of leadership.

\*Qualifies of good leadership.

\*Leadership and organizational Performance.

##### Unit – III

\*Introduction, meaning, definition and types of tournament.

\*Meaning and definition of Intramural and Extramural competition.

\*Aim and objectives of Intramural and Extramural Competition.

\*Concept and Importance of Budget.

##### Unit – IV

Lay out of Play field and basic rules

- a) Kabaddi. b) Kho – Kho c) Badminton
- d)Football e) Volleyball f) Handball
- g) Basketball h) Cricket i) Track and Field

Unit – V

- \* Meaning and definition of supervision.
- \* Principle of supervision.
- \* aims and objectives of supervision.
- \* Care and maintenance of Sports Equipment.

### **Reading References:**

1. Allen, L.A Management and organization hogakusha co. TOKYO 1988
2. Hert, renis, New Patterns of Management Me Grow Hill 1961.
3. Sivia, G.s Sports Management
4. in university New Delhi . A.I.U Deem Upadhyaya Marg 199
5. Sanddhu, K. Sports dynamics, Psychology , Sociology and Management.
6. Management Concepts in physical Education and Sports – Dr.M.L. Kamlesh

1.

## **Semester -III**

### **Paper – CC-3**

### **Course Code -BPEDCCRT301**

#### **Title:**

Game Specialisation

#### **Syllabus:**

##### **Indiam Games ( Any one )**

1. Kabaddi
2. Kho – kho

##### **Ball Games ( Any one )**

1. Foot ball b) volleyball c) Basket ball d) Hand ball e) Cricket

## **Racket Sport :- Badminton**

Fundamental Skills, Games ability and rules and Regulation .

Track and field :-

1. Running, 2) jumping, 3) Throwing.

## **Reading References:**

### **Paper- SEC Course Code - BPEDSERT304**

## **Title:**

Fitness and wellness

## **Syllabus:**

### UNIT-1

#### 1. INTRODUCTION-Fitness

1. Meaning and definition of fitness, relation to health, Types of Fitness.
2. Health related physical fitness and its components.
3. Skill related physical fitness and its components.
4. Importance of Physical Fitness.

### UNIT-2

#### 1. INTRODUCTION-Wellness

1. Meaning, definition and components of Wellness.
2. Development of wellness.
3. Prevention of illness, Measurement & management of Wellness.
4. Importance of Wellness.

### UNIT-3. Fitness and Wellness

3. Wellness – Concept, Significance with specific reference to Positive Lifestyle, Quality of Life

3.1 Relationship between Physical activities and Wellness.

3.2 Ageing: Meaning and Definition; Aging Phenomenon; Role of Exercise in Aging.

3.3. General Principles of Training for Fitness

UNIT-4. Life style and Nutrition.

- 4.1 Modern Lifestyle and Hypo- kinetic Diseases – Prevention and Management
- 4.2 First Aid and Emergency Care, Common Injuries and their Management
- 4.3 Nutrients and their Functions and Daily Requirements
- 4.4 Nutrition-Basic nutritional information, Determining caloric intake and expenditure, Meal planning and diets

## **Semester -IV**

### **Paper – CC-4**

#### **Course Code -BPEDECCRT401**

**Title:**

Anatomy and Physiology

**Syllabus:**

Unit – I Definition of ( Human ) anatomy and physiology, Human cell – Structure and Function , Skeletal system and Skeletal deformities – Type of Body, Type of joints, postural defects- Flat Foot , Kyphosis, Lord sis, Scoliosis, etc. Problems causes and correction.

Unit – II

Muscular system – various type of Muscular , structure, Effects of Exerciser , Muscular contraction Eccentric, Concentric, Static, Motor Unit, Isometric, Isokinetic, Exercises.

Unit- III

Circulatory System – Human Heat and its Structure , Mechanism of Blood Circulatory , Types of Blood vessels, Measurement of pressure , Effect of Exercise with Body Temperature .

Unit -IV

Respiratory System Organs of the system , vital capacity , oxygen debt , endurance, Effect of Exercise on Respiratory system Digestive system structure Function etc .

Unit- V

Nervous System – Parts of the brain and their Structure and Function Spinal ( Inhibition ) , Structure & Function of human eye & ear .

Unit -VI

Endocrine System – Meaning of Endocrine Glands , Functions , Location of Pitutary Gland , Thyroid and Adrenal Glands.

## **Reading References:**

1. Essential of Physical Education – Dr Ajmir Singah Other.
2. Seeley & others (2008)

Anatomy & Physiology megraw Hill Boston .

1. Jain AK (2002) Anatomy & Physiology For Nurses , Arya
2. Modern ( 2007) Essential of human Anatomy Physiology
3. . Prives M & other (2004) Human Anatomy volume – I & II .

## **Paper- SEC** **Course Code – BPEDSERT404**

### **Title:**

Yoga Skills

### **Syllabus:**

#### **PRACTICAL:**

#### **1. Standing Position:**

- 1.1. Ardhashandrasana
- 1.2. Ardhashakrasana
- 1.3. Padahasthasana
- 1.4. Brikshasana
- 1.5. Natarajasana

#### **2. Sitting Position:**

- 2.1. Paschimothanasana
- 2.2. Gomukhasana
- 2.3. Ustrasana

2.4. Supta Vajrasana

### **3. Supine Position:**

3.1 Halasana

3.2 Matsyasana

3.3 Setubandhasana

3.4 Naukasana

3.5 Karnapidasana

### **4. Prone Position:**

4.1 Bhujangasana

4.2 Salavasana

4.3 Dhanurasana

4.4 Bhekasana

4.5 Mayurasana

### **5. Inverted Position:**

5.1 Sarbngasana

5.2 Shrisana

5.3 Bhagrasana

5.4 Kopotasana

Kriya:

6.1 Pranayam

6.2 Jalaniti

6.3 bamandhuti

## Reading References:

Suggested Readings: • Anand O P (2001). Yog Dawra Kaya Kalp. Sewasth Sahitya Perkashan. Kanpur.

- Sarin N (2003) Yoga Dawara Rogon Ka Upchhar. Khel Sahitya Kendra
- Sri Swami Ramas (2001). Breathing. Sadhana Mandir Trust. Rishikesh.
- Swami Ram (2000) Yoga & Married Life Sadhana Mandir Trust. Rishikesh.

## Semester -V

### Paper – DSE-1

### Course Code – BPEDDSRT1

#### Title:

Health Education and Safety Education

#### Syllabus:

##### 1. Unit – I

Health Education:-

2. Meaning, concept & principles
3. Importance, Components & Dimension
4. Mental Health problems of mal Adjustment, minor Mental Disorders – these symptoms cause and precaution.
5. Major Areas of Health Education
6. Health Service- daily health Inspection, Medical inspection, follow-up, medical examination from, medical clinic.
7. Health education :- Healthful Education institution, offices, factories, Home, Playground and Auditorium Etc.
8. Roll of different agencies in promoting Heath ( W.H.O, UNICEE)
9. 2] Nutrition

2.1. Basic Nutrition, concept of nutrition (Protein, Carbo hydrated, fats, Minerals, Vitamins)

2.2. Need of Nutrients :- a) Growth & Repair b) Vitality & fitness c) caloric intake & expenditure energy Balance Equation.



2.3. Quality of Food – How and when to eat, Diets different age groups, Food preference, Sources Food.

2.4. Balanced Diets, Athletic diet, Standard diet.

2.5. Mid-day-meal Milk programme, meal nutrients Causes and effects.

2.6. Drinking- Water, Tea, Coffee, Liquor etc, Their effects.

2.7. Drugs, Alcohol and tobacco – adverse effect on health & Performance .

### **3] Hygiene**

3.1. Importance of Hygiene Living personal Hygiene, Care of skin Hair, ear, Throat, teeth, Eye, Nose, feet Etc.

3.2. Role of personal Hygiene

3.3. Mental hygiene, Sleep Hygiene, Occupational Hygiene in Phy.Edu & Sports.

3.4. Environmental Hygiene-Lighting, Ventilation, Water Supply, Waste-Disposal .

### **4] first-Aid and Safety Education**

4.1. Meaning, concept, need Importance

4.2. First-Aid

Sprain, Muscle pull, Dislocation, fracture, Cramps, Shock, Minor-injuries, Contusion, Bleeding, artificial Respiration, snake-bite, Drawing, Electric Shock & Burns.

4.3. Safety Education- safety at home, School, College playground, streets.

4.4. Symptoms Prevention & Control of Communicable Disease-malaria, Cholera, Common cold Cough Etc.

### **5] Pollution.**

5.1. Meaning, Concept.

5.2. Environmental Pollution-Air, Water, Earth Etc. Problems & remedial Measures .

## **Reading References:**

1. Teaching today Health – Anspqujh D.J.G.E. Zell K.N. Goodman, Mosby Publishers.
2. Essential of physical education – Dr. Ajmer Singh.
3. Personal Health Perspective & Life Styles, Flyod P.A, Mimms S.E&C. Yelding.
4. Nutrition Now J.E. Brown, Jhomson Wadsworth.

**Paper – DSE-2**  
**Course Code - BPEDDSRT2**

**Title:**

Sports Training

**Syllabus:**

**Unit- I: Introduction**

- 1.1. Meaning and definition of Sports Training.
- 1.2. Aim and characteristics of Sports Training.
- 1.3. Principles of Sports Training.
- 1.4. Importance of Sports Training.

**Unit- II: Methods of Training and Conditioning in Sports**

- 2.1. Warming up and cooling down- Meaning, types and methods.
- 2.2. Conditioning- Concept of Conditioning and its principles.
- 2.3. Training Methods- Circuit Training, Interval Training, Weight Training.
- 2.4. Periodization- Meaning, types, aim and contents of different periods.

**Unit- III: Training Load and Adaptation**

- 3.1 Training Load- Meaning, definition, types and factors of training load.
- 3.2 Components of training load.
- 3.3 Over Load- Meaning, causes, symptoms and tackling of over load.
- 3.4 Adaptation- Meaning and conditions of adaptation, Super compensation

**Unit- IV: Training Techniques**

- 4.1 Strength- Means and methods of strength development.
- 4.2 Speed- Means and methods of speed development.

4.3 Endurance- Means and methods of endurance development.

4.4 Flexibility- Means and methods of flexibility development.

### **FIELD PRACTICAL**

1. Practical Experience of Weight Training and Circuit Training (any one).
2. Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility (any two).

### **Reading References:**

1.
  1. Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
  2. Cart, E. Klafs&Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company.
  3. Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book.
  4. David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University.
  5. Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics Hardayal.
  6. Singh (1991) Science of Sports Training, New Delhi, DVS Publications.
  7. Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia.
  8. Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications.
  9. YograjThani (2003), Sports Training, Delhi : Sports Publications
2. Kar, S. &Santra, D.C. (2018): SnatakSarirsikshaPorichaya, (Vol.- 1), Santra Publication, Kolkata

### **Paper- SEC**

**Course Code – BPEDSERT505**

#### **Title:**

Test, Measurement and Evaluation in Physical Education

#### **Syllabus:**

##### **Unit- I: Introduction**

1.1. Concept of test, measurement & Evaluation.

1.2. Criteria of good test.

1.3. Principles of Evaluation.

1.4. Importance of Test, Measurement and Evaluation in Physical Education and Sports.

## **Unit- II: Measurement of Body Compositions and Somatotype Assessment**

2.1. Body Mass Index (BMI) - Concept and method of measurement.

2.2. Body Fat- Concept and method of measurement.

2.3. Lean Body Mass (LBM) - Concept and method of measurement.

2.4. Somatotype- Concept and method of measurement.

## **Unit- III: Fitness Test**

3.1 Kraus-Weber Muscular Strength Test

3.2 AAHPER Health Related Fitness Test

3.3 Queens College Step Test

3.4 J.C.R. Test

## **Unit- IV: Sports Skill Test**

4.1 Lockhart and McPherson Badminton Skill Test

4.2 Johnson Basketball Test Battery

4.3 McDonald Soccer Test

4.4 Brady Volleyball Test

## **Reading References:**

1. Authors Guide. ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications.

2. Collins, R.D., & Hodges P.B. A Comprehensive Guide to Sports Skills Tests and Measurement, Lanham: Scarecrow Press.

3. Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company.

4. Kansal, D.K. (1996), Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications.

5. Krishnamurthy, Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication.

5. Yobu, A, Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications.

**Paper- GE**  
**Course Code – BPEDGERT25**

**Title:**

Yoga Science

**Syllabus:**

UNIT –I

- \* Introduction
- \* Meaning of yoga
- \* History of Yoga
- \* Aim and objective of Yoga

UNIT – II

ASANAS

- \* Introduction
- \* Importance of yoga asanas
- \* Asans/ Yogic Exercises and The cure of disease

UNIT – III

PRANAYAMA

- \* Meaning of pranayama
- \* Objective of pranayama
- \* Types of pranayama
- \* Physiological Values of pranayama

UNIT – IV

SHUDHI KIRYAS

\*Introduction

\* Objective of sudhi kiryas.

\* types of shudhi kiryas.

\* physiological values.

\* Why Called yoga AS a science.

Reading References:

**Semester -VI**  
**Paper – DSE-3**  
**Course Code – BPEDDSR3**

**Title:**

Indigenous Games, Marching, Mass Demonstration, gymnastics & Yoga

**Syllabus:**

**1. Indigenous Games**

1. Kabaddi
2. Kho-kho

**2. Marching**

1. R line formation
2. Khuli line and nikat line
3. Left, Right, Forward & Backward Turn
4. Kadamtal
5. Parade

**3] Mass Demonstration**

**3.1 Without Apparatuses**

- a) Callisthenics
- b) Aerobics

**3.2 With Apparatuses**

- a) Lazimm
- b) Dumbble
- c) Wands

### 3.3 4] **Floor gymnastics**

4.1 Forward Roll

4.5- Hand Spring

4.2 Backward Roll

4.6- Neck Spring

4.3 Cartwheel

4.7 – Summer Sault

4.4 Dive Roll

5. Yoga :-

Padmasana, Bajrasana, Halasana, Sarbangasana, Dhanurasana, Bhujaujasana, Paschinmytasana, Padhastasana, Noukasana, shirsasana, Bhadrasana, Mayourasana,

Surya Nauaskara

1. Bratachariya
2. N.C.C.
3. N.S.S.

Record Book

## **Paper – DSE-4** **Course Code – BPEDDSRS4**

### **Title:**

Track and Field

### **Syllabus:**

#### **1. Track Events**

1.1. Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block.

1.2. Acceleration with proper running techniques.

1.3. Finishing Technique: Run Through, Forward Lunging and Shoulder Shrug.

1.4. RelayRace: Starting, Baton Holding/Carrying, Baton Exchange in between zone, and Finishing.

#### **2. Field Events (Any three; Students' choice)**

2.1. Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing.

- 2.2. High jump: Approach Run, Take-off, Bar Clearance/Flight (Straddle Roll) and Landing.
- 2.3. Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery  
(Perry O'Brien Technique).
- 2.4. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle).
- 2.5. Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).

### **3. Officiating**

- 3.1. Running (any one)
- 3.2. Jumping (any one)
- 3.3. Throwing (any one)
- 3.4. Viva on rules and regulations on track and field events.

### **Project-cum-Practical Record Book**

1. Introduction of the Sport, History of Development
1. Performance status of India and renowned personalities – Indian & International
1. Fundamental Skills
2. Rules & regulations with Field/Court diagram

### **Reading References:**

1. Saha, A. K. SarirSiksherRitiniti, Rana Publishing House, Kalyani.
1. Bandopadhyay, K. SarirSikshaParichay, Classic Publishers, Kolkata.
1. Petipus, et al. Athlete's Guide to Career Planning, Human Kinetics.
1. Dharma, P.N. Fundamentals of Track and Field, Khel Sahitya Kendra, New Delhi.

## **Paper- SEC** **Course Code – BPEDSERT604**

### **Title:**

POSTURAL DEFORMITIES & REMEDIAL MEASURES

### **Syllabus:**

UNIT-I



1.
  1. Meaning and definition of Posture and Postural Deformities
  2. Role of posture in sports and physical education.
  3. Yoga and posture

## UNIT-II

### 2.1 Postural deformities and their causes:

- a. Kyphosis
- b. Lordosis
- c. Scoliosis
- d. Bow legs
- e. Knock knee
- f. Flat foot

### 2.2. Preventive and remedial measures for postural defects:

- a. Psychological and habitual consideration in preventing and correcting postural defects.
- b. Corrective exercises for various postural defects. c. Physiotherapist treatment in correcting postural defects

### 2.3 Role of yoga in preventing and correcting postural defects.

## UNIT-III

### 3.1 Nutrition- Nutritional requirements for daily living.

### 3.2 Preparation of Balance Diet chart. Health disorders due to deficiency of Protein, Vitamins and Minerals.

### 3.3 Role of nutrition in preventing postural defects.

## **Paper- GE** **Course Code – BPEDGERT25A**

**Title:**  
HEALTH EDUCATION

**Syllabus:**

## UNIT – I

Introduction

Definition of Health

Meaning of Health education

## UNIT – II

Definition of Health education

Aims and objectives of Health education

Principle of Health education

Importance of Health education

## UNIT – III

Health Service – Daily Health Inspection , Medical Inspection , Flow up, Medical Examination form Medical Clinic .

Mental Health : Problems of Mal – Adjustment , Minor Mental disorder – their symptoms , Causes and Precaution

## UNIT – IV

Environmental Hygiene :- Lighting – Ventilation , Water supply , Washed – Disposal

Environmental Pollution :- Air , Water , Sound , Problems and Remedial Majors .

## UNIT – V

Importance of Hygiene :- Living – Personal Hygiene , Care of Skin , HAIR, Ear, Throat, Teeth, Eye, Nose, Feet And Fatigue , Habits .

### Reading References:

1. Graham, G. (2001) Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M. L. & Singh, M. K. (2006) Physical Education (Naveen Publications).
3. Lau, S.K. (1999), Great Indian players, New Delhi, Sports Publication
4. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, U.S.A.
5. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
6. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.