

Swami Ramanand Teerth  
Marathwada University, Nanded

**PHYSICAL EDUCATION**  
(U.G. Level)

**FACULTY OF PHYSICAL EDUCATION**  
(Three year Degree Course)

**B.A. III year**

**PHYSICAL EDUCATION SYLLABUS**  
Effective from June 2010

**FACULTY OF PHYSICAL EDUCATION**

**SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED**

B. A. IIIrd Year

Paper - V

**Title of the Paper**

**“Management, Research, Test, Measurements and Psychology in Physical Education”**

Time : 3 hrs

Marks : 100

120 P/yearly

**Part—A (Management)**

**Unit I** Definition, need, importance and scope of management in physical education  
Concept and principles of management qualification of the manager.

**Unit II** Financial management

- 1 Importance and functions
- 2 Budget Types of budget, criteria of budget
- 3 Public relation Definition, scope, purpose and importance principles , medias, methods of public relation
4. Management of competitions intramurals, inter collegiate, inter university

**Part—B (Research)**

**Unit I** 1. Meaning, Nature, need and scope of research in physical education  
2. Types of Research

**Unit II** 1. Methods of Research  
2. Data collection tools and techniques

**Part—C (Test and Measurements)**

**Unit I** 1. Definition of Test and measurement  
2. Principles of measurements, importance

**Unit II** 1. Construction and classification of test  
2. Concepts and assessments of physical fitness sargent test, shuttle fun, Hard ward step test.

**Part—D (Sports Psychology)**

**Unit I** 1. Definition, nature and scope of sports psychology  
2. Learning process– Theories and Laws of learning  
3. Personality, meaning, dimensions, personality traits of sportsman.

**SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED**

B. A. IIIrd Year

Paper - VI

**Title of the Paper**

**History and Development of Games and Sports, Officiating, Coaching and Training”**

Time : 3 hrs

Marks : 100

120 P/yearly

### **Part—A**

**Unit I** History and Development of the following games and sports  
Kabaddi, Kho-Kho, Football, Basketball, Handball, Athletics  
(Track and Field events)

**Unit II** Marking and measurements, Rules and regulations of the following games &  
sports  
Kabaddi, Kho-Kho, Football, Basketball, Handball, Athletics

### **Part—B (Officiating)**

**Unit I** 1. Meaning, importance, need of officiating in games and sports  
2. Philosophy and principles of officiating

**Unit II** 1. Qualifications, qualities and duties of officials  
2. Measures of improving the standard of officials.

### **Part—C (Coaching)**

**Unit I** 1. Meaning, need importance of coaching  
2. Principles of coaching

**Unit II** 1. Qualities and qualifications of a good coach  
2. Difference between coaching and teaching.

### **Part—D (Training in games and sports)**

**Unit I** 1. Motor qualities (Components) strength, speed, endurance, flexibility, agility  
2. Warming up and conditioning exercises

**Unit II** 1. Different training methods weight, training, fartlek, circuit, interval  
2. Training load and periodization Normal load, crest load, over load, pre season,  
training, mid season, competition season and off season, training, training session,  
short term and long term.

**SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED**

B. A. IIIrd Year

Paper - VII

**Title of the Paper**

**Physical Education Practical**

Marks : 100

Per week 4 period per division

Total periods 120

**Course Contents**

<b>1</b>	<b>Practical Project (Any one)</b>	<b>10</b>
	A) Fat percentage	
	B) Strength of Leg and strength of back	
<b>2</b>	<b>Track and Field events (Only techniques)</b>	
	A) Running Event 400 / 5000 m. (Men Women)	10
	B) Throwing events—Javelin Throw	10
	C) Jumping events—High jump	10
<b>3.</b>	<b>Optional games</b>	
	A) One Indian game	15
	1. Wrestling 2. Badminton (Fundamental skills, techniques knowledge of rules and regulations)	
	B) One Foreign Game	15
	1. Volleyball 2. Hockey (Fundamental skills, techniques, knowledge of rules and regulations)	
<b>4.</b>	<b>Internal marks (Behaviour and Attendance)</b>	<b>10</b>
<b>5.</b>	<b>Oral</b>	<b>10</b>
	All practical events related, introduction Historical development, rules and regulations	
<b>6.</b>	<b>Record book</b>	<b>10</b>
	Record book will be cover the following	
	A) Brief history	
	B) Various diagrams	
	C) Names of different fundamental skills in team events and styles and techniques in athletic events.	
	D) Officials	

**Reference Books**

1. Charlres A Bucher :  
Management of Physical Education and Athletics Programme.



## Reference Books

1. K. K. Agrwal & R. J. Jain  
 Officiating and Coaching (Theory & Coaching of games)  
 Suyog Prakashan, 3 Viveknand Market Amravati 1983.
  2. John W. bunn  
 The Art of Officiating, Sports
  3. J. W. Bunn  
 Scientific Principles of Coaching
  4.  
 Hand Book of Rules of games & Sports,  
 YMCA Pub. House Chennai
  5. Jal D. Pardiwala  
 Manual of Athletic Competitions
  - 6 N.I.S. Publications Patiyala, Punjab  
 Sports Training Method
  7. Dr. Kamal Jadhav  
 Principles of Coaching
  8. Singh Hardayal  
 Science of Sports Training, D.V. S. Publication, New Delhi
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B. A. (Third Year) Examination  
March / April

## **PHYSICAL EDUCATION**

**Paper V**— Management, Research, Test, Measurements and psychology in  
Physical Education

**Paper VI** — History and Development of Games and Sports, Officiating  
Coaching and Training

Day / Date

Time : 3 hours

Maximum Marks—100

- N.B.** 1. Attempt all questions  
2. All question carry equal marks

- Q. 1. Essay Type 20  
OR  
Essay Type
- Q.2. Essay Type 20  
OR  
Essay Type
- Q.3. Answer the following question any two 20  
i)  
ii)  
iii)  
iv)
- Q.4. Write short answers of any two of the following 20  
i)  
ii)  
iii)  
iv)
- Q. 5 Write short notes of any two of the following 20  
i)  
ii)

iii)

iv)

- N. B. 1)** Separate heads of passing
- a) Theory papers—Minimum passing 35 marks
  - b) Practical—Minimum passing 35 marks.
- N.B. 2) Practical Examination conducted
- a) Each 16 students batch
  - b) Examiner appointed by University  
One Internal Subject teacher and one External
  - c) One Peon—Peon for ground marking Water supply,  
Equipment supply and collecting it etc.
- N.B. 3) Practical B. A. III year—First batch 16 students, second batch will  
be treat 1/3 of batch first.
- N.B. 4) Private Candidate and the candidates of the department of  
correspondence studies will not be allowed to take this subject
- N. B. 5) Uniform is compulsory for practical periods and examination

