

Swami Ramanand Teerth
Marathwada University, Nanded

PHYSICAL EDUCATION
(U.G. Level)

FACULTY OF PHYSICAL EDUCATION
(Three year Degree Course)

B.A. III year

(Semester Pattern)

PHYSICAL EDUCATION SYLLABUS

Effective from June 2011

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED
B. A. IIIrd Year
Semester Pattern

PAPER – IX	SEMESTER – V	THEORY EXAM	40+10 = 50
PAPER – X	SEMESTER – VI	THEORY EXAM	40+10 = 50
PAPER – XI	SEMESTER – V	THEORY EXAM	40+10 = 50
PAPER – XII	SEMESTER – VI	THEORY EXAM	40+10 = 50
PAPER – XIII	SEMESTER – V	PRACTICAL EXAM	50
PAPER – XIV	SEMESTER – VI	PRACTICAL EXAM	50

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- Note :-** 1) **Practical Paper No. XIII and XIV - 100** गुणांची प्रात्यक्षीक परीक्षा एकत्रीत मार्च/एप्रिल च्या परीक्षेच्या वेळेस घेण्यात येईल.
- 2) प्रात्यक्षीक परीक्षेत अनुत्तीर्ण झालेल्या विद्यार्थ्यांची प्रात्यक्षीक परीक्षा (पेपर क्रं. १३ व १४) एकत्रीतपणे ऑक्टोबर/नोव्हेंबर परीक्षेच्यावेळेस घेण्यात यावी.
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SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED
SEMESTER - V

B. A. IIIrd Year

Paper - IX

Title of the Paper

“Management & Sports Psychology in Physical Education”

Time : 02 hrs

Marks : 40

60 Half 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 (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
SEMESTER - VI

B. A. IIIrd Year

Paper - X

Title of the Paper

“Research, Test and Measurement in Physical Education”

Time : 02 hrs

Marks : 40

60 Half yearly

Part—A (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—B (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.
step test.

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED

SEMESTER - V

B. A. IIIrd Year

Paper - XI

Title of the Paper

“History and Development of Games and Sports, and Training Methods”

Time : 02 hrs

Marks : 40

60 Half 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 (Training Methods)

Unit I 1. 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

SEMESTER - VI

B. A. IIIrd Year

Paper - XII

Title of the Paper

“Officiating and Coaching in Games and Sports”

Time : 02 hrs

Marks : 40

60 Half yearly

Part—A (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—B (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.

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED

SEMESTER - V

B. A. IIIrd Year

Paper - XIII

Title of the Paper

Marks : 50

Physical Education Practical

Per week 4 period per division

Total periods 60

Course Contents

1	Practical Project (Any one)	10
	A) Fat percentage	
	B) Strength of Leg and strength of back	
2	A) Running Event 400 / 5000 m. (Men Women)	10
3.	Optional games	
	A) One Indian game	15
	1. Wrestling 2. Badminton	
	(Fundamental skills, techniques knowledge of rules and regulations)	
4.	Internal marks (Behaviour and Attendance)	05
5.	Oral	05
	All practical events related, introduction Historical development, rules and regulations	
6.	Record book	05
	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	

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED

SEMESTER - VI

B. A. IIIrd Year

Paper - XIV

Title of the Paper

Marks : 50

Physical Education Practical

Per week 4 period per division

Total periods 60

Course Contents

1	A) Throwing events—Javelin Throw	10
	B) Jumping events—High jump	10
2.	Optional games	
	A) One Foreign Game	15
	1. Volleyball 2. Hockey (Fundamental skills, techniques, knowledge of rules and regulations)	
3.	Internal marks (Behaviour and Attendance)	05
4.	Oral	05
	All practical events related, introduction Historical development, rules and regulations	
5.	Record book	05
	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 for (Paper - IX and X)

1. Charles A Bucher :
Management of Physical Education and Athletics
Programme.
2. U.K. Singh/ J.M. Dewan
Sports Management,
Ajay Nangia for APH Publishing Corporation 5,
Ansari Road, Daryaganj, New Delhi 110 002
3. S. K. Pachuri
Sports Management
Ajay Verma, Commonwealth Publishers 4831/24
Prahlad street, Ansari Road, Daryaganj, New Delhi
4. Dr. Kamal Jadhav
Dr. Sachin Pagar
Dr. Sinku Singh
Research Methodology in Physical Education and
sports Introduction
5. Dr. S. R. Sharma
Research Methodology in Physical Education
6. Kamlesh Sen
Research methodology
7. Devinder K Kansal
Test and measurement in Sports and Physical Education
8. Kamlesh M. L.
Psychology of Physical Education and Sports
Metropolitan Book Com. Pvt. Ltd. 1983
9. John d. Lawther
Sports Psychology
10. Robber N. Singer
Coaching Athletics and Psychology
1. प. म. आलेगांवकर
प्रगत क्रीडा मानसशास्त्र,कॉन्टीनेंटल प्रकाशन,विजया नगर,पुणे
2. प्रा. के. एन.,. गंदगे
शारीरिक शिक्षण आणि क्रीडा व्यवस्थापन,समर्थ पब्लिकेशन, नांदेड
3. गंगवार
शारीरिक शिक्षण एवं. खेलकुद परिक्षण, मापन, एवं मुल्यमापन
4. प्रा. श्रीपाद जर्दे
शारीरिक शिक्षण संशोधन पद्धती
5. डॉ. व्यंकटेश वांगवाड
प्राचार्य शंकर तिवारी
शारीरिक शिक्षण मापन व मुल्यमापन

- ६ डॉ. व्यंकटेश वांगवाड शारीरिक शिक्षण मापन व मुल्यमापन
प्राचार्य शंकर तिवारी
- ७ डॉ. रा.रं. बोरुडे संशोधन पद्धतीशास्त्र
- ८ डॉ. रमेशचंद कंवर शिक्षा एवं क्रीडा मनोविज्ञान, अमित ब्रदर्स पब्लीकेशन, नागपूर
- ९ डॉ. शिवकुमार चौहान शारीरिक शिक्षा का मापन तथा मुल्यमापन, प्रेरणा प्रकाशन, दिल्ली
- १० डॉ. माधुरी वाघचौरे, शारीरिक शिक्षण **Insight publication, Nasik**
प्रा. मिलिद कांबळे
- ११ प्रा. बंकट यादव व प्रा. विक्रम एस. कुंटूरवार :- शारीरिक शिक्षणातील व्यवस्थापन,
संशोधन, मापन मुल्यमान व मानसशास्त्र.

Reference Books for (Paper - XI and XII)

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
1. अ. के. करमरकर क्रीडा अधिशिक्षा पद्धती, शक्ती प्रकाशन, अमरावती
2. डॉ. व्यंकटेश वांगवाड कोचिंग अँड ऑपिशिएटींग गेम्स अँड स्पोर्ट्स, पार्वती प्रकाशन पुणे
3. पी. के. अरोडा खेल संचालन एवं प्रशिक्षण,
प्रकाश ब्रदर्स, ५४६, पुस्तक बाजार, लुधियाना १४४ ००८
4. डॉ. रमेश चंद कवर निर्णयन एवं अधिशिक्षा, अमित ब्रदर्स पब्लिकेशन,
जी २, रमा स्मृती, घारे लेन, धंतोली, नागपुर ४४० ०१२
5. प्रा. सिलेदार डॉ. प्रा. विठ्ठलसिंग परिहार
खेल संचालन व क्रीडा मार्गदर्शन, अभय प्रकाशन, नांदेड, ४३१ ६०५

Reference Books for (Paper - XIII and XIV)

1. Winter Griffith H.
Complete Guide to Sports Injuries
First Indian Edition, 1989, Metro Politian Book Co.Pvt. Ltd.
New Delhi
2. Dr. R. L. Anant
Planning Field Manual, N.S. N.I.S., Patiyala, India
3. R. G. Goyal, Chander Mehra
Encyclopedia of sports and games
Vikas Publishing House Pvt. Ltd, 5 Daryaganj,
Ansari Road, Delhi
4. Dr. V. M. Sharma, Dr. Mina Thhse
Track Marking, Amravati
5. Y.M.C.A.
Books of Rules of Games and Sports,
YMCA Publishing House, Jaisingh Road, New Delhi
1. राम भागवत
अॅथलेटिक्स, ट्रॅक अॅन्ड फिल्ड पब्लिकेशन, पुणे ९
2. विजय आयाधा, रमेश तावडे व राम भागवत
मैदानी स्पर्धा, ट्रॅक अॅन्ड फिल्ड पब्लिकेशन पुणे, ९
3. प्राचार्य आ. पा. खरात
शर्यती, स्पर्धा व खेळ, मेहता पब्लिकेशन हाऊस, पुणे ३०
4. वा.द. सावे
व्हॉलीबॉल, क्रीडा प्रकाशन, नागपुर
5. डॉ. व्यंकटेश वांगवाड
आधुनिक व्हॉलीबॉल, गजानन बुक डेपो, पुणे, ३०
6. द.ब. कोठीवाले
ट्रॅक अॅन्ड फिल्ड स्पोर्टस, मुंबई ६७

B. A. (Third Year) Examination
Question Paper Pattern
(Semester Pattern)

PHYSICAL EDUCATION

Paper -IX— Management & Sports Psychology in Physical Education

Paper - X — Research, Test and Measurement in Physical Education

Paper -XI - History and Development of Games and Sports, and Training Methods

Paper -XII - Officiating and Coaching in Games and Sports

Day / Date

Time : 02 hours

Maximum Marks—50

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

Q. 1. Essay Type 10
OR
Essay Type

Q.2. Answer the following question any two 10
i)
ii)
iii)
iv)

Q.3. Write short answers of any two of the following 10
i)
ii)
iii)
iv)

Q. 4 Write short notes of any two of the following 10
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

Swami Ramanand Teerth Marathwada University, Nanded

Statement showing the details of marks obtained by the candidates at B. A. III year in the practical examination held at _____ on date _____ Optional subject physical education practical paper no. XIII and XIV.

Sr. No.	Exam Seat No.	Name of Student	Project	Tract & Field events			Optional game		Internal Marks 10	Oral 10	Record Book 10	Total 100	Remarks
				Running 10	Throwing 10	Jumping 10	Indian 15	Foreign 15					