

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.

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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

1	Practical Project (Any one)	10
	A) Fat percentage	
	B) Strength of Leg and strength of back	
2	Track and Field events (Only techniques)	
	A) Running Event 400 / 5000 m. (Men Women)	10
	B) Throwing events—Javelin Throw	10
	C) Jumping events—High jump	10
3.	Optional games	
	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)	
4.	Internal marks (Behaviour and Attendance)	10
5.	Oral	10
	All practical events related, introduction Historical development, rules and regulations	
6.	Record book	10
	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.

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, Commanwealth 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
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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

