



**SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED**

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

**Faculty of Physical Education
(Three Year Degree Course)**

**B. A. First Year
Physical Education
Syllabus**

(with effect from June 2013)

**B.A. First Year
Physical Education
Semester – I
Paper – I
History of Physical Education**

Time: 2 Hours

Marks: 40

**Per Week - 04 Periods
Half Yearly - 60 Periods**

Unit-I: History

- i) Physical Education in ancient Greece, Rome.
- ii) Ancient Physical Education in India.
 - i) Vedic Period
 - ii) Ramayan and Mahabharat Period
 - iii) Boudha Period
 - iv) Maratha Period
 - v) British Period

Unit-II: History and Development of Sport's Institute

- i) Y.M.C.A., Madras
- ii) Deccan Gymkhana, Pune
- iii) Hanuman Vyayam Prasarak Mandal, Amravati.
- iv) Netaji Subhash National Institute of Sports, Patiala.

Unit-III: Historical Development

- i) Olympic Movement
 - A) Ancient Olympic Games
 - B) Modern Olympic Games
- ii) Indian Olympic Association
- iii) Asian Games
- iv) Sports Authority of India (SAI)

Unit-IV: Awards in Games and Sports

- i) Rajiv Gandhi Khel Ratna Award
- ii) Arjun Award
- iii) Maharashtra Jeevan Gaurav Award
- iv) Shiv Chhatrapati Award
- v) District Awards (Best Coach, Player, Organiser)

संदर्भ ग्रंथ सूची

१. शारीरिक शिक्षणाचा इतिहास (भाग १ व २), प्रा. श्रीपाल जर्दे, अंबा प्रकाशन, कोल्हापूर—३.
२. शारीरिक शिक्षणाचा इतिहास आणि पाया, प्रा. के.एन. गंदगे, समर्थ पब्लिकेशन, नांदेड.
३. शारीरिक शिक्षणाचा इतिहास, गो.रा. पुरंदरे, मॅजेस्टिक प्रकाशन—३१६, गिरगाव, मुंबई—४.
४. ऑलम्पिक, हेमंत जोगदेव, हिमांशू प्रकाशन, पुणे—३.
५. शारीरिक शिक्षणाचा इतिहास व तत्त्वे, प्रा. के.एन. गंदगे/प्रा. डॉ. उत्तम धुमाळ, समर्थ पब्लिकेशन, नांदेड.
६. शारीरिक शिक्षणाचा इतिहास आणि पाया, प्रा. डॉ. बच्चेवार, प्रा. मोरे, प्रा. घायाळ.
७. शारीरिक शिक्षणाचा इतिहास व पाया, प्रा. सरपाते एम.यू, हर्षद प्रकाशन, नांदेड.
८. History of Physical Education, Khan Eraj Ahmad, Scientific Book Company.
९. An Analytical History of Physical Education.

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**B.A. First Year
Physical Education
Semester – I
Paper – II
PRACTICAL**

Time: 4 Hours	Marks: 50	Per Week - 03 Periods Half Yearly - 45 Periods
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Course Contents

1. Practical Project - 05 Marks
Measurement of Weight
2. Running Events - Techniques - 10 Marks
100m/800m (for Men/Women)
3. Optional Games (Any One) - 20 Marks
1) Kabaddi 2) Atya-Patya
(Fundamental Skills, Knowledge of Rules and Regulation)
4. Indian Exercise - 10 Marks
Suryanamaskar (Men/Women)
5. Record Book - 05 Marks
All practical events related
 - a) Brief History
 - b) Various Diagrams
 - c) Name of different fundamental skill in the events and athletics events
 - d) Officials

N.B.: Record Book and Uniform is Compulsory.

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संदर्भ ग्रंथ सूची

१. क्रीडाज्ञानकोष, डॉ. सुरेशचंद्र नाडकर्णी, मेहता पब्लिशिंग हाऊस—१२१६, सदाशिव पेठ, पुणे—३०.
२. क्रीडांगण, प्रा. के.एन. गंदगे, प्रा. उत्तम धुमाळ, समर्थ पब्लिकेशन, नांदेड.
३. आधुनिक व शास्त्रीय 'कबड्डी प्रशिक्षण', ई. प्रसादराव, दौलतराव शिंदे, रमेश भेंडीगिरी, ताराराणी स्पोर्ट्स क्लब, कोल्हापूर—४१८ ००८.
४. खेळाचा राजा 'अथेलेटिक्स', प्रल्हाद सावंत, राम भागवत, महाराष्ट्र अथेलेटिक्स संघटना, पुणे.
५. आंतरराष्ट्रीय विविध खेळ, प्रा. विनोद धरम, मनोरमा प्रकाशन, दादर (पूर्व), मुंबई—४०० ०१४.
६. Rules of Games and Sports, Y.M.C.A. Publishing House, Jaising Road, New Delhi - 110 007.
७. International Encyclopaedia and Sports and Games, Ashok Kumar, Mittal Publication, New Delhi - 110 059.
८. Rules Book on Atya-Patya, Dr. Kavishwar Deepak, Akhil Bharatiya Atya-Patya Mahasangh, Nagpur.

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**B.A. First Year
Physical Education
Semester – II
Paper – III
Principles of Physical Education**

Time: 2 Hours	Marks: 40	Per Week - 04 Periods
		Half Yearly - 60 Periods

Unit-I: Principles of Physical Education

- i) Meaning, Need, Importance, Scope of Physical Education
- ii) Aims and Objectives of Physical Education
- iii) Philosophy of Physical Education
- iv) Classification of activities
- v) Suitable activities of different age groups

Unit-II: Biological Basis of Physical Education

- i) Affecting factors of growth and development
- ii) Differences in Male and Female
- iii) Benefits of Exercise, Under Load, Normal Load, Overload, Training Principles.

Unit-III: Psychological Basis of Physical Education

- i) Meaning and Importance of Play
- ii) Theories of Play
- iii) Principles of growth and development

Unit-IV: Sociological Basis of Physical Education

- i) Games and Sports as a Cultural Heritage of Mankind
- ii) Role of Physical Education and National Integration

संदर्भ ग्रंथ सूची

१. शारीरिक शिक्षण : तत्त्वे व स्वरूप, प्रा. श्रीपाल जर्दे, प्रा. सौ. सुनिता जर्दे, चंद्रमा प्रकाशन, कोल्हापूर — ४१६ ००३.
२. शारीरिक शिक्षण : इतिहास व तत्त्वे, प्रा. के.एन. गंदगे, प्रा. उत्तम धुमाळ, समर्थ पब्लिकेशन, वजीराबाद, नांदेड.
३. शारीरिक शिक्षणाचे तत्त्वे व स्वरूप, भास्कर रामकृष्ण गोगटे, महाराष्ट्र राज्य शिक्षण मंडळ, ४१८, शनिवार पेठ, पुणे—२.
४. शारीरिक शिक्षा के सिद्धांत, डॉ. आर.सी. कँवर, अमित ब्रदर्स पब्लिकेशन, नागपूर — ४४० ०१२.
५. शारीरिक शिक्षण, डॉ. रमा शर्मा, विनोद पुस्तक मंदिर, आग्रा—२.
६. Principles and History, Kamles and Sangral Prakash, Brothers of Physical Education, Education Publishers, Books Market, Maitiran Gate, Jullunder City.

**B.A. First Year
Physical Education
Semester – II
Paper – IV
PRACTICAL**

Time: __ Hours	Marks: 50	Per Week - 03 Periods Half Yearly - 45 Periods
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Course Contents

1. Practical Project - 05 Marks
Measurement and Weight
2. Throwing Event - Shot Put - 10 Marks
(16 pound - men and 8 pound - women)
(Holding Styles Delivery and Recovery)
3. Jumping Events - Long Jump - 10 Marks
(Approach Run, Take off Air, Position Candling)
4. Optional Games (Any One) - 20 Marks
i) Table Tennis, ii) Gymnastics (Mat Exercise)
(Fundamental Skills Knowledge of Rules and Regulations)
5. Record Book - 05 Marks
All practical events related
 - i) Brief History
 - ii) Various Diagrams
 - iii) Name of Different Fundamental Skill
 - iv) The Teams Events and Athletics Events
 - v) Officials

N.B.: Record Book and Uniform is Compulsory.

संदर्भ ग्रंथ सूची

१. क्रीडाज्ञानकोष, डॉ. सुरेशचंद्र नाडकर्णी, मेहता पब्लिशिंग हाऊस—१२१६, सदाशिव पेठ, पुणे—३०.
२. जिम्नॅस्टिक खंड १ व २, शंकर अरोसकर, गौतम प्रकाशन, कोल्हापूर — ४१६ ००८.
३. क्रीडांगण, प्रा. के.एन. गंदगे, प्रा. उत्तम धुमाळ, समर्थ पब्लिकेशन, नांदेड.
४. खेळाचा राजा 'अॅथ्लेटिक्स', प्रल्हाद सावंत, राम भागवत, महाराष्ट्र अॅथ्लेटिक्स संघटना, पुणे.
५. आंतरराष्ट्रीय विविध खेळ, प्रा. विनोद धरम, मनोरमा प्रकाशन, दादर (पूर्व), मुंबई—४०० ०१४.
६. Rules of Games and Sports, Y.M.C.A. Publishing House, Jaising Road, New Delhi - 110 007.
७. International Encyclopaedia and Sports and Games, Ashok Kumar, Mittal Publication, New Delhi - 110 059.

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N.B.:

- 1) Separate Heads of Passing.**
 - a) Theory Papers - Minimum Passing 16 Marks per Semester (out of 40 Marks)
 - b) Practical Papers - Minimum Passing 20 Marks per Semester (out of 50 Marks)

- 2) Practical Examination Conducted.**
 - a) Each 20 Students' Batch
 - b) Examiner Appointed by University (one Internal and External Subject Teacher)
 - c) One Peon - Peon for Ground Marking, Water Supply, Equipment Supply and Collecting It etc.

- 3) For Practical B.A. I Year - First Batch 20 Students. Second Batch will be Treated 1/3 of Batch First.**

- 4) Private candidate and the candidates of the department of correspondence studies will not be allowed to take this subject.**

- 5) Uniform is compulsory for practical periods and examination.**

- 6) Physically handicapped student not allowed.**

- 7) While conducting the practical periods and examinations, the concern college will make all necessary arrangement including grounds, equipments as well as supportive staff for the purpose.**

- 8) Conduct a visit to Sport's Institute/Stadium/other sports activity. (Practical Examination Paper-II & IV will be taken jointly at the time of Summer Examination.)**

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