

**Swami Ramanand Teerth Marathwada
University, Nanded**

Physical Education

(U.G. Level)

Semester System

Faculty of Physical Education

(Three year Degree Course)

B.A. I Year

Physical Education

Syllabus

Effective from June 2009

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

Time:- 2 Hours

Marks 40

Per Week - 4

Total Periods – 60

Unit I. (A)

- | | | |
|------|---|----|
| i) | Physical Education in ancient Greece. Rome | 05 |
| ii) | Ancient Physical education in India | 20 |
| | 1. Vedic Period | |
| | 2. Ramanayam and Mahabharat period | |
| | 3. Boudha Period | |
| | 4. Maratha Period | |
| | 5. British Period | |
| i) | History and development of Akhadas and Vyamshala in Maharashtra state | 10 |
| ii) | Decan Gymkhana | |
| iii) | Hanuman Vyayam Prasarak Mandal, Amravati | |

Unit II (A)

- | | | |
|------|---|----|
| i) | Olympic movement historical development of Ancient Olympic games, modern Olympic games. Historical Development of Asian games, South Asian Federation games, Common-Wealth games, Afro-Asian games. | 10 |
| ii) | Historical development of Indian Olympic Association | |
| iii) | Sports Authority of India, Y.M.C.A. Madras. | |

Unit III State awards in Games and Sports 15

- | | | |
|------|--|--|
| i) | Maharashtra Jeevan Gaurav Award | |
| ii) | Shiv Chatrapati Krida Puraskar | |
| iii) | Best State level Coach Award. | |
| iv) | District Award (Best Player, Best Worker, Best Coach). | |

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

Time:- 2 Hours

Marks 40

Per Week - 4
Total Periods – 60

Unit I

- a) Definition, Aims, Objectives Need, Importance, Scope of Physical education. 06

Unit II

Philosophies of Education are applied to physical education. 16
Idealism, Naturalism, Realism, Pragmatism, Existentialism, Humanism.

Unit III

- (A) Biological basis of Physical Education. 16
a) Principles governing growth and exercise.
b) Exercise and well being.
c) Differences in male and female
d) Chronological, Anatomical, mental and physiological age of Individual.
e) Benefits of exercise under load, normal load, Overload training principles.
- (B) Psychological basis of Physical Education 18
i) Meaning and importance of play
ii) Theories of play
iii) General Principles of growth and development
iv) Principles of motor skill acquisition and transfer of training effects.
- (C) Sociological basis of physical education 04
i) Games and sports as a cultural heritage of mankind
ii) Role of Physical education and national integration.

B.A. First Year
Paper I – Semester I & II
History and Principles of Physical Education
REFERENCE BOOKS

1. Bucher, Charles A. "Foundation of physical education" 8th editions, 1979 st. Lousi C.V. mostly company.
2. Barrow, Harold M "Man and movements. Principals of Physical educations" Philadel. Lea and Febiger 1983 3rd edition.
3. Indian Olympic Association. Jan 1976
4. Chauthan S.S. "Advanced educational psychology" 1985 editions New print India Pvt. Ltd. Sahibabad U.P.
5. Khan Eraj Ahmed "History of Physical education "Scientific Book Company"
6. Sharma P.D. "Olympics: Athens to Atlanta 1986-1996" Friend publication (India) Delhi, 1998.
7. Sheldon W.H. "The Varieties of Human Physique" New York 1940 Harper and Row Publishers.
8. Tiru Narayanana C and Harihar Sarmas "An Analytical history of physical education" South Indian Press, Karaikudi, April 1995.
- 9- 'kjhfd f'k{k.kpk bfrgkl o ik; k Jh-ds, u- xmx} l efk ifcyds ku] othjkckn ukM-
- 10- 'kjhfd f'k{k.kpk bfrgkl xlsjk- igmj} v'kd ds ko dkBkoG} eflSLVd izdk' ku] 316] iz kn pæ l} fxjxkø] eæbz & 4-

- 11- 'kjhfd f'k{k.kpk bfrgkl ik-Jhiky vk-tn} I lsekырh olr I lxyhdj] væk dik] 106 exdj uxj] I l'k'k jkM] dkygkiy 12-
- 12- 'kjhfd f'k{k.k rRos o Lo#i HkLdj jked".k xkxV} MMEksck-ukrq fpV.khl] e-jk-lh-eMG] 418] 'kukokj iB] iqs 2-
- 13- 'kjhfd f'k{k.k rRos o Lo#i ik-Jhiky tn} ik-lsl qhrk tn} Jh-vk-jk- tn} pæk izk'ku] 246] v@bz xk; =h ukxkGk ikd] dkygkiy 3-
- 14- ixr ØHMK ekul 'WL= i-e- vkyskødj vfu#/n] vur dyd.kh] dM/huhy izk'ku] fot; k uxj] iqs 411 030-
- 15- 0; k; ke foKku dsih-Hkxor I jrk izk'ku] 397@1 I skirh ckiV ekx] iqs 411 016-
- 16- 'kjhfd f'k{k.kpk bfrgkl o ik; k Jh-l jikrs, e-; j g'kz izk'ku] tæeokMh] ukMl-

**B.A. First Year
Semester I
Paper II
Practical**

Time:- 2 Hours

Marks 40

Per Week - 4
Total Periods – 60

Course Contents

- | | | |
|----|--|----|
| 1. | Practical Project (Any one) | 18 |
| | a) Grip Dynamometer – measurement of static energy | |
| | b) Weight and Height Measurement – Body Type and structures. | |
| 2. | Track and Field Events (Only Techniques) | 18 |
| | (a) Running events | |
| | 100 m / 800 m (for men) | |
| | 100 m run / 3000 m walk (form women) | |
| | Starting and finishing techniques | |
| 3. | Optional Games | 18 |
| | (a) Indian Game | |
| | 1. Kabaddi 2. Atya-Patya | |
| | (Fundamental skills, knowledge of rules and regulations) | |
| 4. | Internal marks | |
| | (Attendance, Behaviour) | |
| 5. | Oral | |
| | All practical Events related Introduction. Historical development. Rules and regulations | |
| 6. | Record Book | 06 |
| | All practical events related | |
| | (a) Brief History | |
| | (b) Various Diagrams | |
| | (c) Names of Different fundamental skill in the team events and Atheletics events. | |
| | (d) Officials | |

**B.A. First Year
Semester II
Paper IV
Practical**

Time:- 2 Hours

Marks 40

Per Week - 4
Total Periods – 60

Course Contents

1. Track and Field Events (Only Techniques) 18
 - (a) Throwing events: Shot put (16 pounds – men and 08 pounds - women)
(Holding, Styles, delivery and Recovery)
 - (b) Jumping events : Long Jump.
Approach run, Take off, Air position landing. 18

2. Optional Games 18
 - (a) One Foreign Game
 1. Football
 2. Table Tennis
 3. Gymnastic(Fundamental skills, knowledge of rules and regulations)

3. Internal marks
(Attendance, Behaviour)

4. Oral
All practical Events related Introduction, Historical development.
Rules and regulations

5. Record Book 06
All practical events related
 - (a) Brief History
 - (b) Various Diagrams
 - (c) Names of Different fundamental skill in the team events and
Atheletics events.
 - (d) Officials

**B.A. First Year
Semester I - Paper II
and
Semester II - Paper IV
Practical**

Reference Books

1. Books of rules of games and sports Y.M.C.A. Publishing House,
Jaisingh road, New Delhi
110 007
2. Track Marking Dr.V.M. Sharma and
Dr.meena Fuuse, Rajendra
Gand. Tetra Publishers,
Rajkamal Chowk. Amravati.
3. Play Grounjd Measurements Manual Lokesh Thaani, Sports
Publication. W.P. 474, Ist
Floor Shiv Market. Ashok
Vihar Delhi 110 052.
4. International Encyclopedia of
Sports and Games Ashok Kumar Mittal
Publications,
New Delhi 110 059
Vol. 1 to 4

B.A. First Year
Semester I - Paper I
and
Semester II - Paper III
History and Principles of Physical Education

Time:- 2 Hours

Maximum Marks 40

N.B.

1. Attempt all questions
2. All question carry equal marks

- | | | |
|-----|---|----|
| Q.1 | Essay Type
Or
Essay Type | 10 |
| Q.2 | Answer the following question any one
i)
ii) | 10 |
| Q.3 | Write Short answer any one of the following
i)
ii) | 10 |
| Q.4 | Write short notes of any two of the following
a)
b)
c) | 10 |