

# **MAHATMA JYOTIBA PHULE ROHILKHAND UNIVERSITY, BAREILLY**

## **Physical Education as Elective/optional subject in undergraduate course in U.P Universities- ORDINANCES**

Course: Physical Education shall be an optional/elective subject in undergraduate classes B.A.

Pattern for B.A : There shall be two theory papers 30 marks and one practical of 40 marks in BA first year and Second year . Third year shall have two theory papers of 60 marks each and one practical of 80 marks (60+60=120+80=200).

Features:

1. The students who are taking this subject shall be medically fit to undergo vigorous physical activity apart from the minimum eligibility criteria. Physically handicapped students shall not be eligible for the admission.
2. Students-teacher ratio shall be 50:1
3. The teacher's minimum qualification to teach this subject shall be the same prescribed by UGC.
4. The teachers who are teaching this subject shall only be eligible to be appointed as an examiner both in theory and practical.
5. Provision for back paper/improvement examination in this subject shall be as per the provisions laid down for optional subjects in B.A courses of U.P. Universities.
6. For the purposes of determining divisions at U.G level, the provisions laid down for B.A courses shall be followed.
7. Participation in Games at intermediate level is desirable for admission to this subject.
8. Separate board of studies shall be constituted for this course as this course is different from teacher education courses in Physical Education.

### **First Year B.A.**

Theory Papers	60 Marks
Paper I: Foundations of Physical Education	30 Marks
Paper II: History of Physical Education	30 Marks
Practical:	40 Marks
Total:	100 Marks

## **Second Year B.A.**

Theory Papers	60 Marks
Paper I: Anatomy & Physiology in Physical Education	30 Marks
Paper II: Health Education	30 Marks
Practical:	40 Marks
Total:	100 Marks

## **Third Year B.A.**

Theory Papers	120 Marks
Paper I: Psychological Foundations of Physical Education	60 Marks
Paper II: Athletic Injuries & Rehabilitation	60 Marks
Practical:	80 Marks
Total	200 Marks

- (i) Athletics (Proficiency, Track events, Rules & regulations)  
20/40 Marks
- (ii) Select any two games, one from each group of the following two groups  
(Proficiency, Rules & regulations) One game  $10/20 \times 2 = 20/40$  Marks

### **Group A**

Basketball  
Cricket Football  
Handball Hockey  
Kabaddi Kho-  
Kho Softball  
Volleyball

### **Group B**

Badminton  
Gymnastics Judo  
Lawn Tennis  
Swimming Table  
Tennis Wrestling  
Weight Lifting  
Yoga

- (i) Athletics (Proficiency, Field Events, Rules & regulations)  
20/40 Marks
- (ii) (Proficiency, Rules & regulations)  
Select any two game, one from each group of the games given in the list  
under first year, other than the games selected in first year.  
One game  $10/20 \times 2 = 20/40$  Marks

**PHYSICAL EDUCATION  
B.A-I YEAR  
PAPER FIRST**

MAXIMUM MARKS-30

**Foundations of Physical Education**

**UNIT-I**

**Physical Education**

- # Meaning and concept of Education. Its aim and objective, importance of Education in Modern era.
- # Meaning and definition of Physical Education, its aim and objective and misconception about physical Education.
- # Need, importance and scope of Physical Education in the Modern Society and its relationship with General Education.

**UNIT-II**

**Philosophical Foundations**

- # Idealism and Physical Education.
- # Pragmatism and Physical Education.
- # Naturalism and Physical Education.
- # Existentialism and Physical Education.

**UNIT-III**

**Biological Basis of Physical Education**

- # Growth and Development, Differences between growth and development, Factors affecting growth and development.
- # Age and Sex differences in relation to Physical activities and Sports.
- # Chronological Age, Anatomical Age and Physiological Age.

**UNIT-IV**

**Sociological Foundation:**

- # physical education & sports as a need of the society.
- # Sociological implications of Physical Education and Sports.
- # Physical activities and Sports as a men's cultural heritage.

**PHYSICAL EDUCATION  
B.A-I YEAR  
PAPER SECOND**

MAXIMUM MARKS-30

**History of Physical Education**

**UNIT-I**

History of physical education in Ancient time

Greek  
Rome  
Athens  
Sparta

**UNIT-III**

History of Physical Education in India

Before Independence

After Independence

Important Institutions of Physical Education in India, YMCA, Christian College of Physical Education,

**UNIT-III**

**Olympic Games, Asian Games and Common wealth Games**

# Ancient and Modern Olympic Games: Start of Olympic, objectives of Olympic, Olympic Motto and Flag, Olympic charter, opening and Closing ceremonies.

# Asian Games, Afro-Asian Games

# Common wealth Games.

**UNIT- 1V**

**Contributions to the growth of Physical Education by the following leaders**

Gutsmuth, F.L.John, F.H.Ling, P.M Joseph, H.C Buck

**Functions and Objectives of the following**

# Netaji Subhash National Institute of sports, Patiala,

# Sports Authority of India.

# International Olympic committee.

# Indian Olympic Association.

# Lakshmibai National Institute of Physical Education.

# Young Men Christian Association.

**PHYSICAL EDUCATION  
B.A.-II YEAR  
PAPER FIRST**

MAXIMUM MARKS-30

**Anatomy & Physiology in Physical Education**

**UNIT-I**

**Anatomy and Physiology of Exercise**

- # Meaning and definition of Anatomy and Physiology. Its need and importance in Physical Education and Sports.
- # Definition of Cell, tissue, organ, and system. Structure and functions of Cell.

**UNIT-II**

**Skeletal and Muscular System**

- # Types of Bones and names of various bones of the body.
- # Various types of joints and major movements around them.
- # Structural classification of skeletal muscle, structure and functions of skeletal muscle.

**UNIT-III**

**Respiratory and Digestive System**

- # Meaning and types of Respiration, Organs of Respiratory System.
- # Functions of Respiratory System, Vital capacity and its measurement.
- # Mechanism of Respiration.
- # Meaning, importance and organs of Digestive System.
- # Functions, processes, mechanism of Digestive System.

**UNIT-IV**

**Circulatory System and Blood**

- # Meaning of the Circulatory System.
- # Heart, its structure, functions and control of the Heart Rate.
- # Cardiac Cycle.
- # Meaning, functions compositions of Blood, maintenance of Blood supply.

**PHYSICAL EDUCATION  
B.A-II YEAR  
PAPER SECOND**

MAXIMUM MARKS-30

**Health Education**

**UNIT-I**

**Health and Health Education**

- # Meaning, definition and dimensions of health.
- # Meaning, definition, objectives, principles and importance of Health Education.

**Nutrition**

- # Balance diet, its elements and sources, factors affecting Balance diet, Importance of Balance diet.
- # Nutritional intake for the athletes before and after training session or competition.

**UNIT-II**

**Drugs and Tobacco**

Effects of Drugs and tobacco on an individual and its effects on sports performance.  
Doping in sports.

**UNIT-III**

**First Aid**

- # Meaning, definition and importance of first aid in Physical Education and Sports.
- First aid to various sports injuries

**UNIT-IV**

**Communicable Diseases,**

- # Meaning of a Communicable disease. Communicable disease such as HIV / AIDS, Tuberculosis, Hepatitis-A,B,C. Their modes of transmission and method of prevention.

**Posture & Concept:**

- 1- Definition, values of good posture, causes & drawbacks of bad posture.
- 2- Common postural deviations, their causes and remedial exercises.
  - (a) Kyphosis
  - (b) Scoliosis
  - (c) Lordosis
  - (d) Knock knees and Bow legs
  - (e) Flat Foot

**PHYSICAL EDUCATION  
B.A-III YEAR  
PAPER FIRST**

MAXIMUM MARKS-60

**Psychological Foundations of Physical Education**

**UNIT-I**

**Introduction:-**

Meaning, definition, nature and scope of Psychology.  
Sources of psychology.  
Need and importance of Sports Psychology.

**UNIT-2**

**Growth & Development:-**

Meaning and definitions of growth and development.  
Factor effecting growth and development.

**Physical, mental, social and Language development during following stages:-**

- (1) Early childhood
- (2) Middle childhood
- (3) Late childhood
- (4) Adolescences

**UNIT-3**

**Learning:-**

Meaning and nature of learning.  
Principles of learning.  
Factor effecting learning, and learning curve  
Type of learning and theories of learning (trial and error, conditioned reflex insight theory, learning by imitation).  
Meaning and conditions of Transfer of learning.

**UNIT-4**

**Motivation:-**

Meaning and definition of motivation.  
Need, drive, motive and achievement  
Types of motivation.  
Role of motivation in physical education

**Emotion:-**

Meaning and nature of emotion.

Fear, anxiety and aggression.

**Personality:-**

Meaning and definition of personality.

Characteristics and Dimension of personality.

Factor affecting the development of personality.



**PHYSICAL EDUCATION  
B.A-III YEAR  
PAPER SECOND**

MAXIMUM MARKS-60

**ATHLETIC INJURIES & REHABILITATION**

**UNIT-1**

**1 Sports injuries:**

- (a) Introduction to sports injuries.
- (b) Role of trained personnel in the management of the sports injuries.

**2 Prevention of Injuries:**

- (a) Factors causing sports injuries.
- (b) Factors sports injuries
- (c) Complications of incomplete treatment.

**3 Common sports injuries and their immediate treatment.**

- (c) Sprain
- (d) Strain
- (e) Dislocation
- (f) Fracture

**UNIT-2**

**Rehabilitation:**

- 1- Definition, objectives and scope.
- 2- Effects and uses of the therapeutic modalities in
  - (a) Cold therapy
  - (b) Hot therapy
  - (c) Infra red lamp
  - (d) Contrast Bath
  - (e) Wax bath therapy

**UNIT-3**

**Therapeutic Exercises:**

- 1. Definition and scope
- 2. Classification, therapeutic effects and uses of the Following:
  - (a) Active exercises (Free, Assisted and Resisted exercises)
  - (b) Passive Exercises (Relaxed and Forced exercises).

## **UNIT-4**

### **Sports Massage:**

1. Definition of massage
2. General approach to massage manipulation.
3. Classification of massage technique

### **Common massage technique and their therapeutic uses:**

- 1 Effleurage
- 2 Kneading
- 3 Petrissage
- 4 Friction
- 5 Stroking
- 6 Percussion manipulations
- 7 Shaking Manipulations

## **Course outcomes (Physical Education)**

- B.A. (Physical Education) CO1 It creates awareness about fitness among students
- B.A. (Physical Education) CO2 It develops sports culture among students
- B.A. (Physical Education) CO3 It brings about changes in the behaviour of students
- B.A. (Physical Education) CO4 It makes students learnt to be disciplined in life
- B.A. (Physical Education) CO5 It develops competency among students
- B.A (Physical Education) CO6 Foundation of Physical Education
- B.A (Physical Education) CO7 History of Physical Education
- B.A (Physical Education) CO8 Anatomy and Physiology in Physical Education
- B.A (Physical Education) CO9 Health Education
- B.A (Physical Education) CO10 Psychology Foundation of Physical Education
- B.A (Physical Education) CO11 Athletics Injuries & Rehabilitation

## **Programme outcomes (Physical Education)**

B.A. (Physical Education) PO1 After completion of programme students shall be able to keep themselves physically mentally fit and can develop sports culture and competency. Moreover they can create awareness among masses.

B.A. (Physical Education) PO2 Physical Education, Philosophical Foundation, Biological basis of Physical Education, Sociological Foundation

B.A. (Physical Education) PO3 History of Greek, Rome, Athens, Sparta

B.A. (Physical Education) PO4 History of Physical Education before and after independence.

B.A. (Physical Education) PO5 Olympic games, Asian games and Commonwealth games.

B.A. (Physical Education) PO6 Gutsmuth, F.L. John, F.H. Ling, P.M. Joseph, H.C. Buck  
Leaders for growth for the development of Physical Education

B.A. (Physical Education) PO7 Netaji Subhash National Institute of sports, Patiala, Sports Authority of India, International Olympic committee, Indian Olympic Association, Lakshmi Bai National Institute of Physical Education, Young Men Christian Association function of objective.

B.A. (Physical Education) PO8 Anatomy and Physiology of exercise, Skeletal and muscular system, Respiratory and Digestive System, Circulatory System and Blood

B.A. (Physical Education) PO9 Health, Health Education, Nutrition, Drugs and Tobacco, First Aid, Communicable Diseases, Posture & Concept.

B.A. (Physical Education) PO10 Introduction, Growth & Development, Physical, mental, social and Language development, Learning, Motivation, Emotion, Personality

B.A. (Physical Education) PO11 Sports injuries: Prevention of Injuries, Common sports injuries and their immediate treatment, Sprain, Strain, Dislocation, Fracture, Rehabilitation, Therapeutic Exercises, Sports Massage, Common massage technique and their therapeutic uses: Effleurage, Kneading, Petrissage, Friction, Stroking, Percussion manipulations, Shaking Manipulations

## **Programme specific outcomes (Physical Education)**

B.A. (Physical Education) PSO1 Can do B.P.Ed and other physical education related courses and can teach in schools, can give coaching and can act as fitness trainer.

B.A. (Physical Education) PSO2 Career opportunities after Bachelor of Physical Education : Sports journalist, Sport and Leisure Club Manager, Sports Goods Manufacture Marketing Executive, Physical Education Instructors, Corporate Fitness Instructor, Athletic Coach, Rehabilitation Specialist.