

**Scheme and Syllabi for Under Graduate Programme in Physical Education
(Single Major) for the session 2024-25 onwards**

Semester I

| | Nomenclature of Paper | Paper Code | Hours/week | | | Marks | | | Total Marks | Credit |
|-------|----------------------------------|------------|------------|---|---|-------|-----|----|-------------|----------|
| | | | L | T | P | The | Int | P | | |
| DSC-1 | Foundation of Physical Education | | 3 | - | 1 | 70 | - | 30 | 100 | 4 |
| | Total Credit | | | | | | | | 100 | 4 |

Semester II

| | Nomenclature of Paper | Paper Code | Hours/week | | | Marks | | | Total Marks | Credit |
|-------|-----------------------|------------|------------|---|---|-------|-----|----|-------------|----------|
| | | | L | T | P | The | Int | P | | |
| DSC-1 | Health Education | | 3 | - | 1 | 70 | - | 30 | 100 | 4 |
| | Total Credit | | | | | | | | 100 | 4 |

Bachelor of Arts (Semester 1st) 2024-2025
Foundations of Physical Education

Max Marks: 100
Theory Marks: 70
Practical Marks: 30
Time: 3 hours
Total Credit: 4

Learning Outcomes:

- Understand what physical education covers and know the goals of physical education and how they help us grow as individuals and in society.
- Sort out common misunderstandings about physical education, which helps us think more carefully.
- Learn about how physical education has changed over time in different parts of the world.
- Follow how big sports events like the Olympics and others have evolved.
- Recognize the importance of awards given for sports achievements and Judge how well different sports programs and plans are working to make people better at sports and get more people involved.

Theory Part

Note:- (a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 14 marks each.

(b) for candidates

1. Attempt five questions in all, selecting at least one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Unit 1

- Concept of Physical Education: Meaning, Definition & Scope
- Aims & Objectives of Physical Education
- Importance of physical education in modern era
- Misconception about Physical Education

Unit 2

- History of Physical Education in Ancient Greek, Comparative Study of Spartan and Athenian Education
- History of Physical Education in Germany, Sweden & Denmark
- History of Physical Education in India (Pre- Independence & Post Independence Era)

Unit 3

- Origin and Development of Olympic Games (Ancient & Modern)
- Origin and Development of Commonwealth Games
- Origin and Development of Asian Games
- Origin and Development of National Games

Unit 4

- National awards: Major Dhyan Chand Khel Ratna Award, Arjuna Award, Dronacharya Award, Dhyan Chand Award
- National Programmes / Schemes: Sports Authority of India, Fit India Movement, Khelo India, Target Olympic Podium Scheme

REFERENCES

- Foundations of Physical Education, Chales A. Bucher
- Foundations of Physical Eduction, M.L.Kamlesh
- History and Principles in Physical Education, Dr. Karan Singh
- Essentials of Physical Education, Dr. Ajmer Singh
- Foundations of Physical Education, Dr.A.K.Uppal.

Practical Part

| Paper | Nomenclature |
|-------|---|
| I | Games (Practical): Volleyball, Cricket |
| II | Athletics (Practical): Shot-put, 100 mtr race |

Note: -

1. The practical classes shall be held as per the scheme of each semester. Final practical examinations for the semesters shall be conducted by external & internal examiners at the end of semester. However, separate examination for each semester will be conducted as per syllabus of each semester.
2. The students are required to prepare four lesson plans (Games-2, Athletics-2) on the events mentioned in the syllabi in each semester. The Games, event of Athletics will be allotted for the final practical lesson based on draw of lot which shall take place 15 days before final practical examinations. All the lesson plans prepared by the students must be signed by the concerned teacher.

Bachelor of Arts (Semester 2nd) 2024-25
Health Education

Max Marks: 100
Theory Marks: 70
Practical Marks: 30
Time: 3 hours
Total Credit: 4

Learning Outcomes:

- Students will understand health's meaning, importance, and multidimensional nature, including physical, mental, and social aspects, along with factors influencing health status. They'll grasp the significance of health education and its aims, objectives, principles, and scopes.
- Learners will recognize the importance of personal hygiene and its impact on health. They'll understand specific hygiene practices and the need for health services, including the role of health educators.
- Participants will comprehend communicable diseases, including transmission modes, symptoms, and preventive measures for diseases like HIV/AIDS, hepatitis, malaria, tuberculosis, cholera, COVID-19, and chickenpox/shingles.
- Students will grasp the definition and importance of first aid, types, contents of a first aid box, principles, and qualities of a good first aider. They'll learn common first-aid measures for situations like snake bites, choking, drowning, fainting, fractures, burns, poisoning, unconsciousness, and heatstroke.

Theory Part

Note:- (a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 14 marks each.

(b) for candidates

1. Attempt five questions in all, selecting at least one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Unit 1

- Meaning, Definition and Importance of Health
- Dimension of Health (Physical, Mental & Social Health), Factors influencing of health status
- Meaning, Definition & Importance of Health Education
- Aims, Objectives, Principles and Scopes of Health Education

Unit 2

- Meaning of Personnel Hygiene and its Importance
- Personal hygiene of the following:
 - a) Teeth (b) Ears (c) Eyes (d) Skin (e) Nail & Fingers (f) Noose (g) Clothes
- Need and Importance of Health Services, Health Supervision
- Role of Health Educator

Unit 3

- Meaning of Communicable diseases
- Mode of transmission, Symptoms & prevention of the following:
 - (i) HIV/AIDS (ii) HEPATITIS-B & C (iii) MALARIA (iv) TUBERCULOSIS (v) CHOLERA (vi) COVID-19 (vii) CHICKENPOX/ SHINGLES

Unit 4

- First Aid: Definition and importance of first aid in modern life, types of first aid, first aid box,
- Principle of first aid, Functions & Qualities of a good first aider.
- Common first-aid measures of following:
 - a) Snake biting (b) Choking (c) Drowning (d) Fainting (e) Fracture (f) Burns (g) Poison and Unconsciousness (h) Heat Stroke

REFERENCES

- Verma, KK, Health and Physical Education, Prakash Publications, Jalandhar.
- Stainbaus, A.H., Towards an understanding of Health and Physical Education, W.M.C. Brown Co. 1963.
- Safety at School - (Education Pamphlet numbers 53 Lonon: Her Majesty's Stationery office 1969.
- School Safety Policies – Washington L.C. American Association for Health, Physical Education and Recreation, 168
- Essentials of Physical Education, Dr. Ajmer Singh

Practical Part

| Paper | Nomenclature |
|-------|---|
| I | Games (Practical): Basketball, Netball |
| II | Athletics (Practical): Javelin Throw, 110 mtr Hurdle Race |

Note: -

1. The practical classes shall be held as per the scheme of each semester. Final practical examinations for the semesters shall be conducted by external & internal examiners at the end of semester. However, separate examination for each semester will be conducted as per syllabus of each semester.
2. The students are required to prepare four lesson plans (Games-2, Athletics-2) on the events mentioned in the syllabi in each semester. The Games, event of Athletics will be allotted for the final practical lesson based on draw of lot which shall take place 15 days before final practical examinations. All the lesson plans prepared by the students must be signed by the concerned teacher.