

HINGALGANJ MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC PLAN AND LEARNING OUTCOME FOR B.A IN PHYSICAL EDUCATION

Preamble

Physical Education is a form of one of the most effective means of education imparted through physical exercises, recreational activities and sports. It is an integral part of education. Which by mere participation in it gives the outcomes. These outcomes are both instant as well as have strong carry over values in the life. The children as well as the adults and the old enjoy physical activities & sports and gets benefit in the form of stronger muscles and bones, increased energy, coordination level and most importantly the decreased risk of developing chronic diseases.

The UNESCO in its General Conference in 1978 was convinced that, everyone should be free to develop and preserve his or her physical, intellectual and moral powers. Physical Education and Sport should consequently be assured and guaranteed for all human beings. Physical Education is now a regular feature in the primary and secondary schools as well as it is gaining popularity in the higher education. The course opted for this is elective as well as the core at the college and the university level in India.

The graduate level course in Physical Education and Sports contains subjects varying from foundation of Physical Education to Anatomy, Physiology, Kinesiology, Officiating & coaching, Test & Measurement, Psychology, Sports Training, Sports Biomechanics, etc. which are aimed to give thorough knowledge and skills to the students. Students perusing physical education courses are fit to join the jobs as physical trainers, coaches, game officials, referees, umpires, curators, gym trainers, life guards, personal trainers etc. During their course of education, the students also develop the expertise to establish their own business as entrepreneurs in the field of sports, fitness, recreation, adventure sports, camping, event management etc.

Programme Learning Outcomes

B.A in Physical Education Programme would lead the students to understand historical concept of physical education and relationship between Philosophy, Education and Physical Education. The student would further understand the theoretical implications of philosophies of physical education with modern development and social aspects of Physical Education.

1. The curriculum would enable the pass out to select the inherited talented children for various sports activities.
2. The pass out shall be able to orient children in schools with the fundamental skills of selected sports as per their inherited potential.
3. The pass out shall be able to devise training program for athletes engaged in different sports activities
4. The curriculum shall enable them to officiate, supervise various sports tournaments and orient them in organizing sports events at all levels.
5. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, spa etc) and device appropriate fitness program for different genders and age groups of people.
6. The curriculum would enable the pass out to devise training program for physically challenged peoples.

**Three year B.A. General Course in Physical Education
Structure of Syllabus under Semester System with CBCS
to be effective from the Academic Session 2018-19**

Year 1: Semester 1

COURSE CODE	COURSE TITLE	COURSE TYPE	CREDIT (L -T- P)	L-T-P HOURS	TOTAL MARKS	INTERNAL MARKS	EXTERNAL MARKS
PEDGCOR01T	Part-A: Foundation & History of Physical Education	Core Course	L = 4	4X15=60	50	0	50
PEDGCOR01P	Part-B: Marching, Callisthenics, Aerobics	Core Course	P= 2	2X30=60	25	15	10
	Discipline-2 (core-1) other than Physical Education	Core Course	6		75		
ENGLC0R01T	English – 1	Core Course	6		75		
ENVSAEC01T	Environmental Studies	AECC-1	2		25		
SEMESTER TOTAL			20		250		

Year 1: Semester 2

COURSE CODE	COURSE TITLE	COURSE TYPE	CREDIT (L -T- P)	L-T-P HOURS	TOTAL MARKS	INTERNAL MARKS	EXTERNAL MARKS
PEDGCOR02T	Part-A: Management of Physical Education	Core Course	L = 4	4X15=60	50	0	50
PEDGCOR02P	Part-B: Layout of Play Fields	Core Course	P= 2	2X30=60	25	15	10
	Discipline-2 (core-2) other than Physical Education	Core Course	6		75		
ENGLC0R02T	English – 1	Core Course	6		75		
ENGSAEC01M	English / Modern Indian Language	AECC-2	2		25		
SEMESTER TOTAL			20		250		

Year 2: Semester 3

COURSE CODE	COURSE TITLE	COURSE TYPE	CREDIT (L -T- P)	L-T-P HOURS	TOTAL MARKS	INTERNAL MARKS	EXTERNAL MARKS
PEDGCOR03T	Part-A: Anatomy, Physiology & Exercise Physiology	Core Course	L = 4	4X15=60	50	0	50
PEDGCOR03P	Part-B: Laboratory Practical	Core Course	P= 2	2X30=60	25	15	10
	Discipline-2 (Core-3) other than Physical Education	Core Course	6		75		
	To be selected from other Arts Departments	Core Course	6		75		
PEDSSEC01M	Track & Field	SEC	P=2	2X30=60	25	25	0
SEMESTER TOTAL			20		250		

Year 2: Semester 4

COURSE CODE	COURSE TITLE	COURSE TYPE	CREDIT (L -T- P)	L-T-P HOURS	TOTAL MARKS	INTERNAL MARKS	EXTERNAL MARKS
PEDGCOR04T	Part-A: Health Education, Test, Measurement & Evaluation in Physical Education	Core Course	L = 4	4X15=60	50	0	50
PEDGCOR04P	Part-B: Fitness Test	Core Course	P= 2	2X30=60	25	15	10
	Discipline-2 (core-4) other than Physical Education	Core Course	6		75		
	To be selected from other Arts Departments	Core Course	6		75		
PEDSSEC02M	Gymnastics & Yoga	SEC	P=2	2X30=60	25	25	0
SEMESTER TOTAL			20		250		

Year 3: Semester 5

COURSE CODE	COURSE TITLE	COURSE TYPE	CREDIT (L -T- P)	L-T-P HOURS	TOTAL MARKS	INTERNAL MARKS	EXTERNAL MARKS
PEDGDSE01T	Any One- 1. Sports Training & Mechanics	DSE	6		75		
PEDGDSE02T	2. Therapeutic Aspect of Physical Activities & Lifestyle						
	Any One- 1. Other than Physical Education 2. Other than Physical Education	DSE	6		75		
		GE	6		75	25	50
		SEC	2		25		
SEMESTER TOTAL			20		250		

Year 3: Semester 6

COURSE CODE	COURSE TITLE	COURSE TYPE	CREDIT (L -T- P)	L-T-P HOURS	TOTAL MARKS	INTERNAL MARKS	EXTERNAL MARKS
PEDGDSE03T	Any One- 1. Psychology in Physical Education & Sports	DSE	6		75		
PEDGDSE04T	2. Project Work						
	Any One- 1. Other than Physical Education 2. Other than Physical Education	DSE	6		75		
		GE	6		75	25	50
		SEC	2		25	25	0
SEMESTER TOTAL			20		250		

Detailed Academic Plan With Learning Outcomes

SEMESTER-1

COURSE TITLE: -FOUNDATION & HISTORY OF PHYSICAL EDUCATION

COURSE CODE: -PEDGCOR01T

UNIT	Classes Needed	TOPIC	LEARNING OUTCOMES
1 INTRODUCTION	2+2+2+1 + 3+2+3	Meaning, Definition and Scope of Physical Education, Aims and Objective of Physical Education, Importance of Physical Education in present, Misconceptions about Physical Education, Nature and scope of physical education.	The learners would: 1. be able to compare the relationship between general education and physical education. 2. be able to identify and relate with the History of Physical Education. 3. comprehend the relationship between Philosophy, Education and Physical Education. 4. be able to identify the works of Philosophers of Education and Physical Education. 5. understand recent developments and academic foundation of Physical Education
2 BIOLOGICAL, SCOCIOLOGICAL AND PHILOSOPHICAL OF PHYSICAL EDUCATION	2+1+2+2 +1 +3+3+2+3+1	Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development, Age- Chronological age, anatomical age, physiological age and mental age. Sociological Foundation-Meaning and definition of Sociology, Society and Socialization. Role of games and sports in National and International integration, Introduction of philosophies – naturalism, pragmatism, realism, idealism	
3 HISTORY OF PHYSICAL EDUCATION	2+2+2+2 + 2+3+2	Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period, Olympic Movement- Ancient Olympic Games and Modern Olympic Games, Brief historical background of Asian Games and Commonwealth Games, Modern and Ancient Historical perspectives: USA, UK, Greece, Rome, and India	
4 YOGA EDUCATION	2+2+2+3 +2+1	Meaning and definition of the term Yoga, types, aim, objectives and important of Yoga, History of Yoga, Asanga Yoga, Hatha Yoga	

TEACHING LEARNING STRATEGIES:	ACTIVITIES:	ASSESSMENT RUBRIC:	TEACHING AIDS
The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method	Lecture/ Project Work/ Seminars/ Term Papers/Assignments/ Presentations/ Study etc.	Classroom Test, Project Work, Assignments, Presentations	Traditional teaching aids (e.g. books and blackboard) visual teaching aids (e.g. posters, diagrams, maps) Mechanical teaching aids (e.g. audio teaching machines, video-projectors)

SEMESTER-2**COURSE TITLE: -MANAGEMENT OF PHYSICAL EDUCATION****COURSE CODE: -PEDGCOR02T**

UNIT	CLASSES NEEDED	TOPIC	LEARNING OUTCOMES
1 INTRODUCTION	2+3+2+3	Concept and definition of Sports Management, Important of Sports Management, Purpose of Sports Management, Principles of Sports Management.	The student would: 1. understand the importance of management of Physical Education. 2. gain knowledge regarding management of Physical Education and Sports at different level. 3. be able to organize various Physical Education program. 4. know about various schemes and policies of State & Central Government. 5. know about planning of facility and financial management. 6. Understand the theoretical concept of sports management. 7. Understand the practical & theoretical implications of financial planning and personnel management 8. gain knowledge of sport event management and their evaluation process. 9. gain understanding of the competencies and skill of sport manager.
2 TURNAMENTS	3+5+4+5+3	Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge), Procedure of drawing fixture (Knock-out, League, Combination), Method of organising Annual Athletic Meet and Play Day, Method of organising of Intramural and Extramural competition.	
3 FACILITIES AND EQUIPMENTS	3+4+5+4+4	Method of calculation of Standard Athletic Track and Field marking, Care and maintenance of Playground and gymnasium, Importance, care and maintenance of sports equipment, Lay- out of Play-Field and Basic Rules: Football, Kabaddi, Kho-Kho, Badminton and Volleyball.	
4 LEADERSHIP	2+2+2+2+2	Meaning and definition of leadership, Qualities of good leader in Physical Education, Principles of leadership activities, Hierarchy of Leadership in School, College and University level, Time Table: Meaning, importance and factors affecting Time Table.	

TEACHING LEARNING STRATEGIES:	ACTIVITIES:	ASSESSMENT RUBRIC:	TEACHING AIDS
The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method	Lecture/ Project Work/ Seminars/ Term Papers/Assignments/ Presentations/ Study etc.	Classroom Test, Project Work, Assignments, Presentations	Traditional teaching aids (e.g. books and blackboard) visual teaching aids (e.g. posters, diagrams, maps) Mechanical teaching aids (e.g. audio teaching machines, video-projectors)

SEMESTER-3**COURSE TITLE: -ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY.****COURSE CODE: -PEDGCOR03T**

UNIT	CLASSES NEEDED	TOPIC	LEARNING OUTCOMES
1 INTRODUCTION	1+2+2+3+3	Meaning and definition of Anatomy, Physiology and Exercise Physiology, Importance of Anatomy, Physiology and Exercise Physiology in Physical Education, Human Cell- Structure and function, Tissue- Types and functions.	<p>The student will:</p> <ol style="list-style-type: none"> 1. be oriented with the basic structure and function of human body by identifying, comparing and relating different systems, organs and their functional and structural units. 2. be able to Relate and interpret the role of exercise on body systems and its relation to wellbeing, through literature reviews and physical conditioning exercises. 3. adapt the art to apply the knowledge of anatomy and physiology in physical activity classes at school level. 4. construct anatomy and physiology related pedagogical materials exploring their creative imaginations while working in group and using technology.
2 MUSCULO-SKELETAL SYSTEM	3+3+3+3+3+1	Skeletal System- Structure of Skeletal System. Classification and location of bones and joints. Anatomical differences between male and female, Muscular System- Type, location, function and structure of muscle, Types of muscular contraction, Effect of exercise on muscular system.	
3 CIRCULATOR Y AND RESPIRATORY SYSTEM	2+3+2+2+3+4+3+3+3	Blood- Composition and function, Heart- Structure and functions. Mechanism of blood circulation through heart. Blood Pressure, Athletic Heart and Bradycardia, Effect of exercise on circulatory system, Structure and function of Respiratory organs, Mechanism of Respiration, Vital Capacity, O ₂ Debt and Second Wind, Effect of exercise on respiratory system	
4 NERVOUS AND ENDOCRINE SYSTEM	2+2+3+2+1	Meaning of Nervous System, Parts of Nervous System, system-structure of brain, spinal cord, Neuron, reflex action, Reciprocal Innervations. Meaning of Endocrine Gland, Function and Location of pituitary, Thyroid and Adrenal Glands.	

TEACHING LEARNING STRATEGIES:	ACTIVITIES:	ASSESSMENT RUBRIC:	TEACHING AIDS
The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method	Lecture/ Project Work/ Seminars/ Term Papers/Assignments/ Presentations/ Study etc.	Classroom Test, Project Work, Assignments, Presentations	<u>Traditional teaching aids (e.g. books and blackboard)</u> <u>visual teaching aids (e.g. posters, diagrams, maps, Model.</u> <u>Mechanical teaching aids (e.g. audio teaching machines, video-projectors</u>

SEMESTER-4**COURSE TITLE: Health Education, Test, Measurement & Evaluation In Physical Education****COURSE CODE: -PEDGCOR04T**

UNIT	CLASSES NEEDED	TOPIC	LEARNING OUTCOMES&COURSE OUTCOME
1 Introduction	3+3+3+3+3+3	Concept, definition and dimension of Health, Definition, aim, objectives and principles of Health Education, School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record, Communicable Diseases& Non-communicable Diseases (Malaria, Cholera, Influenza and Chicken Pox, Obesity, Diabetes), Basic Nutrients: - Protein, Carbohydrates, Fat, Vitamins, Minerals and Water, Balance Diet, Athletic Diet, Standard Diet	The student will be able to: 1. identify and synthesize the factors that influence health 2. recognize the health-related challenges in current time and able to apply the preventive measures. 3. identify the role of peers, community and media in health promotion and protection. 4. demonstrate the expertise in above stated domains in a school setup. 5. value the knowledge and skills required to preserve community health and well-being.
2 Health and First-aid Management	3+4+2+3+3+3	First aid- Meaning, definition, importance and golden rules of First-aid, Concept of sports injuries-Sprain, Muscle-pull, Dislocation, Fracture, Cramps, Shock, Burns and Artificial Respiration, Safety Education: Safety at Home, School, College, Play-ground, Streets, Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.	
3 Introduction Test, measurement & Evaluation	3+3+4+2	Concept of test, measurement & Evaluation, Criteria of good test, Principles of Evaluation, Importance of Test, Measurement and Evaluation in Physical Education and Sports.	
4 Measurements of Body Compositions and Somatotype Assessment	3++3+3+3+3+3	Body Mass Index (BMI)- Concept and method of measurement, Body Fat- Concept and method of measurement, Lean Body Mass (LBM)- Concept and method of measurement, Somatotype- Concept and method of measurement.	

TEACHING LEARNING STRATEGIES:	ACTIVITIES:	ASSESSMENT RUBRIC:	TEACHING AIDS
The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method	Lecture/ Project Work/ Seminars/ Term Papers/Assignments/ Presentations/ Study etc.	Classroom Test, Project Work, Assignments, Presentations	<u>Traditional teaching aids</u> (e.g. books and blackboard) <u>visual teaching aids</u> (e.g. posters, diagrams, maps) <u>Mechanical teaching aids</u> (e.g. audio teaching machines, video-projectors)

SEMESTER-5**COURSE TITLE: -SPORTS TRAINING & MECHANICS****COURSE CODE: -PEDGDSE01T**

UNIT	CLASSES NEEDED	TIOPIC	LEARNING OUTCOMES&COURSE OUTCOME
1 INTRODUCTION	2+2+3+3+3+ 3+2+2	Meaning, definition, Aim and characteristics of Sports Training. Principles and Importance of Sports Training, warming up, cooling down and Conditioning -Meaning, types, methods and principles, Training Methods- Circuit Training, Interval Training, Weight Training, Fartlek Training	The learners will be able to: 1. identify the fundamental concepts, theories and principles of human body training related to sports performance. 2. demonstrate the skills to train different fitness components and related planning. 3. understand the organization to achieve high performance in sports.
2 TRAINING TECHNIQUES	2+3+2+3+3+ 2+2+3	Strength- Means and methods of strength development, Speed- Means and methods of speed development, Endurance- Means and methods of endurance development, Flexibility- Means and methods of flexibility development	
3 TRAINING LOAD AND ADAPTATION	3+3+4+2+4+ 3+2+4+2+3	Training Load- Meaning, definition, types and factors of training load, Over Load- Meaning, causes, symptoms and tackling of over load, Adaptation- Meaning and conditions of adaptation, Components of training load, 3.4 Periodization- Meaning, types, aim and contents of different periods.	
4 MECHANICAL PRINCIPLES APPLIED TO SPORTS	3+3+3+2+3+ 3+3	Law of Motion, Equilibrium - its type and Law, Centre of Gravity, Force and its types, Lever and its Types.	

TEACHING LEARNING STRATEGIES:	ACTIVITIES:	ASSESSMENT RUBRIC:	TEACHING AIDS
The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method	Lecture/ Project Work/ Seminars/ Term Papers/Assignments/ Presentations/ Study etc.	Classroom Test, Project Work, Assignments, Presentations	Traditional teaching aids (e.g. books and blackboard) visual teaching aids (e.g. posters, diagrams, maps) Mechanical teaching aids (e.g. audio teaching machines, video-projectors)

SEMESTER-6**COURSE TITLE: - PSYCOLOGY IN PHYSICAL EDUCATION AND SPORTS****COURSE CODE: -PEDGDSE03T**

UNIT	CLASSES NEEDED	TOPIC	LEARNING OUTCOMES&COURSE OUTCOME
1 INTRODUCTION	3+3+4+3+4+3	Meaning and definition Psychology, Importance and scope of Psychology, Meaning and definition Sports Psychology, Need for knowledge of Sports Psychology in the field of Physical Education	The learners would: 1. be oriented in basic concepts of psychology. 2. be oriented in identifying factors determining one's overall personality. 3. understand various laws of learning and their relevance in teaching learning process. 4. be oriented in getting through with the psychology of sports person.
2 LEARNING	3+3+4+3+3+2+2	Meaning and definition of learning, Theories of learning and Laws of learning, Learning curve: Meaning and Types, Transfer of learning-Meaning, definition type and factors affecting transfer of learning.	
3 Psychological Factors	5+5+4+3+3+4+4+2	Motivation- Meaning, definition, type and importance of Motivation in Physical Education and Sports, Emotion- Meaning, definition, type and importance of Emotion in Physical Education and Sports. Personality-Meaning, definition and type Personality traits, Role of physical activities in the development of person	
4 Stress and Anxiety	4+5+5+5	Stress- Meaning, definition and types of Stress, Causes of Stress. Effect of Stress on Sports Performance, Anxiety- Meaning, definition and types of Anxiety. Effect of Anxiety on Sports Performance, Management of Stress and Anxiety through physical activity and sports.	

TEACHING LEARNING STRATEGIES	ACTIVITIES	ASSESSMENT RUBRIC	TEACHING AIDS
The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.	Lecture/ Project Work/ Seminars/ Term Papers/Assignments/ Presentations/ Study etc.	Classroom Test, Project Work, Assignments, Presentations	<u>Traditional teaching aids</u> books and blackboard) <u>visual teaching aids (e.g.</u> posters, diagrams, maps <u>Mechanical teaching aids</u> (e.g. audio teaching machines, video-projectors