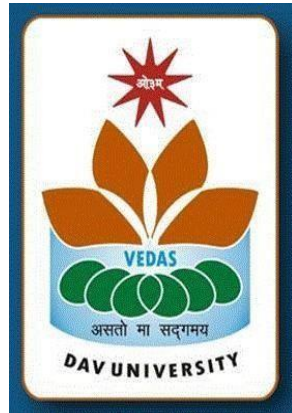


# **DAV UNIVERSITY, JALANDHAR**

## **Department of Physical Education**



### **Scheme and Syllabi**

**For**

**Bachelor of Physical Education  
(Program ID – 328)**

**Applicable for Batch-2024 & onwards**

# DAV UNIVERSITY, JALANDHAR

## Introductory Note of the programme

B.P.Ed. is a Professional program of two-year duration that focuses on to prepare the students as a physical education teacher, with a strong foundation of health, fitness, Physical education and allied sciences. The program offers a perfect combination of theoretical and practical learning to make them equipped with requisite skill-set in order to achieve their goals during their personal and \professional life.

## Program Educational Objectives (PEOs)

**PEO1.** To equip (the future physical education teachers) with the knowledge, attitude, behavior, approaches, methodologies and skills that require to perform in classrooms, school and wider community.

**PEO2.** To develop a capacity (in the future teacher) to perform, observe, infer and to generalize.

**PEO3.** To develop potential for planning and organizing physical education programme and activities.

**PEO4.** To develop personal, Professional and social competencies required in teaching profession.

**PEO5.** To provide an exposure to the students to various organizational tasks both infield and classroom during their tenure of study and thus, imbibe leadership qualities in them.

## Programme Outcomes (POs)

**PO1.Critical Thinking:** Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.

**PO2.Effective Communication:** Speak, read, write, and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.

**PO3. Social Interaction:** Elicit views of others, mediate disagreements and help reach conclusions in group settings.

**PO4. Effective Citizenship:** Demonstrate empathetic social concern and equity centered national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.

**PO5. Ethics:** Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.

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**PO6. Environment and Sustainability:** Understand the issues of environmental contexts and sustainable development.

**PO7. Self-directed and Life-long Learning:** Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes.

## **Program Specific Objectives (PSOs)**

**PSO1-** The student will be aware of the Olympic movement, history and foundation and contemporary issue in physical education and sports.

**PSO2-** The student will be able to contribute to sports community and general community through the application of the knowledge of Sports nutrition & weight Management, Sports training and Yoga, & able to implement the knowledge and principles of Health Education, Environmental education, Sports psychology & sociology to the society.

**PSO3-** The student will grasp the knowledge of human structure and function, bio-mechanical principles with relation to human motion and the management of common sports injuries & also able to show his/her professional competency in the field of Officiating & coaching, Sports management, organization & administration in sports industry

**PSO4-** To develop the reading writing and communicating skills in English along with proficiency in computer application & able to contribute in research and development in the field of physical education and sports.

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## Mapping of POs with PEOs

PEOs→ POs↓	PEO 1	PEO 2	PEO 3	PEO 4	PEO 5
<b>PO1</b>	Yes	Yes	Yes	Yes	Yes
<b>PO2</b>	Yes	Yes	Yes	Yes	Yes
<b>PO3</b>	Yes		Yes	Yes	Yes
<b>PO4</b>	Yes	Yes	Yes	Yes	Yes
<b>PO5</b>	Yes		Yes	Yes	Yes
<b>PO6</b>	Yes	Yes	Yes		<b>Yes</b>
<b>PO7</b>	Yes	Yes		Yes	<b>Yes</b>

## Mapping of PSO with PEO

PEOs→ PSO↓	PEO 1	PEO 2	PEO 3	PEO 4	PEO 5
<b>PSO1</b>	Yes	Yes		Yes	
<b>PSO2</b>	Yes	Yes	Yes	Yes	Yes
<b>PSO3</b>	Yes		Yes	Yes	
<b>PSO4</b>	Yes		Yes	Yes	Yes

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## Scheme of Courses- Bachelor of Physical Education SEMESTER – I

S.No.	Paper Code	Course Title	In Hours				Weightage								
			L	T	P	Cr	W Q	S A P	ATT.	LP/ CA	MTE	MTP	ETE	ETP	TOTAL
Core Courses															
1	PHE517	History, Principles and Foundation of Physical Education	4	0	0	4	10	10	05	0	25	0	50	0	100
2	PHE504	Anatomy and Exercise Physiology	4	0	0	4	10	10	05	0	25	0	50	0	100
3	PHE522	Health Education andEnvironmental Studies	4	0	0	4	10	10	05	0	25	0	50	0	100
Core (Practical) Course															
4	PHE559	Game Specialization- I	0	0	6	4	0	0	0	20	0	30	0	50	100
5	PHE560	Drills & Calisthenics- I	0	0	3	2	0	0	0	20	0	30	0	50	50
Elective Course(Any One)															
6	PHE	Olympic Movement	4	0	0	4	10	10	05	0	25	0	50	0	100
7	PHE561	Fundamentals of coaching and officiating	4	0	0	4	10	10	05	0	25	0	50	0	100
Compulsory Foundation course															
8	ENG159 B	English Literature and communication skills-V (Lab.)	0	0	2	1	0	0	0	20	0	0	0	80	25
			16	0	11	23									

All Courses will be evaluated on the basis of 30% Internal Evaluation and 70% External Evaluation

**L: Lectures T: Tutorial P: Practical Cr: Credits**

### Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

<u>One Test</u>	<u>10 Marks</u>
<u>Assignments / Lab Practical</u>	<u>10 Marks</u>
<u>Attendance</u>	<u>5 Marks</u>
<u>Total</u>	<u>25 Marks</u>

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## SEMESTER – II

S.No.	Paper Code	Course Title	In Hours				Weightage								
			L	T	P	Cr	W Q	S A P	ATT.	LP/ CA	MTE	MTP	ETE	ETP	TOTAL
Core Courses															
1	PHE576	Yoga Education	2	0	4	4	10	0	05	0	25	0	35	25	100
2	PHE532	Educational Technology and Methods ofTeaching in Physical Education	4	0	0	4	10	10	05	0	25	0	50	0	100
3	PHE550	Organization and Administration in Physical Education	4	0	0	4	10	10	05	0	25	0	50	0	100
Core (Practical) Course															
4	PHE565	Game Specialization-II	0	0	6	4	0	0	0	20	0	30	0	50	100
5	PHE564	Track & Field- I (Throwing & Jumping Events)	0	0	6	4	0	0	0	20	0	30	0	50	100
Elective Course(Any One)															
6	PHE	Contemporary Issues in Physical Education., Fitness and wellness	4	0	0	4	10	10	05	0	25	0	50	0	100
7	PHE511	Sports Nutrition and WeightManagement	4	0	0	4	10	10	05	0	25	0	50	0	100
Compulsory Foundation course															
8	ENG160 B	English Literature and communication skills-VI (Lab.)	0	0	2	1	0	0	0	20	0	0	0	80	25
			14	0	18	25									

All Courses will be evaluated on the basis of 30% Internal Evaluation and 70% External Evaluation

**L: Lectures    T: Tutorial    P: Practical    Cr: Credits**

**Evaluation:** \_\_\_\_\_

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

<u>One Test</u>	<u>10 Marks</u>
<u>Assignments / Lab Practical</u>	<u>10 Marks</u>
<u>Attendance</u>	<u>5 Marks</u>
<u>Total</u>	<u>25 Marks</u>

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## SEMESTER-III

S.No.	Paper Code	Course Title	In Hours				Weightage									
			L	T	P	Cr	W Q	S A P	ATT.	LP/ CA	MTE	MTP	ETE	ETP	TOTAL	
Core Courses																
1	PHE512	Sports Training	4	0	4	4	10	10	05	0	25	0	50	0	100	
2	PHE552	Sports Psychology and Sociology	4	0	0	4	10	10	05	0	25	0	50	0	100	
3	PHE540	Research and Statisticsin Physical Education	4	0	0	4	10	10	05	0	25	0	50	0	100	
Core (Practical) Course																
4	PHE569	Track & Field- II (Jumping Events)	0	0	6	4	0	0	0	20	0	30	0	50	100	
5	PHE542	Game Specialization-III	0	0	6	4	0	0	0	20	0	30	0	50	100	
6	PHE510	Community Service	0	0	4	2	0	0	0	20	0	30	0	50	50	
Elective Course(Any One)																
7	PHE537	Sports Medicine, Physiotherapy and Rehabilitation	4	0	0	4	10	10	05	0	25	0	50	0	100	
8	PHE	Curriculum Design	4	0	0	4	10	10	05	0	25	0	50	0	100	
TOTAL			16	0	16	26										

All Courses will be evaluated on the basis of 30% Internal Evaluation and 70% External Evaluation

**L: Lectures T: Tutorial P: Practical Cr: Credits**

### Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

<u>One Test</u>	<u>10 Marks</u>
<u>Assignments / Lab Practical</u>	<u>10 Marks</u>
<u>Attendance</u>	<u>5 Marks</u>
<u>Total</u>	<u>25 Marks</u>

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## SEMESTER- IV

S.No.	Paper Code	Course Title	In Hours				Weightage									
			L	T	P	Cr	W Q	S A P	ATT.	LP/ CA	MTE	MTP	ETE	ETP	TOTAL	
Core Courses																
1	PHE503	Measurement and Evaluation in Physical Education	4	0	0	4	10	10	05	0	25	0	50	0	100	
2	PHE539	Kinesiology and Biomechanics	4	0	0	4	10	10	05	0	25	0	50	0	100	
3	CSA265	Computer Applications	1	0	2	2	10	10	05	0	25	0	50	0	50	
Core (Practical) Course																
4	PHE570	Track and field-III	0	0	6	4	0	0	0	20	0	30	0	50	100	
5	PHE571	Game specialization - IV	0	0	6	4	0	0	0	20	0	30	0	50	100	
6	PHE556	Teaching Practice- Internship *	0	0	0	4	0	0	0	20	0	0	0	80	10	
Elective Course(Any One)																
7	PHE	Theory of sports and games(Specifically sports and games specialization)	4	0	0	4	10	10	05	0	25	0	50	0	100	
8	PHE572	Sports Management	4	0	0	4	10	10	05	0	25	0	50	0	100	
Compulsory course																
9	CEC101		1	0	0	1									25	
10	CEC102		0	0	2	1									25	
TOTAL			14	0	16	32										

All Courses will be evaluated on the basis of 30% Internal Evaluation and 70% External Evaluation

**L: Lectures      T: Tutorial      P: Practical      Cr: Credits**

\* Teaching Practice- Internship will be done 50% internally and 50 % externally.

### Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

<u>One Test</u>	<u>10 Marks</u>
<u>Assignments / Lab Practical</u>	<u>10 Marks</u>
<u>Attendance</u>	<u>5 Marks</u>
<u>Total</u>	<u>25 Marks</u>



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**Game specialization – choose anyone of the following for every semester. No single game can be repeated. Every student shall opt for a different game in each semester.**

1. Basketball
2. Kabbadi
3. Kho-kho
4. Badminton
5. Cricket
6. Football
7. Handball
8. Table Tennis
- 9.

- Hockey
10. Judo
11. Volleyball
12. Yoga
13. Boxing
14. Wrestling

**Choose anyone of the following community services**

- 1) Drug Awareness
- 2) Road safety awareness
- 3) Awareness about female foeticide
- 4) Awareness of Swachh Bharat Abhiyaan.
- 5) Adult Education

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**NOTE: Provision of Bonus Credits Maximum 06 Credits in each Semester**

Sr. No.	Special Credits forte Extra Co-curricular Activities	Credit
1	Sports Achievement at State level Competition (Medal Winner)	1
	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation International level Competition	4
2	Inter Uni. Medal winners (Any one game)	2
3	Inter Uni. Participation (Any one game)	1
4	National Cadet Corps / National Service Scheme NCC/NSS Certificate C -3, NCC/NSS Certificate B -2, NCC/NSS Certificate A - 1	3
5	Blood donation / Cleanliness drive / Community services /	2
6	Mountaineering – Basic Camp, Advance Camp / Adventure Activities	2
8	News Reporting / Article Writing / book writing / progress report	1
	writing	

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution/ Department. This Bonus credit can be used instead of any academic course of same credit.

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## DETAILED SYLLABUS

### SEMESTER – I

**Course Title:** HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

**Paper Code:** PHE517

L	T	P	Credits	Marks
4	0	0	4	100

#### **Course Objectives:-**

CO1:- Students will be able to understand the meaning, aim, objectives, importance and principles of physical education.

CO2:- To make students familiar with the concept of biological, psychological sociological and philosophical basis of physical education.

CO3:- To make students aware about historical development of physical education and national policies for physical education.

CO4:- To enable the students to know about the ancient and modern prospective of different countries.

## **UNIT – I**

### **1.1 Introduction to Physical Education**

- 1.1.1 Meaning, Definition and Scope of Physical Education.
- 1.1.2 Aims and Objective of Physical Education.
- 1.1.3 Need & Importance of Physical Education in present era.
- 1.1.4 Misconceptions about Physical Education.
- 1.1.5 Relationship of Physical Education with General Education.
- 1.1.6 Physical Education as an Art and Science.
- 1.1.7 Principles of Physical Education.

## **UNIT- II**

### **2.1 Biological basis of Physical Education**

- 2.1.1 Growth and development, its principles.
- 2.1.2 Age and gender characteristics,
- 2.1.3 Body Types,
- 2.1.4 Anthropometric measurements.

### **2.2 Psychological basis of Physical Education:**

- 2.2.1 Play and Play theories.

### **2.3 Sociological basis of Physical Education,**

- 2.3.1 Socialization process,
- 2.3.2 Social nature of men and Physical Activity:
- 2.3.3 Society and culture,
- 2.3.4 Social acceptance and recognition,
- 2.3.5 Social integration and cohesiveness,
- 2.3.6 Sports as cultural heritage of mankind, 2.3.7 customs, traditions and sports,
- 2.3.8 Competition and cooperation.
- 2.3.9 Leadership.

### **2.4 Philosophical basis of Physical Education,**

- 2.4.1 Philosophies of Physical Education: Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism.

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## UNIT- III

### 3.1 Historical Development of Physical Education in India.

- 3.1.1 Indus Valley Civilization Period. (3250 BC – 2500 BC)
- 3.1.2 Vedic Period (2500 BC – 600 BC)
- 3.1.3 Early Hindu Period (600 BC – 320 AD)
- 3.1.4 Later Hindu Period (320 AD – 1000 AD)
- 3.1.5 Medieval Period (1000 AD – 1757 AD)
- 3.1.6 British Period (Before 1947) Physical Education in India (After 1947)

### 3.2. Contribution of various organizations and National policy for Physical education and sports.

- 3.2.1 Contribution of Akhadas and Vyayamshalas .
- 3.2.2 Y.M.C.A. and its contributions.
- 3.2.3 National policy of Sports and Physical education.

## UNIT-IV

### 4.1 Historical development and modern perspective of Physical Education and sports in the world.

- 4.1.1 Ancient Greece, Rome, Contemporary Germany, Sweden, Denmark and Russia.
- 4.1.2 Modern perspectives: USA, UK and China.

### 4.2 Career Avenues, National sports awards and sports awardees

- 4.2.1 Arjun Award
- 4.2.2 Dronacharya award
- 4.2.3 Rajeev Gandhi Khel Ratna award
- 4.2.4 Maulana Abul Kalam Azad Trophy
- 4.2.5 Major tournaments and Competitions related to various sports/games.

## REFERENCES:

- Bucher, C. A. (n.d.) Foundation of physical education. St.Louis: The C.V. MosbyCo. Deshpande,
- S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
- Mohan, V. M. (1969). Principles of physical education. Delhi: MetropolitanBook Dep.
- Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.

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**Course Title:** ANATOMY AND EXERCISE PHYSIOLOGY

**Paper Code:** PHE504

L	T	P	Credits	Marks
4	0	0	4	100

## **Course Objectives:-**

**CO1:-** Students will be able to understand the basic concept of Anatomy & Physiology in the field of physical education, & bones, Joints & their types and understand the structure, functions & theory of muscle, tissue & cell.

**CO2:-** Enable the students to know about the blood, Structure & functions of heart circulatory system and Respiratory system & its mechanism.

**CO3:-** To understand the Digestive system, nerve control of digestive system, nervous system & endocrine system along its classification & their functions.

**CO4:-** To enable the students to learn about Balance diet & daily energy requirements.

**CO5:-** Students will be able to understand the effect of exercise & training on different systems & some physiological concept like Physical fitness, warm-up, conditioning & fatigue.

## **UNIT-I**

### **1.1 Brief Introduction of Anatomy and physiology in the field of Physical Education.**

- 1.1.2 Introduction of Cell and Tissue.
- 1.1.3 Axial and Appendicular Skeleton, gender differences.
- 1.1.4 Bone: definition, structure, types and functions.
- 1.1.5 Joints: types and movement.
- 1.1.6 Muscle: Structure, types and functions of muscles..
- 1.1.7 Sliding filament muscle contraction theory.

## **UNIT-II**

### **2.1 Brief Introduction of Anatomy and physiology of circulatory system**

- 2.1.1 Constituents of blood and their function.
- 2.1.2 Blood groups and blood transfusion,
- 2.1.3 Clotting of blood
- 2.2.3 Structure of heart and blood vessels.
- 2.2.4 Types of circulation, types of major blood vessels
- 2.2.5 Properties of the heart muscle,
- 2.2.6 Terminologies: cardiac cycle, cardiac output, blood pressure: diastolic, systolic. Athletic heart, Stroke Volume
- 2.2.7 Brief Introduction of Anatomy and physiology of Respiratory system
- 2.2.8 The Respiratory system: Types, organs, structure and mechanism of respiration.
- 2.2.9 Respiratory volumes,
- 2.2.10 VO<sub>2</sub> max., oxygen debt, second wind.
- 2.2.11 Internal & External Respiration

## **UNIT-III**

### **3.1 Brief Introduction of Anatomy and physiology of Digestive and Nervous system**

- 3.1.1 Digestive System: Organs and mechanism of Digestion,
- 3.1.2 Nerve control of Digestive system.
- 3.1.2 Nervous System and Parts of Nervous system,
- 3.1.3 Functional classification of nervous system.

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## 3.2 Endocrine System:

### 3.2.1 Meaning of Glands

### 3.2.2 Location and function of glands

## UNIT-IV

### 4.1 Diet

#### 4.1.1 Balance diet and diet before, during and after competition.

#### 4.1.2 Daily energy requirement regarding various nutrients.

### 4.2 Effect of exercise and training

#### 4.2.1 Effect of exercise and training on cardiovascular system.

#### 4.2.2 Effect of exercise and training on respiratory system.

#### 4.2.2 Effect of exercise and training on muscular system.

### 4.3 Physiological concept of

#### 4.3.1 Physical fitness,

#### 4.3.2 Warming up,

#### 4.3.3 Conditioning and

#### 4.3.4 Fatigue.

## REFERENCES:

Gupta, A. P. (2010). Anatomy and physiology. Agra: Sumit Prakashan.

Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: SwaranPrinting Press.

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Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.

Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.

Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications. Morehouse,

L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. MosbyCo.

Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.

Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.

Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications

# DAV UNIVERSITY, JALANDHAR

**Course Title: HEALTH EDUCATION AND ENVIRONMENTAL STUDIES**

**Paper Code: PHE522**

L	T	P	Credits	Marks
4	0	0	4	100

## **Course Objectives:-**

**CO1:-** The student will be able to identify and synthesize the factors that influence health.

**CO2:-** The student will be able to recognize the health related challenges in current time and able to apply the preventive measures.

**CO3:-** The student will be able to understand the importance of environmental education and sustainable development.

**CO4:-** The student will be able to value the knowledge and skills required to preserve community health and well-being.

## **UNIT – I**

### **1.1 Health Education:**

- 1.1.1 Concept and Dimensions of Health.
- 1.1.2 Spectrum and Determinants of Health.
- 1.1.3 Definition of Health, Health Education, Health Instruction, Health Supervision.
- 1.1.4 Aim, objective and Principles of Health Education.
- 1.1.5 Health Service and guidance instruction in personal hygiene

## **UNIT – II**

### **2.1 Health Problems in India:**

- 2.1.1 Communicable and Non Communicable Diseases.
- 2.1.2 Obesity, Malnutrition, Adulteration in food,
- 2.1.3 Environmental sanitation, Explosive Population,
- 2.1.4 Personal and Environmental Hygiene for schools.

### **2.2 Health services**

- 2.1.1 Objective of school health service, Role of health education in schools.
- 2.1.2 Health Services – Care of skin, Nails, Eye health service, Nutritional service,
- 2.1.3 Health appraisal, Health record, Healthful school environment,
- 2.1.4 First- aid and emergency care etc.

## **UNIT – III**

### **3.1 Environmental Education:**

- 3.1.1 Definition, Scope, Need and Importance of environmental studies.
- 3.1.2 Concept of environmental education,
- 3.1.3 Historical background of environmental education, Celebration of various days in relation with environment.
- 3.1.4 Plastic recycling & prohibition of plastic bag / cover.
- 3.1.5 Role of school in environmental conservation and sustainable development.

## **UNIT – IV**

### **4.1 Natural Resources and related environmental issues**

- 4.1.1 Water resources, food resources and Land resources.
- 4.1.2 Definition, effects and control measures of Air Pollution, Water Pollution, Soil Pollution, Noise Pollution & Nuclear pollution.
- 4.1.3 Management of environment and Govt. policies.
- 4.1.4 Role of pollution control board.

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## REFERENCES:

- Agrawal, K.C. (2001). Environmental biology. Bikaner: Nidhi publishers Ltd.
- Frank, H. & Walter, H., (1976). Turners school health education. Saint Louis: The C.V. Mosby Company.
- Nemir, A. (n.d.). The school health education. New York: Harber and Brothers.
- Odum, E.P. (1971). Fundamental of ecology. U.S.A.: W.B. Saunders Co



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## Course Title: GAME SPECIALIZATION – I

L	T	P	Credits	Marks
0	0	6	4	100

**Paper Code: PHE559**

### Course Objectives:-

**CO1:-** The pass out student will be aware of historical development and important tournaments at National and International level.

**CO2:-** The student will be able to demonstrate fundamental skills of the game

**CO3:-** The pass out student will be able to apply gained knowledge for tactical and technical preparation for sports competition.

**CO4:-** The student will be able to deliver his/her duties as an official to conduct a match.

## UNIT-I

1.1 Historical Development of the sports at National and International level.

1.2 Important Tournament/Competition held at National and International level

## UNIT-II

2.1 Fundamental Skills of the sport.

2.2 Warming Up–General, Specific, Cooling Down,

2.3 Physiological basis of warming up and cooling down.

## UNIT-III

3.1 Tactical Preparation for sports.

3.2 Strategies and their Applications.

3.3 Importance of Psychological preparation and its methods.

## UNIT-IV

4.1 Sports Specific Skill Test.

4.2 Knowledge of rules and regulations.

4.3 Duties of official & conduct of official match.

### Practical:

1. Draft preparation, supplementary to improve fundamental skills.

2. Sport Specific skill test.

3. Test for Motor components.

4. Filling up score sheets.

5. Officiating in competition. (rules and signals)

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## Course Title: Drills & Callisthenics– I

Paper Code: PHE560

L	T	P	Credits	Marks
0	0	6	4	100

### Course Objectives:-

**CO1:-**The student will be able to follow and to give the commands for mass activity.

**CO2:-**The student will be able to perform and demonstrate various free hand and light apparatus exercises.

**CO3:-** The student will be able to perform and demonstrate the march past.

### UNIT-I

#### 1.1 Free Hand Exercise (Calisthenics)

1.1.1 Exercise on verbal command with drum and music

### UNIT-II

#### 2.1 Light Apparatus

2.1.1 Exercise with dumbbells, lazium on verbal command.

2.1.2 Exercise with dumbbells, lazium with drum.

2.1.3 Mass P.T Exercises

### UNIT-III

#### 3.1 March Past

3.1.1 Drum Beat, Side drum

3.1.2 Commands: Attention, Stand-at-Ease, Left turn, Right turn, About turn, March time, March, Eyes Right Flag hoisting, salute, eyes left

### UNIT-IV

#### 4.1 Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri

4.1.1 Apparatus/ Light apparatus Grip. Attention with apparatus/ Light apparatus . Stand – at – ease with apparatus/ light apparatus.

4.1.2 Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count and Sixteen count.

Standing Exercise o Jumping Exercise o Moving Exercise Combination of above all

# DAV UNIVERSITY, JALANDHAR

**Course Title: OLYMPIC MOVEMENT**

**Paper Code: PHE**

L	T	P	Credits	Marks
4	0	0	4	100

## **Course Objectives:-**

**CO1:-** The student will be aware about the origin , development , Value & Philosophy of Olympic Movement.

**CO2:-** The student will be able to understand about different Olympic games , & to implement the knowledge to the sports community.

**CO3:-** The student will be aware about the structure & function of national & International Olympic Committees.

**CO4:-** The student will be aware about the Olympic medal winners of India.

## **UNIT – I**

### **1.1 History of Olympic games**

- 1.1.1 Origin of Olympic Movement. Philosophy of Olympic movement.
- 1.1.2 The early history of the Olympic movement.
- 1.1.3 The significant stages in the development of the modern Olympic movement.
- 1.1.4 Educational and cultural values of Olympic movement

## **UNIT – II**

### **2.1 Modern Olympic Games and Olympic Protocol**

- 2.1.1 Modern Olympic Games
- 2.1.2 Significance of Olympic Ideals, Olympic Rings, Olympic Torch, Olympic Flag.
- 2.1.3 Olympic Protocol for member countries.
- 2.1.4 Olympic Code of Ethics. Olympism in action.
- 2.1.5 Sports for All

## **UNIT – III**

### **3.1 Different Olympic Games.**

- 3.1.1 Para Olympic Games.
- 3.1.2 Summer Olympics.
- 3.1.3 Winter Olympics.
- 3.1.4 Youth Olympic Games
- 3.1.5 Special Olympic
- 3.1.6 Deaf Olympic

## **UNIT – IV**

### **4.1 Committees of Olympic Games.**

- 4.1.1 International Olympic Committee - Structure and Functions.
- 4.1.2 National Olympic committees and their role in Olympic movement.
- 4.1.3 Olympic commission and their functions.
- 4.1.4 Olympic medal winners of India

## **REFERENCES:**

- Osborne, M. P. (2004). Magic tree house fact tracker: ancient Greece and the Olympics: a nonfiction companion to magic tree house: hour of the Olympics. New York: Random House Books for Young Readers.
- Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner

# DAV UNIVERSITY, JALANDHAR

**Course Title: FUNDAMENTALS OF COACHING AND OFFICIATING**

**Paper Code: PHE561**

L	T	P	Credits	Marks
4	0	0	4	100

## **Course Objectives:-**

**CO1:-**Students will be able to understand the basic concept of coaching, sports training and fitness and the concept of load and recovery.

**CO2:-**To enable the students, to know about the components of physical fitness and their methods of development and the concept of physiological preparation and different training periods.

**CO3:-**To understand the various duties of the officials in different events (Athletics' and games) & the marking of various events (Athletics' and games).

**CO4:-** To enable the students to learn about the rules, regulation and their interpretation of athletics and games.

## **UNIT-1**

### **1.1 Introduction to Coaching and training**

1.1.1 Coaching:- Meaning & definition,

1.1.2 Coach:- Qualification, qualities, characteristics and responsibilities

### **1.2 Sports training-**

1.2.1 meaning, definition, aims, objectives of sports training

1.2.2 Characteristics and principles of sports training.

1.1.3 Warming up, Conditioning, Cooling down - Meaning, benefits and significance.

### **1.3 Fitness-**

1.3.1 Meaning and components of physical fitness,

1.3.2 motor fitness and health related physical fitness.

### **1.4 Load and Recovery:-**

1.4.1 Meaning, factors-intensity & volume, judgment of load.

1.4.2 Over load:- Meaning and tackling over load.

1.4.3 Recovery:- Phases, means and factors affecting recovery

## **UNIT-2**

### **2.1 Training methods:-**

2.1.1 Development of components of physical fitness and motor fitness through following training methods continuous method, interval method, circuit method, fartlek/speed play and weight training).

2.1.2 Development of Techniques and Tactics.

### **2.2 Psychological preparation of team and individual sports persons.**

### **2.3 Concept of different training periods:-**

2.3.1 Periodization- Preparatory, Competition and Transition periods and their aim and objectives.

2.3.2 Preparing coaching schedule – Yearly and Short term.

# DAV UNIVERSITY, JALANDHAR

## UNIT-3

### 3.1 Officiating-

3.1.1 Meaning and principles.

3.1.2 Reasons for poor officiating and their remedies.

3.1.3 Duties of officials (Pre, during & post):- Athletics, Badminton, Basketball, Cricket, Football, Gymnastics, Handball, Hockey, Kabaddi, Kho-Kho and Volleyball.

### 3.2 Marking of Track/Field/Court/ground: -

3.2.1 Athletics,

3.2.2 Badminton, Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho and Volleyball.

## UNIT-4

### 4.1 Rules and their interpretations of events

4.1.1 Athletics.

4.1.2 Larger area games:- Cricket, Football, Handball and Hockey. Rules and their interpretations of small area games:- Badminton, Basketball, Kabaddi, Kho-Kho and Volleyball.

## REFERENCES:

- Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.
- Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
- Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
- Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
- Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill

# DAV UNIVERSITY, JALANDHAR

**Course Title: English Literature**

**and Communication Skills- VCourse Code: ENG 159 B**

L	T	P	Credits
0	0	2	1

**Course Objective:**

- To improve fluency in speaking English.
- To promote interactive skills through Group Discussions and role plays.

**Learning Outcome:** Students will be able to speak in English confidently and fluently. In addition, they will develop a technical understanding of language learning software, which will further help them improve their communicative skills.

**Unit -1 Practical Approach to Listening and Speaking**

**Listening:** Throughout the course, listening will be a part of activities at every level and the focus will be to provide the learners with enough samples in order to encourage auditory understanding.

**Speaking:** The students shall be introduced to RP symbols and English Pronunciation dictionary by Daniel Jones. The focus shall be on correct articulation/ production of speech sounds, stress and intonation.

Part-I: Phonetics

Part-II: English Conversations (Unit 1 to 20)

Prescribed Textbook:

- A PRACTICAL COURSE IN SPOKEN ENGLISH By J. K. GANGAL (PHI Private Limited, 2012)

**Unit-2**

Basics of Sports Commentary

**Instructions:**

1. Each student will prepare a scrap file on any of the topics given by class teacher. Student should be able to justify the contents of his/her Scrap file. Marks will be given for originality, creativity and presentation of thoughts.
2. In the end of semester, viva exam will be conducted. Spoken English will be the focus of exam. Examiner will ask questions related to scrap file and other general (non-technical) topics.
3. Acknowledge all the sources of information in your scrap file.
4. This paper includes only one evaluation in the end term examination.

**References Books:**

1. Gangal, J. K. A Practical Course in Spoken English. India: Phi Private Limited, 2012.
2. Kumar, Sanjay and PushpLata. Communication Skills. India: OUP, 2012.

# DAV UNIVERSITY, JALANDHAR

## SEMESTER - II

L	T	P	Credits	Marks
3	0	2	4	100

**Course Title: YOGA EDUCATION**

**Paper Code: PHE576**

### **Course Objectives:-**

**CO1:** Students will be able to understand the all aspects of yoga and Yoga Sutra, Yoga in physical education and sports.

**CO2:** Enable the students to know about the foundation and different schools of yoga.

**CO3:** Students will be able to understand the basics of asanas, bandhas and kriyas and Influences On various system of the body.

**CO4:** To provide the knowledge about yoga education with relation to research, different yoga centers and difference between exercise and yoga.

### **UNIT – I**

#### **1.1 Introduction of Yoga**

1.1.1 Meaning and Definition of Yoga

1.1.2 Aims and Objectives of Yoga, Yoga in Early Upanisads

1.1.3 The Yoga Sutra: General Consideration

#### **1.2 Need and Importance of Yoga in Physical Education and Sports**

### **UNIT – II**

#### **2.1 Foundation of Yoga:**

2.1.1 The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi

2.1.2 Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

### **UNIT - III**

#### **3.1 Asanas:**

3.1.1 Meaning, Definition and types of Asanas.

3.1.2 Effect of Asanas and Pranayama on various system of the body

3.1.3 Classification of asanas with special reference to physical education and sports

3.1.4 Influences of relaxative, meditative posture on various system of the body

#### **3.2 Bandhas, mudras and Kriyas**

3.2.1 Types, benefits and precautions of Bandhas and mudras,

3.2.2 Types, benefits and precautions of kriyas.

### **UNIT – IV**

#### **4.1 Yoga Education:**

4.1.1 Meaning of Yoga education

4.1.2 Basic, applied and action research in the field of Yoga

4.1.3 Yoga education centers in India and abroad, Competitions in Yoga.

4.2 Difference between yogic practices and physical exercises

## Practicals :

### **1.1 Surya Namaskar**

### **1.2 Pranayama**

- 1.2.1 Nadi shodhan Pranayam
- 1.2.2 Bhastrika Pranayam
- 1.2.3 Bhramri Pranayam
- 1.2.4 Ujjai Pranayam
- 1.2.5 Kapalbhata

### **2.1 Kriyas**

- 2.1.1 Jal neti
- 2.1.2 Sutra neti
- 2.1.3 Kunjal kriya
- 2.1.4 Sankh prakshalan

### **3.1 Sitting poses**

### **3.2 Standing poses**

### **4.1 Lying poses**

- 4.1.1 Supine lying poses
- 4.1.2 Prone lying poses

### **4.2 Inverted poses**

## **REFERENCES:**

- Brown, F. Y.(2000). How to use yoga. Delhi:Sports Publication.
- Gharote, M. L. &Ganguly, H. (1988). Teaching methods for yogic practices.Lonawala: Kaixydahmoe.
- Rajjan, S. M. (1985). Yoga strentheningofrelexation for sports man. New Delhi:Allied Publishers.
- Shankar,G.(1998). Holistic approach of yoga. New Delhi:Aditya Publishers. Shekar,K. C. (2003). Yoga for health. Delhi: KhelSahitya Kend



# DAV UNIVERSITY, JALANDHAR

L	T	P	Credits	Marks
4	0	0	4	100

**Course Title: EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION**

**Paper Code: PHE532**

**Course Objectives:-**

**CO1:-** Students will be able to know about the concept of education and educational technology.

**CO2:-** Students will be oriented to various teaching methods and techniques.

**CO3:-** To enable the students about the uses of different teaching aids.

**CO4:-** To provide the knowledge about the different activities for different age groups in relation to physical education.

## UNIT – I

### 1.1 Introduction to Education and Education Technology-

**1.1.1** Meaning and Definitions of education and educational technology

**1.1.2** Types of Education- Formal, Informal and Non- Formal education.

**1.1.3** Educative Process, Importance of Devices and Methods of Teaching: Question answer, group discussion, library, laboratory method etc.

## UNIT – II

### 2.1 Teaching Technique:

**2.1.1** Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc.

**2.1.2** Teaching Procedure – Whole method, whole – part – whole method, part – whole method.

**2.1.3** Presentation Technique – Personal and technical preparation, Comm and- Meaning, Types and its uses in different situations.

## UNIT – III

### 3.1 Teaching Aids:

**3.1.1** – Meaning, Importance and criteria for selecting teaching aids.

**3.1.2** Types of Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture

### 3.2 Teaching Methods –

**3.2.1** Team Teaching-Meaning, Principles and advantage of team teaching.

**3.2.2** Micro Teaching – Meaning, Types and steps of micro teaching. **3.2.3** Simulation Teaching - Meaning, Types and steps of simulation teaching

**3.2.4** Difference between Teaching Methods and Teaching Aid.

### 3.3 Lesson Planning and Teaching Innovations:

**3.3.1** Lesson Planning – Meaning, Type and principles of lesson plan.

**3.3.2** General and specific lesson plan.

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## UNIT – IV

### 4.1 Activities for 1-2 year age toddlers

4.1.1 Sensory exploration with sand, Cardboard box creativity, Playing with Balloons, Painting fireworks, Finger painting, Bare hand colouring on sheets.

### 4.2 Activities for 2-3 year age babies

4.2.1 Basic shapes work station, Finger painting festival lights, List of Sample and fun game, Colour car match painting, Printable number play dough, Lunch box ideas, Make a play dough teddy bear

### 4.3 Activities for 3-4 year age Child

4.3.1 Measurement length activity, Creative sand art activity, V is for vegetables letters activity, R is for ribbon letters activity.

### 4.4 Activities for 4-5 year age Child

4.4.1 C letter is for cotton cloud activity, mixing of colours, letter N activity of newspaper, Making patterns and sporting, simple airplane craft.

### 4.5 Activities for 6-7 year age Child

4.5.1 Hide and seek, Tag, Duck Duck Goose, Hot Potato, Simon says, Jumping Jacks, Balance Beam, Keep the Balloon up.

### 4.6 Activities for 7-8 year age Child

4.6.1 Dragon tail/Snake bite, Spoon Balance, water balloon attack, Catch the ball) Major, Minor, lead-Up Games, Recreational Games, Relay games, Society Games for Adolescence, Adults and old ages (Dragon tail, Apple, orange Banana Game, Dodge Ball, Leg Cricket, Triangle Catch, Numbers and actions, Ladder Game, Pick and run, The hand game, Forming shape game, Toe tag, Knee tag, Team building activity game, Zip zap zop, Back to back game, Street and alleys game, Cone game, Mingle Mingle.

## REFERENCES:

- Bhardwaj, A. (2003). New media of educational planning. New Delhi: Sarup of Sons.
- Bhatia, & Bhatia, (1959). The principles and methods of teaching. New Delhi: Doaba House.
- Kochar, S.K. (1982). Methods and techniques of teaching. New Z

# DAV UNIVERSITY, JALANDHAR

Course Title: **ORGANIZATION AND ADMINISTRATION**

Paper Code: **PHE550**

Course Objectives:-

L	T	P	Credits	Marks
4	0	0	4	100

**CO1:-** Student will be able to know about the basic concept of organization and administration, planning their principles, types and their functions.

**CO2:-** Student will be able to understand about office management, record, criteria of good budget and all related office skills.

**CO3:-** To make student enable to know about time table management, care of school building and equipment.

**CO4:-** Student will be able to understand the concept of competition, their types.

## UNIT – I

- 1.1 Meaning and importance of Organization and Administration in physical education
- 1.1 Qualification and Responsibilities of Physical Education teacher and pupil leader.
- 1.2 Planning and their basic principles, Program planning: Meaning, Importance,
- 1.3 Principles of program planning in physical education.
- 1.4 Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

## UNIT- II

### 2.1 Office Management.:

2.1.1 Meaning, definition, functions and kinds of office management

### 2.2. Records and Registers:

2.2.1 Maintenance of attendance Register, stock register, cash register, physical efficiency record

2.2.2 Medical examination Record.

### 2.3 Budget:

2.3.1 Meaning, Importance of Budget making,

2.3.2 Criteria of a good Budget, Sources of Income, Expenditure,

2.3.3 Preparation of Budget.

## UNIT-III

### 3.1 Facilities, Management

3.1.1 : Types of facilities Infrastructure-indoor, out door.

3.1.2 Care of school building, Gymnasium, swimming pool, Play fields, Play grounds,

### 3.2 Equipment Management:

3.2.1 Need, importance, purchase of equipment.

3.2.2 care and maintenance of equipment.

### 3.3 Time Table Management:

3.3.1 Meaning, Need, Importance and Factor affecting time table.

## UNIT-IV

### 4.1 Tournaments:

4.1.1 Organization and Importance of Tournament

4.1.2 Types of Tournament and its organization structure - Knock-out Tournaments (Single/Double Knock out), League or Round Robin Tournaments, Combination Tournament and challenge Tournament.

### 4.2 Organization structure of Athletic Meet.

### 4.4 Sports Event Intramural & Extramural Tournament planning

# DAV UNIVERSITY, JALANDHAR

## REFERENCES:

- Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prenticehall Inc.
- Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Louis: The C.V. Mosby Co.
- Kozman, H.C. Cassidy, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co. Pandey, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.
- Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
- Thomas, J. P. (1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.
- Tirunaryanan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press. Voltmer,
- E. F. & Esslinger, A. A. (1979). The organization and administration of Physical Education. New York: Prentice Hall Inc.

# DAV UNIVERSITY, JALANDHAR

**Course Title: GAME SPECIALIZATION II**

L	T	P	Credits	Marks
0	0	6	4	100

**Paper Code:PHE565**

**Course Objectives:-**

**CO1:-** The pass out student will be aware of historical development and important tournaments at National and International level.

**CO2:-** The student will be able to demonstrate fundamental skills of the game

**CO3:-** The pass out student will be able to apply gained knowledge for tactical and technical preparation for sports competition.

**CO4:-** The student will be able to deliver his/her duties as an official to conduct a match.

**UNIT-I**

- 1.1 Historical Development of the sports at National and International level.
- 1.2 Important Tournament/Competition held at National and International level

**UNIT-II**

- 2.1 Fundamental Skills of the sport.
- 2.2 Warming Up-General, Specific, Cooling Down,
- 2.3 Physiological basis of warming up and cooling down.

**UNIT-III**

- 3.1 Tactical Preparation for sports. Strategies and their Applications.
- 3.2 Importance of Psychological preparation and its methods.

**UNIT-IV**

- 4.1 Sports Specific Skill Test.
- 4.2 Knowledge of rules and regulations.
- 4.3 Duties of official & conduct of official match.

**Practical:**

- 1. Draft preparation, supplementary to improve fundamental skills.
- 2. Sport Specific skill test.
- 3. Test for Motor components.
- 4. Filling up score sheets.
- 5. Officiating in competition. (rules and signals)

# DAV UNIVERSITY, JALANDHAR

**Course Title: TRACK AND FIELD-I(RUNNING/THROWING EVENTS)**  
**PAPER CODE: PHE564**

L	T	P	Credits	Marks
0	0	6	4	100

## **Course Objectives:-**

**CO1:-**The pass out student will be aware of historical development and important tournaments at National and International level.

**CO2:-** The student will be able to demonstrate fundamental skills of the events.

**CO3:-** The student will be able to apply gained knowledge for technical preparation for throwing & running events.

**CO4:-** The student will be aware about rule & regulation of the event & officiating in track and field events.

## **UNIT-I**

1.1 Introduction of events, Brief History

1.2 Rules and Regulations:(according to IAAF)

## **UNIT-II**

2.1 Equipment's required

2.2 Marking of the arena and sector

## **UNIT-III**

### **3.1 Conditioning: Specific exercises for conditioning**

**3.1** Techniques: Phases of the event / Different Stages of Teaching

## **UNIT-IV**

**4.1 Officiating:** Total number of officials required, Position of officials, Officiating signals,

**4.2** Preparation and filling of Score sheet.

## **REFERENCES:**

- Shrivastva A.K. How to Coach Discus Throw, Sports Publication,(2006),New Delhi.
- Thani Y R. Athletics, KhelSahitya Kendra (2005),New Delhi,(Hindi version).
- Balayan D. Play and Learn Throwing, KhelSahitya Kendra,(2005),NewDelhi.
- SayalMeenu, Teach Yourself Running, PrernaPrakashan,(2005),Delhi.

L	T	P	Cred its	Mar ks
4	0	0	4	100

**Course Title: CONTEMPORARY ISSUES IN PHYSICAL EDUCATION**

**Paper Code: PHE**

**Course Objectives:-**

**CO1:-** The pass out will be able to understand the modern concepts of Physical education, physical fitness and wellness.

**CO2:-** The pass out will be able to understand and to prevent life style diseases.

**CO3:-** The pass out will be able to understand and compare aerobic, anaerobic exercise and weight training.

**CO4:-** The pass out will be aware about safety measures and emergency care.

**UNIT – I**

- 1.1 Concept of Physical Education and Fitness.
- 1.2 Definition, Aims and Objectives of Physical Education, fitness and Wellness.
- 1.3 Importance and Scope of fitness and wellness.
- 1.4 Modern concept of Physical fitness and Wellness.
- 1.5 Physical Education and its Relevance in Inter Disciplinary Context.

**UNIT – II**

**2.1 Fitness, Wellness and Lifestyle –**

- 2.1.1 Types of Fitness and Components of Fitness Understanding of Wellness.
- 2.1.2 Modern Lifestyle and Hypokinetic Diseases – Prevention and Management.
- 2.1.3 Physical Activity and Health Benefits

**UNIT – III**

- 3.1 Principles of Exercise Program.
- 3.2 Means of Fitness development – aerobic and anaerobic exercises
- 3.3 Exercises and Heart rate Zones for various aerobic exercise intensities.
- 3.4 Concept of free weight Vs Machine, Sets and Repetition etc.
- 3.5 Concept of designing different fitness training program for different age group.

**UNIT – IV**

**4.1 Safety Education and Fitness Promotion.**

- 4.1.1 Health and Safety in Daily Life.
- 4.1.2 First Aid and Emergency Care. Common Injuries and their Management.
- 4.2 Application of Science to Physical Education and Sports.
- 4.3 Need of Sports law.
- 4.4 Fitness centers, Health club, Recreation club and Adventure sports, Commercialization of sports and sports media
- 4.5 Gender issues in sports.
- 4.6 Alternate career in sports

**REFERENCES:**

- Difiore, J. (1998). Complete guide to postnatal fitness. London:
- A & C Black, Giam, C.K & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
- McGlynn, G., (1993). Dynamics of fitness. Madison: W.C. Brown.
- Sharkey, B. J. (1990). Physiology of fitness, Human Kinetics Book

# DAV UNIVERSITY, JALANDHAR

**Course Title: SPORTS NUTRITION AND WEIGHT MANAGEMENT**

L	T	P	Credits	Marks
4	0	0	4	100

**Paper**

**Code: PHE511**

**Course Objectives:-**

**CO1:-** Students will be able to understand the concept of sports nutrition and basic nutrition guidelines.

**CO2:-** Students will be able to know about the balanced diet, its principles and factors.

**CO3:-** Students will be able to understand the concept of weight management in modern era and BMI & able to plan the diet according to individual requirement.

**CO4:-** The student will be able to control obesity, and weight management with the help of diet planning and exercise.

## **UNIT – I**

- 1.1 Introduction to Sports Nutrition
- 1.2 Meaning and Definition of Sports Nutrition
- 1.3 Balanced Diet, Basic Nutrition guidelines
- 1.4 Role of nutrition in sports
- 1.5 Factors to consider for developing nutrition plan

## **UNIT – II**

- 2.1 Nutrients: Ingestion to energy metabolism: Carbohydrates, Protein, Fat – Meaning, classification and its function,
- 2.2 Role of carbohydrates, Fat and protein during exercise,
- 2.3 Vitamins, Minerals, Water – Meaning, classification and its function,
- 2.4 Role of hydration during exercise, water balance,
- 2.5 Nutrition – daily caloric requirement and expenditure.

## **UNIT – III**

- 3.1 Nutrition and Weight Management. Meaning of weight management
- 3.2 Concept of weight management in modern era
- 3.3 Factor affecting weight management and values of weight management.
- 3.4 Concept of BMI (Body mass index),
- 3.5 Myth of Spot reduction, dieting versus exercise for weight control, Common Myths about Weight Loss.
- 3.6 Obesity – Definition, meaning and types of obesity, Health Risks Associated with Obesity, Causes and Solutions for Overcoming Obesity.

## **UNIT – IV**

- 4.1 Steps of planning of Weight Management. Nutrition – Daily calorie intake and expenditure,
- 4.2 Determination of desirable body weight.
- 4.3 Balanced diet for Indian School Children, maintaining a Healthy Lifestyle.
- 4.4 Weight management program for sporty child,
- 4.5 Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.
- 4.6 Plan diet chart for sports personals acc. To their requirements & their running phase.

## **REFERENCES:**

- Bessesen, D. H. (2008). Update on obesity. J Clin Endocrinol Metab. 93(6), 2027-2034.
- Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity (Silver Spring). 15(12), 3091- 3096.
- Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. Am J Obstet Gynecol, 197(3), 223-228.
- DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. N Engl J Med, 356(21), 2176- 2183.



## **DAV UNIVERSITY, JALANDHAR**

- Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. JAMA. 299(3), 316-323.

# DAV UNIVERSITY, JALANDHAR

**Course Title: English Literature and Communication Skills- VI (Lab.)**

**Course Code: ENG 160 B.**

**Course Objectives:-**

**CO1:-** To improve fluency in speaking English.

**CO2:-** To promote interactive skills through Group Discussions and role plays.

**Learning Outcome:** Students will be able to speak in English confidently and fluently. In addition, they will develop a technical understanding of language learning software, which will further help them improve their communicative skills.

## **Unit -1**

Practical Approach to Listening and Speaking

**Listening:** Throughout the course, listening will be a part of activities at every level and the focus will be to provide the learners with enough samples in order to encourage auditory understanding.

**Speaking:** Revision of RP symbols. The focus shall be on correct articulation/ production of speech sounds, stress and intonation.

English Conversations (Unit 21 to 50)

Prescribed Textbook:

A PRACTICAL COURSE IN SPOKEN ENGLISH By J. K. GANGAL (Phi Private Limited, 2012)

## **Unit-2**

Group Discussions

Movie Clipping

### **Instructions:**

1. Each student will prepare a scrap file on any of the topics given by class teacher. Student should be able to justify the contents of his/her Scrap file. Marks will be given for originality, creativity and presentation of thoughts.
2. In the end of semester, viva exam will be conducted. Spoken English will be the focus of exam.  
Examiner will ask questions related to scrap file and other general (non-technical) topics.
3. Acknowledge all the sources of information in your scrap file.
4. This paper includes only one evaluation in the end term examination.

### **References:**

Gangal, J. K. *A Practical Course in Spoken English*. India: Phi Private Limited, 2012.  
Kumar, Sanjay and PushpLata. *Communication Skills*. India: OUP, 2012.

# DAV UNIVERSITY, JALANDHAR

## SEMESTER III

L	T	P	Credits	Marks
4	0	0	4	100

**Course Title: SPORTS TRAINING**

**Paper Code: PHE512**

### **Course Objectives:-**

**CO1:-**Students will be able to understand the basic concept of sports training.

**CO2:-**Students will be able to understand the concept of different training and fitness components and their method of development.

**CO3:-**To provide the knowledge about the concept training process and training load.

**CO4:-**To understand the concept of tactical and technical training.

**CO5:-** To enable the students to know about the process of periodization, planning and talent identification.

### **UNIT – I**

#### **1.1 Introduction of sports Training**

1.1.1 Meaning and Definition of Sports Training.

1.1.2 Aim and Objective of Sports Training.

1.1.3 Principles of Sports Training. Load, Intensity, Density, Duration and frequency.

### **UNIT – II**

#### **2.1 Training Components**

2.1.1 Speed – Mean and Methods of Speed Development .

2.1.2 Strength – Mean and Methods of Strength Development.

2.1.3 Endurance - Mean and Methods of Endurance Development

2.1.4 Coordination – Mean and Methods of coordination Development.

2.1.5 Flexibility – Mean and Methods of Flexibility Development

### **UNIT – III**

#### **3.1 Training Process**

3.1.1 Training Load- Definition and Types of Training Load.

3.1.2 Principles of Intensity and Volume of stimulus.

3.1.3 Technical Training – Meaning and Methods of Technique Training.

3.1.4 Tactical Training – Meaning and Methods of Tactical Training.Strategy.

### **UNIT – IV**

#### **4.1 Training programming and planning**

4.1.1 Periodization – Meaning and types of Per iodization. Macro, meso and micro cycles of training

4.1.2 Aim and Content of Periods – Preparatory, Competition, Transitional etc.

4.1.3 Planning – Training session.

4.1.4 Talent Identification and Development

# DAV UNIVERSITY, JALANDHAR

## REFERENCES:

- Dick, W. F. (1980).Sports training principles.London: Lepus Books.
- Harre, D.(1982).Principles of sports training.Berlin: Sporulated.
- Jensen, R. C.& Fisher, A.G. (1979). Scientific basis of athleticconditioning. Philadelphia: Lea and Fibiger, 2ndEdn.
- Matvyew, L.P. (1981).Fundamental of sports training. Moscow: ProgressPublishers.
- Singh, H. (1984).Sports training, general theory and methods.Patials: NSNIS.
- Uppal, A.K., (1999).Sports Training.New Delhi: Friends Publication

# DAV UNIVERSITY, JALANDHAR

**COURSE TITLE: SPORTSPSYCHOLOGY AND SOCIOLOGY**  
**PAPER CODE: PHE552**

L	T	P	Credits	Marks
4	0	0	4	100

## **Course Objectives:-**

**CO1:-**Students will be able to understand basic concept of psychology

**CO2:-**Student will understand various laws of learning & their relevance in teaching learning process.

**CO3:-**Students would be oriented in identifying factor determining one's overall personality, motivation & mental preparation strategies.

**CO4:-**To understand the concept of psychology & sociology of sports person. Also understand the concept of different societies & there historical development.

**CO5:-**To enable the students about the different culture in sports & the role of media & politics in sports.

## **UNIT -I**

### **1.1 Introduction:**

1.1.1 Meaning, Importance and scope of Educational and SportsPsychology.

1.1.2 General characteristics of Various Stages of growth anddevelopment.

1.1.3 Types and nature of individual differences; Factors responsible -Heredity and environment.

1.1.4 Psycho-sociological aspects of Human behavior in relation tophysical education and sports.

## **UNIT-II**

### **2.1 Sports Psychology:**

2.1.1 Nature of learning, theories of learning,

2.1.2 Laws of learning, Plateau in Learning; & transfer of training.

2.1.3 Meaning and definition of personality, characteristics ofpersonality, Dimension of personality, Personality and Sports performance.

2.1.4 Nature of motivation: Factors influencing motivation; Motivationand techniques and its impact on sports performance.

2.1.5 Mental Preparation Strategies: Attention focus, Self- talk,Relaxation, Imaginary. Aggression and Sports,

2.1.6 Meaning and nature of anxiety, Kinds of anxiety.

2.1.7 Meaning and nature of stress; Types of stress, Anxiety, Stress,Arousal and their effects on sports performance

## **UNIT-III**

### **3.1 Sports sociology**

3.1.1 Meaning, nature and scope of sociology.

3.1.2 Definition of sports sociology and sports sociology as a discipline

3.1.3 Sports as a medium of socio-cultural change.

3.1.4 Effect of appearance sociability and specialization on sports participation.

3.1.5 Sports as social phenomenon and social institution.

3.1.6 Historical development of sports in different type of societies.Types of Indian societies and development of sports. .

3.1.7 Sports as an element of society. Sports as an element of culturaldevelopment. Sports as an art ,Sports as a science

# DAV UNIVERSITY, JALANDHAR

## UNIT-IV

### 4.1 Culture:

4.1 Meaning and Importance. Features of culture, Importance of culture. Effects of culture on people life style and vice versa.

4.2 Politics and sports, role of political institutions in sports and need of political skills to govern sports.

4.3 Role of media in shaping of sports. Economy and sports, role of the economy of the country in the development of sports and games.

4.4 Hooliganism in sports, violence in sports and its causes. Role of sports in the promotion of National Integration.

### REFERENCES:

- Ball, D. W. & Loy, J. W. (1975). Sport and social order; Contribution to the sociology of sport. London: Addison Wesley Publishing Co., Inc.
- Blair, J. & Simpson, R. (1962). Educational psychology, New York: McMillan Co. Cratty,
- B. J. (1968). Psychology and physical activity. Eaglewood Cliffs. Prentice Hall.
- Kamlesh, M. L. (1998). Psychology in physical education and sport. New Delhi: Metropolitan Book Co.
- Sharma S. R., "Sociological Foundation in Physical Education and Sports", Friends Publication New Delhi.
- Singh Kawaljeet, "Sociology of sports", Friends publication, New Delhi
- Singh Bhupinder, "Sports Sociology : An Indian Perspective", Friends Publication, New Delhi.
- Yobu. A, "Sociology of Sports", Friends Publication, New Delhi.
- Singh Ajmer et.al, "Essentials of Physical Education", Kalyani Publishers Ludhiana, Second revised addition, 2008.

# DAV UNIVERSITY, JALANDHAR

**COURSE TITLE: RESEARCH AND STATISTICS IN PHYSICAL EDUCATION**

**PAPER CODE: PHE540**

L	T	P	Credits	Marks
4	0	0	4	100

## **Course Objectives:-**

**CO1:-** Students will be able to understand the basic concept research, its significance and scope in the field of physical education and sports.

**CO2:-** Enable the students to know about the research survey, its need, literature sources and library reading and introduction of Research Proposal & project and Research report.

**CO3:-** To understand the basics of Statistics, Meaning, Definition, Nature and Importance.

**CO4:-** The student would understand the basics of statistics and its application to research in Physical education.

## **UNIT-I**

- 1.1 Introduction to Research. Definition of Research.
- 1.2 Need and importance of Research in Physical Education and Sports.
- 1.3 Scope of Research in Physical Education & Sports.
- 1.4 Classification of Research. Research Problem,
- 1.5 Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

## **UNIT-II**

- 2.1 Survey of Related Literature. Need for surveying related literature.
- 2.2 Literature Sources, Library Reading
- 2.3 Research Proposal, Meaning and Significance of Research Proposal. Preparation of Research proposal / project.
- 2.4 Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.

## **UNIT-III**

- 3.1 Basics of Statistical Analysis.
- 3.2 Statistics: Meaning, Definition, Nature and Importance.
- 3.3 Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables
- 3.4 Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram

## **UNIT- IV**

- 4.1 Statistical Models in Physical Education and Sports.
- 4.2 Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data.
- 4.3 Measures of Variability: Meaning, importance, computing from group and ungroup data. Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

## **REFERENCES:**

- Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall. Bomp,
- T. O. & Haff, G. G. (2009). Periodization: theory and methodology of training, 5th ed. Champaign, IL: Human Kinetics.
- Brown, L. E., & Ferrigno, V. A. (2005). Training for speed, agility and quickness, 2nd

ed. Champaign, IL: Human Kinetics.

- Brown, L.E. & Miller, J., (2005). How the training work. In: Training Speed, Agility, and Quickness Champaign, IL: Human Kinetics.
- Carl, E. K., & Daniel, D. A. (1969). Modern principles of athlete training. St. Louis: St. Louis's Mosby Company.
- Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc.
- Garrett, H.E. (1981). Statistics in psychology and education. New York: VakilsFeffer and Simon Ltd.
- Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). Introduction to research: A guide for the health science professional. London: J.B. Lippincott Company.
- Thomas, J.R., & Nelson J.K. (2005). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.



# DAV UNIVERSITY, JALANDHAR

**Course Title: TRACK AND FIELD-II**

**(JUMPING EVENTS)**

**Paper Code: PHE569**

**Course Objectives:-**

L	T	P	Credits	Marks
0	0	6	4	100

**CO1:-**The pass out student will be aware of historical development and important tournaments at National and International level.

**CO2:-** The student will be able to demonstrate fundamental skills of the events.

**CO3:-** The student will be able to apply gained knowledge for technical preparation for track and field events.

**CO4:-** The student will be aware about rule & regulation of the event & officiating in track and field events.

## UNIT-I

- 1.1 Introduction of events, Brief History
- 1.2 Rules and Regulations:(according to IAAF)

## UNIT-II

- 2.1 Equipment's required
- 2.2 Marking of the arena and sector

## UNIT-III

- 3.1 **Conditioning:** Specific exercises for conditioning
- 3.2 **Techniques:** Phases of the event / Different Stages of Teaching

## UNIT-IV

- 4.1 **Officiating:** Total number of officials required, Position of officials, Officiating signals,
- 4.2 Preparation and filling of Score sheet.

## REFERENCES:

- Thani Y R. Athletics, KhelSahitya Kendra (2005), New Delhi, (Hindi version).
- Narang Priyanka, Teach Yourself Jumping, Prerna Prakashan, (2004), Delhi
- Shrivastva A.K. How to Coach Long jump, Sports Publication, (2006), New Delhi

# DAV UNIVERSITY, JALANDHAR

**Course Title: Community Service**

**Paper Code: PHE510**

L	T	P	Credits	Marks
0	0	4	2	50

**Course Objectives:-**

**CO1:-** Develop sense of responsibility towards the community

**CO2:-** Understand and application to sustainable development

- Cleanliness of the Campus
- Cleanliness of the surrounding of the campus.Maintenance of the Play fields
- Swaach Bharat MissionFit India Movement Green India movement
- Training and Coaching of different games to the children/aspirants of the nearby place.  
Preparation of project report and submission of the work.

# DAV UNIVERSITY, JALANDHAR

**Course Title: GAME SPECIALIZATION – III**

**Paper Code: PHE542**

L	T	P	Credits	Marks
0	0	6	4	100

**Course Objectives:-**

**CO1:-** The pass out student will be aware of historical development and important tournaments at National and International level.

**CO2:-** The student will be able to demonstrate fundamental skills of the game

**CO3:-** The pass out student will be able to apply gained knowledge for tactical and technical preparation for sports competition.

**CO4:-** The student will be able to deliver his/her duties as an official to conduct a match.

## UNIT-I

- 1.1 Historical Development of the sports at National and International level.
- 1.2 Important Tournament/Competition held at National and International level

## UNIT-II

- 2.1 Fundamental Skills of the sport.
- 2.2 Warming Up–General, Specific, Cooling Down,
- 2.3 Physiological basis of warming up and cooling down.

## UNIT-III

- 3.1 Tactical Preparation for sports. Strategies and their Applications.
- 3.2 Importance of Psychological preparation and its methods.

## UNIT-IV

- 4.1 Sports Specific Skill Test.
- 4.2 Knowledge of rules and regulations.
- 4.3 Duties of official & conduct of official match.

## Practical:

- 1. Draft preparation, supplementary to improve fundamental skills.
- 2. Sport Specific skill test.
- 3. Test for Motor components.
- 4. Filling up score sheets.
- 5. Officiating in competition.(rules and signals)

# DAV UNIVERSITY, JALANDHAR

## Course Title: SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Paper Code: PHE537

L	T	P	Credits	Marks
4	0	0	4	100

### Course Objectives:-

**CO1:-** The pass out would understand and differentiate between sports medicine, Physiotherapy and Rehabilitation.

**CO2:-** The students would identify & manage the postural deformities and meaning of massage with their types & contra- indications.

**CO3:-** Students would understand the Prevention, Treatment and Rehabilitation of Athletic injuries.

**CO4:-** Students would understand the basic concept of physio-therapeutic exercise & the concept of doping.

### UNIT-I

- 1.1 Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance
- 1.2 Meaning and definition of physiotherapy.
- 1.3 Concept of athletic trainer.
- 1.4 Role of physical education teacher / coaches in athlete's care and rehabilitation.
- 1.5 Team medical care, its concept and approaches.

Massage: meaning, physiological effects, points to be considered in massage

Types of massage (Effleurage, pressure manipulation, kneading, petrisage, friction, percussion manipulation, hacking, clapping, beating, pounding, and shaking manipulation).

- 1.6 Contra indication of massage.
- 1.7 Therapeutic stretching: Meaning, importance, precautions, indications/Contraindications.

### UNIT-II

- 2.1 Posture, definition, concept and fundamental positions (lying, sitting, standing, reading and writing).
- 2.2 Cause, effects and disadvantage of poor posture and values of good posture.
- 2.3 Postural Deviations: Meaning types (Kyphosis, Lordosis, scoliosis, Knock-knee, bowlegs, flat back, pigeon chest, round shoulder and flat-foot) their causes and corrective exercises.
- 2.4 Various movements: significance, range of motion (ROM), Causes for restrictions.

### UNIT-III

- 3.1 Common athletic injuries: Sprains, strains, contusions, abrasions, fracture, blisters, hematoma, meniscus, inflammation: their causes, symptoms, treatment & preventive measures.
- 3.2 Concept of Price., Rice.
- 3.3 Drugs and doping: History, definition and classification.
- 3.4 Role of Physiotherapist, managers, coaches, national and international agencies and social organizations in controlling the drug and doping problems.

### UNIT-IV

- 4.1 Basic concept of physio-therapeutic technique such as: hydrotherapy, thermo therapy, hot and cold packs, Whirlpool, contrast bath, paraffin bath, infrared, short wave diathermy and ultra sound, TENS.
- 4.2 Indications and contra-indications of each technique.
- 4.3 Role of ice in treatment of sports injuries
- 4.4 Concept of health club, sauna bath, steam bath and health related massage
- 4.5 Concepts of relaxation.

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### REFERENCES:

- Christine, M. D., (1999). Physiology of sports and exercise. USA: HumanKinetics.
- T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: HumanKinetics.
- David, R. M. (2005). Drugs in sports, (4th Ed).
- Routledge Taylor and Francis Group. Hunter, M. D. (1979). A dictionary for physical educators.
- In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea & Febiger.
- Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
- Khanna, G.L., (1990). Exercise physiology & sports medicine. Delhi: Lucky Enterprise

# DAV UNIVERSITY, JALANDHAR

## SEMESTER – IV

L	T	P	Credits	Marks
4	0	0	4	100

### **COURSE TITLE: MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**

**Paper Code: PHE503**

#### **Course Objectives:-**

**CO1:-**Students will be able to recognize and relate the concept of test, measurement and evaluation in the context of physical education

**CO2:-**Students will be able to understand the concept of selection criteria of the test, administration and classification of the test

**CO3:-**Student will be able to know and can construct the different physical fitness test.

**CO4:-**Student will be able to recognize and construct the different sports skill test.

#### **UNIT- I**

- 1.1 Introduction to Test & Measurement & Evaluation
- 1.2 Meaning of Test & Measurement & Evaluation in Physical Education,
- 1.3 Need & Importance of Test & Measurement & Evaluation in Physical Education
- 1.4 Principles of Evaluation

#### **UNIT- II**

- 2.1 Criteria; Classification and Administration of test: Criteria of good Test, Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms)
- 2.2 Type and classification of Test,
- 2.3 Administration of test, advance preparation – Duties during testing – Duties after testing.

#### **UNIT- III**

- 3.1 Physical Fitness Tests AAHPER youth fitness test.
- 3.2 National physical Fitness Test,
- 3.3 Indiana Motor Fitness Test,
- 3.4 JCR test, U.S Army Physical Fitness Test,
- 3.5 Barrow Motor Ability Test. Oregon Motor Fitness Test. Canadian Fitness Test
- 3.6 SAI Khelo India Fitness Test

#### **UNIT- IV**

##### **Sports Skill Tests:**

- 4.1.1 Lockhart and McPherson badminton test & Miller Wall Volley Test,
- 4.2 Johnson basketball test and Knox Basketball Test, 4.3 McDonald soccer test & Johnson Soccer test,
- 4.4 S.A.I volleyball test, Russel Lange volleyball Test & Brady Volleyball Test.
- 4.5 S.A.I Hockey test & Friedel Field Hockey test.

#### **REFERENCES:**

- Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark: Ho+Storm.
- Barron, H. M., & Mcchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
- Barron, H.M. & Mcchee, R. (1997). A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
- Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi:

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D.V.S. Publications.

- Mathews, D.K., (1973).
- Measurement in physical education, Philadelphia: W.B. Saunders Company.
- Pheasant, S. (1996). Body space: anthropometry, ergonomics and design of work. Taylor & Francis, New York.
- Phillips, D. A., & Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Wiley and Sons.
- Sodhi, H.S., & Sidhu, L.S. (1984). Physique and selection of sports- a kinanthropometric study. Patiala: Punjab Publishing House

# DAV UNIVERSITY, JALANDHAR

L	T	P	Credits	Marks
4	0	0	4	100

**Course Title: KINESIOLOGY AND BIOMECHANICS**

**Paper Code: PHE539**

## **Course Objectives:-**

**CO1:-** Understand the science of Kinesiology and Sports Biomechanics, and its importance in Physical education and sports.

**CO2:-** The student would be Oriented with the skeletal structure of human body by identifying the origin and insertion of various muscles.

**CO3:-** Orient the students in basic structure and functions of primary joints of the body.

**CO4:-** The student will be able to relate and interpret the role of various mechanical principles in human movement.

**CO5:-** Understand the concept of Kinematics and Kinetics on Human movement.

## **UNIT – I**

- 1.1 Introduction to Kinesiology and Sports Biomechanics: Meaning and Definition of Kinesiology and Sports Biomechanics,
- 1.2 Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.
- 1.3 Terminology of Fundamental Movements Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity

## **UNIT – II**

- 2.1 Fundamental Concept of Anatomy and Physiology: Classification of Joints and Muscles
- 2.2 Origin, Insertion and Actions of Major Muscles
- 2.3 Types of Muscle Contraction.
- 2.4 Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innervation

## **UNIT – III**

- 3.1 Mechanical Concepts: Force - Meaning, definition, types and its application to sports activities
- 3.2 Lever - Meaning, definition, types and its application to human body.
- 3.3 Newton's Laws of Motion-Meaning, definition and its application to sports activities.
- 3.4 Projectile – Factors influencing projectile trajectory. Phases of Projectile

## **UNIT – IV**

- 4.1 Kinematics and Kinetics of Human Movement, Linear Kinematics – Distance and Displacement, speed and velocity, Acceleration
- 4.2 Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.
- 4.3 Linear Kinetics – Inertia, Mass, Momentum, Friction. Angular Kinetics – Moment of inertia, Couple, Stability. Friction and its types



# DAV UNIVERSITY, JALANDHAR

## REFERENCES:

- Bunn, J. W. (1972).Scientific principles of coaching. EnglewoodCliffs, N.J.: Prentice Hall Inc.
- Hay, J. G. & Reid, J. G.(1982).The anatomical and mechanical basis of human motion. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. & Reid, J. G.(1988).Anatomy, mechanics and humanmotion. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. (1970).The biomechanics of sports techniques.Englewood Cliffs, N.J.: Prentice Hall, Inc.
- Simonian, C.(1911).Fundamentals of sport biomechanics. Englewood Cliffs, N.J.: Prentice HallInc.

# DAV UNIVERSITY, JALANDHAR

**Course Title: TRACK & FIELD –III (Throwing events)**

L	T	P	Credits	Marks
0	0	6	4	100

**Paper Code: PHE570**

## **Course Objectives:-**

**CO1:-**The pass out student will be aware of historical development and important tournaments at National and International level.

**CO2:-** The student will be able to demonstrate fundamental skills of the events.

**CO3:-** The student will be able to apply gained knowledge for technical preparation for track and field events.

**CO4:-** The student will be aware about rule & regulation of the event & officiating in track and field events

## **UNIT-I**

1.1 Introduction of events, Brief History

1.2 Rules and Regulations:(according to IAAF)

## **UNIT-II**

2.1 Equipment's required

2.2 Marking of the arena and sector

## **UNIT-III**

3.1 **Conditioning:** Specific exercises for conditioning

3.2 **Techniques:** Phases of the event / Different Stages of Teaching

## **UNIT-IV**

4.1 **Officiating:** Total number of officials required, Position of officials, Officiating signals,

4.2 Preparation and filling of Score sheet.

## **REFERENCES:**

- Shrivastva A.K. How to Coach Discus Throw, Sports Publication,(2006),New Delhi.
- Thani Y R. Athletics, KhelSahitya Kendra (2005),New Delhi,(Hindi version).
- Balayan D. Play and Learn Throwing, KhelSahitya Kendra,(2005),NewDelhi.

# DAV UNIVERSITY, JALANDHAR

**Course Title: GAME SPECIALIZATION-IV**

L	T	P	Credits	Marks
0	0	6	4	100

**Paper Code: PHE571**

## **Course Objectives:-**

**CO1:-** The pass out student will be aware of historical development and important tournaments at National and International level.

**CO2:-** The student will be able to demonstrate fundamental skills of the game

**CO3:-** The pass out student will be able to apply gained knowledge for tactical and technical preparation for sports competition.

**CO4:-** The student will be able to deliver his/her duties as an official to conduct a match.

## **UNIT-I**

1.1 Historical Development of the sports at National and International level.

1.2 Important Tournament/Competition held at National and International level

## **UNIT-II**

2. Fundamental Skills of the sport.

2.1 Warming Up–General, Specific, Cooling Down,

2.2 Physiological basis of warming up and cooling down.

## **UNIT-III**

3.1 Tactical Preparation for sports. Strategies and their Applications.

3.2 Importance of Psychological preparation and its methods.

## **UNIT-IV**

4.1 Sports Specific Skill Test.

4.2 Knowledge of rules and regulations.

4.3 Duties of official & conduct of official match.

## **Practical:**

1. Draft preparation, supplementary to improve fundamental skills.

2. Sport Specific skill test.

3. Test for Motor components.

4. Filling up score sheets.

Officiating in competition.(rules and signals)

# DAV UNIVERSITY, JALANDHAR

L	T	P	Credits	Marks
1	0	2	2	50

**Course Title: COMPUTER APPLICATIONS IN PHYSICAL EDUCATION**

**Paper Code: CSA265**

## UNIT – I

- 1.1 Introduction to Computer. Meaning, need and importance of information and communication technology (ICT).
- 1.2 Application of Computers in Physical Education.
- 1.3 Components of computer, input and output device.
- 1.4 Application software used in Physical Education and sports

## UNIT – II

- 2.1 MS Word. Introduction to MS Word.
- 2.2 Creating, saving and opening a document.
- 2.3 Formatting Editing Features Drawing table, page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes

## UNIT – III

- 3.1 MS Excel. Introduction to MS Excel, Creating, saving and opening spreadsheet, creating formulas,
- 3.2 Format and editing features adjusting columns width and row height understanding charts.

## UNIT – IV

- 4.1 MS Power Point, Introduction to MS Power Point,
- 4.2 Creating, saving and opening a ppt. file,
- 4.3 format and editing features slide show, design, inserting slide number picture, graph, table, 4.4 Preparation of Power point presentations.
- 4.5 Introduction to SPSS,
- 4.6 Independent T Test.

## Practicals :

- 1 Applications of MS word in Physical Education
2. Creating, saving and opening a document MS Access: Creating a Database,
3. MS Power Point: Preparation of Slides with Multimedia Effects

# DAV UNIVERSITY, JALANDHAR

**Course Title: TEACHING PRACTICE- INTERNSHIP**

**Paper Code: PHE556**

L	T	P	Credits	Marks
4	0	0	4	100

**Course Objectives:-**

**CO1:-**The pass out will develop the ability to application of knowledge in practicalsituation in class room teaching as well as in outdoor activity.

**Teaching practices:**

10 teaching practice lessons out of which 5 lessons in class-room situation and 5 lessons for out-door activities within premises on the students of B.P.Ed course.

**Teaching practices of activity:**

10 teaching lesson plans for Racket Sport/ Team Games/ Indigenous Sports out of which 5 lessons internal and 5 lessons external at school.

# DAV UNIVERSITY, JALANDHAR

**Course Title: THEORY OF SPORTS AND GAMES**

**Paper Code: PHE**

**Course Objectives:-**

L	T	P	Cred its	Mar ks
4	0	0	4	100

**CO1:-** The pass out student will be aware of historical development and important tournaments at National and International level.

**CO2:-** The student will be able to understand the fundamental skills & develop the knowledge for tactical and technical preparation for sports competition.

**CO3:-** The student will be able to know Scientific Principles of coaching: (particular sports and game specific)

**CO4:-** The pass out student will be aware about the Conditioning exercises and warming up.

## UNIT-I

### 1.1 HISTORICAL DEVELOPMENT & OFFICIATING

- 1.1.1 Historical development of the concerned game in India, Asia and world level
- 1.1.2 Main tournament organized at national and international levels
- 1.1.3 Records/Statistics of the game at World, Olympics, Asia, National.
- 1.1.4 Award in the game and list of at least ten players who got these awards
- 1.1.5 Play area dimensions and marking.
- 1.1.6 Equipment Specifications
- 1.1.7 Rules of the Game and their interpretation

## UNIT - II

### 2.1 TECHNIQUES (SKILL) & TACTICS AND STRATEGY

- 2.1.1 Classification of Skills
- 2.1.2 Sequential explanation of skills
- 2.1.3 Various faults in skills, their causes and corrections, types of exercises to develop and consolidate fundamental skills of the game
- 2.1.4 Individual, group and team tactics
- 2.1.5 Offensive and defensive tactics
- 2.1.6 System of Play their tactical training
- 2.2 Selection of team (Selection Procedure)
- 2.3 Analysis of Performance in competition

## UNIT-III

### 3.1 Scientific Principles of coaching: (particular sports and game specific)

- 3.1.1 Motion –Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton's Law of motions.
- 3.1.2 Force –Friction, Centripetal and Centrifugal force, Principles of force.
- 3.1.3 Equilibrium and its types
- 3.1.4 Lever and its types
- 3.1.5 Training load –Components, Principles of load, Over Load (causes and symptoms)

## UNIT-IV

- 4.1 Conditioning exercises and warming up.
- 4.1.1 Concept of Conditioning and warming up.

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- 4.1.2 Role of weight training in games and sports.
- 4.1.3 Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition).
- 4.1.4 Recreational and Lead up games
- 4.1.5 Strategy –Offence and defense, Principles of offence and defense

## REFERENCES

- Gambetta, Vern, The Athletics Congress's Track and Field Coaching Manual, Leisure Press:
- Guthrie, Mark, Coaching Track and Field Successfully, Human Kinetics: Champaign IL, 2006
- Jarver, Jess, Track and Field Coaching Manual, Rothmans Foundation: Australia, 1987

# DAV UNIVERSITY, JALANDHAR

**Course Title: SPORTS MANAGEMENT**

**Course Code: PHE572**

**Course Objectives:-**

**CO1:-**The pass out will be develop an understanding of sports management.

**CO2:-**The pass out will be able to know about leadership and its development through sports.

**CO3:-**The student will be able to manage physical education and sports program of a school.

L	T	P	Credits	Marks
4	0	0	4	100

## UNIT-I

- 1.1 Nature and Concept of Sports Management.
- 1.2 Progressive concept of Sports management.
- 1.3 The purpose and scope of Sports Management.
- 1.4 Essential skills of Sports Management.
- 1.5 Qualities and competencies required for the Sports Manager.
- 1.6 Event Management in physical education and sports.

## UNIT-II

- 2.1 Meaning and Definition of leadership. Leadership style and method. Elements of leadership. Forms of Leadership. • Autocratic • Laissez-faire • Democratic • Benevolent Dictator.
- 2.2 Qualities of administrative leader. Preparation of administrative leader.
- 2.3 Leadership and Organizational performance.

## UNIT-III

- 3.1 Sports Management in Schools, colleges and Universities.
- 3.2 Factors affecting planning. Planning a school or college sports programme.
- 3.3 Directing of school or college sports programme. Controlling a school, college and university sports programme.
- 3.4 Developing performance standard , Establishing a reporting system , Evaluation
- 3.5 The reward/punishment system

## UNIT-IV

- 4.1 Financial Management in Physical Education & Sports in schools, Colleges and Universities.
- 4.2 Budget – Importance, Criteria of good budget, Steps of Budget making.
- 4.3 Principles of budgeting

## REFERENCES:

- Ashton, D. (1968). Administration of physical education for women. New York: The Ronald Press Cl.
- Bucher, C.A. Administration of physical education and athletic programme. 7th Edition, St. Louis: The C.V. Mosby Co.
- Daughtrey, G. & Woods, J.B. (1976). Physical education and intramural programmes, organisation and administration. Philadelphia U.S.A. : W.B. Saunders Cp.
- Earl, F. Z, & Gary, W. B. (1963). Management competency development in sports and physical education. Philadelphia: W. Lea and Febiger



