



S. S. Jain.Subodh P.G. College, Jaipur

(Autonomous)

SYLLABUS

(THREE YEAR UNDER GRADUTE PROGRAMME)

B.A.

I & II Semester Examination 2025-26

B.A.

Semester- I & II

6 credits (1 Credit = 25 marks)	- 150 marks
Question paper	- 70 marks
Internal assessment	- 30 marks
Practical	- 50 (30 ext. +20 Int.)

Objectives:

1. To create a foundation for the professionals in Physical Education, Sports and Yoga part the basic knowledge and skills to teach Physical Education and Sports
2. To familiarize the students with health-related Exercises and Sports for Overall growth & development
3. To impart the students with basic concepts of Physical Education, Sports, health and wellness.

Learning outcomes/Course outcomes

After successfully completing this course, the student will be able to:

1. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, etc.) and device appropriate fitness program for different genders and age groups at all level
2. The curriculum would enable to officiate, supervise various sports events and organize sports events
3. Students acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development
4. The student learns to plan, organize and execute sports events
5. Student will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently
6. Student acquires the knowledge of opted games, sports and yoga and also learn the technical and tactical experience of it.
7. Student will learn to apply the knowledge of managing the fitness equipment.

Mark distribution in question paper:-

The question paper (EoSE- End of Semester Examination) will consist of two parts A&B

Part-A: - 14 Marks

Part A will be compulsory having **10 very short answer type questions** (with limit of 20 words) of two marks each and candidates can **attempt any seven questions**.

Part-B: - 56 Marks

Part B of the question paper shall be divided into four units comprising question no. 2-5. There will be one question questions (with limit of 400 words) from **each unit with internal choice**. Each question will carry 14 marks.

Total of End Sem. Exams	- 70 marks
Internal Assessment (CIA)	- 30 marks (Midterm 2 units-10 marks, Assessment -10 marks, DECA- 10 marks)
Maximum	- 100 marks
Practical	- 50 marks (30 - External marks + 20 - Internal marks)
Total	- 150 marks

3. Semester Structure

The details of the course title and the credits assign are as given below.

S.No	Subject Code	Course Title	Course Category	Credit	Contact Hours Per Week			ESE Duration (Hrs.)	
Semester- I					L	T	P	Theory	Practical
1.		History of Physical Education-I	DSC	4	4			4	
2.		Practical	DSCP	2			4		4
S.No	Subject Code	Course Title	Course Category	Credit	Contact Hours Per Week			ESE Duration (Hrs.)	
Semester-II					L	T	P	Theory	Practical
1.		Foundation of Physical Education-II	DSC	4	4			4	
2.		Practical	DSCP	2			4		4

Abbreviations Used

DSC: Discipline Specific Core DSCP: Discipline Specific Core Practical DSE: Discipline Specific Elective DSEP: Discipline Specific Elective Practical GE: General Elective AEC: Ability Enhancement Course AEC: Ability Enhancement Course SEC: Skill Enhancement Course	Contact Hours L: Lecture T: Tutorial P: Practical or Other S: Self Study The medium of instruction and examination shall be Hindi/English
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PAPER - HISTORY OF PHYSICAL EDUCATION

Learning Outcomes

After successfully completing this course, the student will be able to:

1. Explore the scientific evidence that has been gathered on the contribution and the benefits of physical education in college for students.
2. Understand & differentiate the concept of History, and Principles of physical education.
3. Choose the physical education as a remedial tool to inculcate values and ethics.
4. Get acquainted with historical development and its impact on nature of physical education in India and abroad.
5. Identify the students with different Issues, challenges and opportunities in Physical education & sports.
6. Knowing the history of games given in Puraans and Scriptures and experimenting in games.
7. Acquire knowledge of particular historical context.
8. Knowledge about sports awards, sports associations, popular personalities of sports.

UNIT- I:-

- Definition of Physical Education and its importance.

शारीरिक शिक्षा की परिभाषा एवं उसका महत्व।

- Aim's & objective of Physical Education.

शारीरिक शिक्षा के लक्ष्य एवं उद्देश्य।

- Scope of Physical Education.

शारीरिक शिक्षा का क्षेत्र।

- Physical Education in Ancient India (Before 1947):-

प्राचीन भारत में शारीरिक शिक्षा (1947 से पहले):-

- Indus Valley Civilization Period. (3250 BC - 2500 BC)
सिंधु घाटी सभ्यता काल। (3250 ई.पू. - 2500 ई.पू.)
- Vedic Period (2500 BC - 600 BC)
वैदिक काल (2500 ई.पू. - 600 ई.पू.)
- Hindu Period (600 BC - 1000 AD)
हिंदू काल (600 ई.पू. - 1000 ई.पू.)
- Medieval Period (1000 AD - 1757 AD)
मध्यकालीन काल (1000 ई.पू. - 1757 ई.पू.)
- British Period (before 1947)
ब्रिटिश काल (1947 से पहले)

- Physical Education in India (after 1947).
भारत में शारीरिक शिक्षा (1947 के बाद)।
- Misconception about Physical Education.
शारीरिक शिक्षा के बारे में गलत धारणा।
- Place of Physical Education in total Education Process.
कुल शिक्षा प्रक्रिया में शारीरिक शिक्षा का स्थान।
- Physical Education an art and science.
शारीरिक शिक्षा एक कला एवं विज्ञान ।

UNIT- II:-

- History of Olympic Games.
ओलंपिक खेलों का इतिहास
- Ancient Olympics.
प्राचीन ओलंपिक ।
- Modern Olympic Games.
आधुनिक ओलंपिक खेल
- Objective of Olympic Games, Moto and Flag of Olympic, Charter of opening & Closing.
ओलंपिक खेलों का उद्देश्य, ओलंपिक का मोटो और ध्वज, उद्घाटन और समापन का घोषणा पत्र ।
- Indian Olympic Association.
भारतीय ओलंपिक संघ
- Physical Education and Sports Training in India.
भारत में शारीरिक शिक्षा और खेल प्रशिक्षण।

UNIT- III:-

- Sports Authority of India
भारतीय खेल प्राधिकरण -
Introduction, objectives, sports schemes and functions.
परिचय, उद्देश्य, खेल योजना और कार्य
- All India Council of Sports.
अखिल भारतीय खेल परिषद्
- National Physical Efficiency Drive.
राष्ट्रीय शारीरिक दक्षता अभियान।
- Rajasthan State sports Council, Function, Aim and Objectives.
राजस्थान राज्य खेल परिषद्, कार्य, उद्देश्य एवं उद्देश्य।

- Turnverein Movement.

टर्नवेरिन आंदोलन

- Y.M.C.A. and its Contribution.

वाई.एम.सी.ए. और उसका योगदान

- Contribution of personalities in the field of sports in India by:-

भारत में खेल के क्षेत्र में हस्तियों का योगदान:-

- G.D. Sondhi

जी.डी. सेंधी

- Rajkumari Amrit Kaur

राजकुमारी अमृतकौर

- Dr. P.M. Joseph

डॉ. पी.एम. जोसफ

- Shri H.C. Buck

श्री एच.सी. बक

- Prof. Karan Singh

प्रोफेसर करण सिंह

-Prof. Ajmer Singh

प्रोफेसर अजमेर सिंह

UNIT- IV: -

- **Indian Sports Awards:-**

भारतीय खेल पुरस्कार:-

- Arjun Award

- अर्जुन पुरस्कार

- Dronacharya Award

- द्रोणाचार्य पुरस्कार

- Maulana Abdul Kalam Azad Trophy

- मौलानाअब्दुल कलाम आज़ाद ट्रॉफी

- Major Dhyan Chand khel ratna Award

- मेजर ध्यानचंद खेल रत्न पुरस्कार

- Guru Vashisth Award

- गुरु वशिष्ठ पुरस्कार

- Maharana Pratap Award

- महाराणा प्रताप पुरस्कार

- **Sports Tournaments:-**

खेल प्रतियोगिताएं

History of Games, Objectives, Motto, Flag, Opening & Closing Ceremonies, Committees and their Function of the following games

खेलों का इतिहास, उद्देश्य, आदर्श वाक्य, ध्वज, उद्घाटन और समापन समारोह, समितियां और कार्य

- Asia Games

एशिया खेल

- South Asian Games

एस.ए.एफ. खेल

- National Games

राष्ट्रीय खेल

- Paralympic games

पैरालंपिक खेल

- Khelo India Games

खेलो इंडिया गेम्स

- Winter Olympic Games

शीतकालीन ओलंपिक खेल

- Modern Olympic Games

आधुनिक ओलंपिक खेल

Practical Examination
प्रायोगिक परीक्षा
(Semester – I)

Learning Outcomes:

On successful completion of the course, the students will be able to:

1. Assess the individual levels of fitness components.
2. Demonstrate the basic fundamental knowledge and skills of indoor games/sports.

PRACTICAL ASSESSMENT

1. Practical	=	30 Marks
2. Viva	=	10 Marks
3. Practical File	=	10 Marks
Total	=	50 Marks (30 External+ 20 Internal)

Content of Practical Course 1: Practical's (2credits/56hours) Basic Fitness, Training and Assessment

1. General warm-up
2. Body Composition (BMI) and Cardio vascular Assessment
3. Training and Assessment for Muscular Endurance, Muscular Strength, Flexibility, Cardio-respiratory Endurance, Body Composition

Major Minor Outdoor Games! Track & Field

1. On Major Game & One Individual Sport (Among the list of IOA, AIU, SGFI) *
2. One even teach-Running, Jumping and Throwing Event .

Preparation assignment for Practical Examination:-

1. Opt any one major (Indoor) game.

कोई भी एक प्रमुख (अंतःकक्ष) खेल चुनें

a. Table Tennis - टेबल टेनिस

b. Badminton - बैडमिंटन

(Preparing of practical file on opted indoor game.)

(चुने गए अंतःकक्ष खेल पर प्रायोगिक फ़ाइल तैयार करना।)

1. Canadian Physical Fitness

कैनेडियन शारीरिक योग्यता परीक्षण

Book for Reference:-

1. Kamlesh & Sangral, (2000) "Principles & History of Physical Education," Prakash Brothers, Ludhiana.
2. Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
3. Ajmer singh etc. Essential of physical education." Kalyani Publishers,Ludhiyana
4. Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".
5. Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
6. Ajmer singh etc. Essential of physical education." Kalyani Publishers,Ludhiyana
7. Text books of Physical Education For CBSE XI & XII class.

P.T.O

Semester- II

PAPER - FOUNDATION OF PHYSICAL EDUCATION

Learning Outcomes

After successfully completing this course, the student will be able to:

1. Exploring the Biological, Psychological, physiological, sociological and Philosophical foundation of human being.
2. Knowledge of learning theories.
3. Exploring the physical and mental growth and development in body.
4. Knowledge about Idealism, Pragmatism, Naturalism and Existentialism,
5. Know about Various systems of body.
6. Develop the knowledge of foundation of Physical Education.
7. Exploring the development of physical education and sports in different areas.

UNIT- I : - Biological Foundation.

जैविक आधार

- Heredity & Environment and their effect.
आनुवंशिकता एवं पर्यावरण और उनका प्रभाव।
- Stage of Growth & Development.
वृद्धि एवं विकास का चरण।
- Principles of Growth and Development.
वृद्धि और विकास के सिद्धांत।
- Factor's effecting Growth & Development.
वृद्धि एवं विकास को प्रभावित करने वाले कारक
- Differences between Growth & Development.
वृद्धि और विकास के बीच अंतर।

UNIT- II : - Psychological & Philosophical Foundation

मनोवैज्ञानिक एवं दार्शनिक आधार

- Meaning of Psychology. Importance of Psychology for Teacher.
मनोविज्ञान का अर्थ, शिक्षक के लिए मनोविज्ञान का महत्व।
- Psycho-Physical Unity.
मनो-शारीरिक एकता।
- Learning. Learning Theories. Law of Learning.
सीखना। सीखने के सिद्धांत, सीखने का नियम।

- Psychological Factor's effecting sports Performance.
खेल प्रदर्शन को प्रभावित करने वाले मनोवैज्ञानिक कारक ।
- Idealism and Physical Education.
आदर्शवाद और शारीरिक शिक्षा ।
- Pragmatism and Physical Education.
व्यावहारिकता/ प्रयोजनवाद और शारीरिक शिक्षा ।
- Naturalism and Physical Education.
प्रकृतिवाद और शारीरिक शिक्षा ।
- Existentialism and Physical Education
अस्तित्ववाद और शारीरिक शिक्षा ।

UNIT- III: - Physiological Foundation **शरीर क्रियाविज्ञान का आधार**

- Respiratory System.
श्वसन तंत्र
- Circulatory System.
परिसंचरण तन्त्र
- Muscles & type of Muscles.
मांसपेशियाँ और मांसपेशियों के प्रकार
- General benefits of Exercise.
व्यायाम के सामान्य लाभ

UNIT- IV : - Sociological Foundation **समाजशास्त्रीय आधार**

- Physical Education and sports as a need of the Society.
शारीरिक शिक्षा एवं खेल समाज की आवश्यकता
- Sociological Implication of Physical Education and sports.
शारीरिक शिक्षा और खेल का समाजशास्त्रीय निहितार्थ ।
- Physical activities and sports as a Man's cultural Heritage
मनुष्य की सांस्कृतिक विरासत के रूप में शारीरिक गतिविधियाँ और खेल

Practical Examination
प्रायोगिक परीक्षा
(Semester - II)

Learning Outcomes:

On successful completion of the course, the students will be able to:

1. Assess the individual levels of fitness components.
2. Demonstrate the basic fundamental knowledge and skills of opt outdoor games/sports.

PRACTICAL ASSESSMENT

1. Practical	=	30 Marks
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2. One even teach-Running, Jumping and Throwing Event.

Preparation assignment for Practical Examination:-

2. Opt any one major (Indoor) game.

कोई भी एक प्रमुख (अंतःकक्ष) खेल चुनें

- | | |
|-------------|--------|
| a. Football | फुटबॉल |
| b. Hockey | हॉकी |

(Preparing of practical file on opted outdoor game.)
(चुने गए बहिर्कक्ष खेल पर प्रायोगिक फ़ाइल तैयार करना।)

1. Cooper Physical Fitness Test (12 minutes run)
कूपर शारीरिक योग्यता परीक्षण (12 मिनट दौड़)

Book for Reference:-

1. Bucher C.A. (1983) "Foundation of Physical Education and Sport" the C.V. Mosky Co. St. Louis Toroato- London.
2. Kamlesh & Sangral, (2000) "Principles & History of Physical Education," Prakash Brothers, Ludhiana.
3. M.L.Kamlesh "Foundation of physical education", Sports publication, New Delhi
4. Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".
5. Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
6. Ajmer singh etc. Essential of physical education." Kalyani Publishers,Ludhiyana
7. Text books of Physical Education For CBSE XI & XII class.