

PHYSICAL EDUCATION
B.Sc/B.A-III YEAR
Management in Physical Education

असि पाठ्य-एव I

UNIT-1

Management: Meaning, Definition, Importance, aims & objectives and Principles of management.

Function of management: Planning, organizing, administering & evaluating.

Scheme of Organization: School, college & University.

Supervision: Meaning, Definition, and Principles of supervision.

Qualities of Physical Education supervisor.

UNIT-2

Evaluation: Meaning, Definition, need & Importance.

Leadership: Meaning, Definition, Qualities of a leader

Public relation: Definition, need, Importance, principles, Techniques .

Facilities & Equipments: care & maintenance.

Principles of purchasing equipments.

Qualification, qualities, and problems of physical education teacher.

UNIT-3

Teaching methods:- meaning, types and factors affecting it.
Teaching aids in Physical Education.

Class management:- meaning, types and factors affecting it.
Command & Formations:- meaning & types.

Organization and conduct of competition.
Tournaments (Fixture):- Knockout, League, Combination & challenge type.

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UNIT-4

Intramural & Extramural (their organization, importance, eligibility for participation, point system)

Classification of pupil, importance & methods.

Methods of promoting Physical education (Demonstration, exhibition)

Budget:- meaning, definition, preparation, principles of making budget.

Office management:- meaning & principles.

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PHYSICAL EDUCATION
B. Sc/B.A-III YEAR
Kinesiology & Bio-mechanics in Physical Education

UNIT-1

Kinesiology:- definition, aim and objectives, need & importance

Axis and Plane

Proximal & distal attachments and action of the following muscles.
(pectrolis major, deltoid, biceps, triceps, rectus abdomens, Sartorius, gastronomies, quadriceps & hamstring of muscles)
Role of Kinesiology in physical education.

UNIT-2

Kinesiological fundamental movement
Levers & their application to human body.
Force and its application sports activities.
Motion: - Laws of motion and their application to sports activities.

UNIT-3

Meaning, need and scope of Biomechanics.
Definition and Brief explanation of the following terms and their application to human body:-

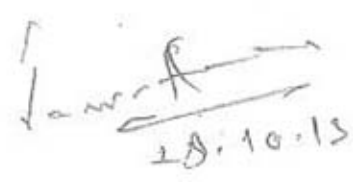
- (a) Axis and plane, centre and gravity, line of gravity
- (b) Mass and weight
- (c) Speed, Velocity, Acceleration and Momentum

UNIT-4

Definition, Types of motion (linear & angular), Relationship of linear & angular motion.
Newton's Laws of motion as applicable to linear & angular motion.
Force:- meaning, units of Force, effects of force, sources of force, moment of force.
Moment of Inertia
Levers

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PHYSICAL EDUCATION
B.Sc/B.A-III YEAR

Introduction to Statistics & computer Application in Physical Education

Paper III

Unit-I

- 1). Meaning of Statistics, Need and Importance of Statistics.
- 2). Frequency Tables, Meaning, Construction and uses.

Unit-II

- 1). Measures of Central Tendency: Meaning, Uses and Calculation from Frequency tables.
- 2). Graphical representation of Data: Meaning, Uses and Techniques.
- 3). Percentiles: Meaning, Uses and Calculations.

Unit-III

Introduction to Computers, Single users and Multiple users operating systems, concept of an active window, Icons, Buttons and Task bar, Creating Folders, Copying and Moving items, Deleting items, Creating Shot-cuts on desktops.
Ms Word and Ms-Excel, Word Processor, Formatting, Inserting, Creating, Bullets, Numbers, Spell Checks and Printing.

Unit-IV

Excels basics, Editing Cells Contents, Applications of Simple Formula, useful Functions.
Internet: Network, World Wide Web (www). Browsing, Websites, Hypertext, Transfer Protocol (http).

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

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

Pattern for B.Sc : There shall be three theory papers and one practical of 50 marks each (4x 50) in first and second year of the course. Third year shall have three theory papers and one practical of 75 marks each (4x 75).

Pattern for B.A : There shall be three theory papers and one practical of 25 marks each (4x 25) in first and second year of the course. Third year shall have three theory papers of 35 marks each and one practical of 45 marks (4x 35=105+45=150).

Features:

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

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8. Separate board of studies shall be constituted for this course as this course is different from teacher education courses in Physical Education.

First Year B.Sc/B.A

Theory Papers	(150/75Marks)
Paper I: Foundations of Physical Education	50/25Marks
Paper II: History of Physical Education	50/25Marks
Paper III: Anatomy & Physiology in Physical Education	50/25Marks

- Practical: (50/25Marks)
- (i) Athletics (Proficiency, Track events, Rules & regulations)
10/5Marks
- (ii) Select any two games, one from each group of the following two groups
(Proficiency, Rules & regulations) One game $20/10 \times 2 = 40/20$ Marks

Group A

Basketball
Cricket
Football
Handball
Hockey
Kabaddi
Kho-Kho
Softball
Volleyball

Group B

Badminton
Gymnastics
Judo
Lawn Tennis
Swimming
Table Tennis
Wrestling

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Weight Lifting
Yoga

Second Year B.Sc/B.A

Theory Papers (150/75Marks)

- Paper I: Health Education 50/25Marks
- Paper II: Psychological basis in Physical Education 50/25Marks
- Paper III: Care of athletic injuries & Rehabilitation 50/25Marks

Practical: (50/25Marks)

- (i) Athletics (Proficiency, Field Events, Rules & regulations) 10/5Marks
- (ii) (Proficiency, Rules & regulations)

Select any two game, one from each group of the games given in the list under first year, other than the games selected in first year.

One game 20/10 X 2 = 40/20Marks

Third Year B.Sc/B.A

Theory Papers (225/105Marks)

- Paper I: Management in Physical Education 75/35Marks
- Paper II: Introduction to statistics & Computers in Physical Education 75/35Marks
- Paper III: Kinesiology & Bio-mechanics in Physical Education 75/35Marks

Practical: (75/45Marks)

- (i) Specialisation (Skills & Proficiency) 75/45Marks
- (Select any one game from the games opted in first year or second year.)

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