

**Structure of syllabus for the Program:  
UG Three Year Subject Art\Science  
(Physical Education)**

<b>Semester-wise Titles of the Papers in B.A\B.Sc. (Physical Education) 2024-2025 Onwards</b>							
Semester	Course	Course Code	Course Title	Theory/ Practical	Credits	CIE	ETE
<b><i>Certificate Course in Physical Education</i></b>							
FIRST Semester	I	E020101T	Elementals of Physical Education	Theory	4	25	75
	II	E020102P	Fitness And Yoga	Practical	1	25	75
SECOND Semester	I	E020201T	Sports Organization and Management	Theory	4	25	75
	II	E020202P	Sports Event and Track & Field	Practical	1	25	75
<b><i>Diploma in Physical Education</i></b>							
Third Semester	I	E020301T	Anatomy & Exercise Physiology	Theory	4	25	75
	II	E020302P	Health and Physiology	Practical	1	25	75
Fourth Semester	I	E020401T	Sports Psychology and Recreational Activities	Theory	4	25	75
	II	E020402P	Sports Psychology	Practical	1	25	75
<b><i>Bachelor of Physical Education</i></b>							
Fifth Semester	I	E020501T	Kinesiology and Biomechanics in sports	Theory	5	25	75
	II	E020502T	Athletic Injuries and Rehabilitation	Theory	4	25	75
	III	E020503P	Rehabilitation & sports	Practical	1	25	75
Sixth Semester	I	E020601T	Physical Education for Divyang	Theory	5	25	75
	II	E020602T	Research Methods	Theory	4	25	75
	III	E020603P	Research And Sports	Practical	1	25	75

**PROF. RAJENDRA SINGH (RAJJU BHAIYA) UNIVERSITY, PRAYAGRAJ****SYLLABUS FOR B.A. PHYSICAL EDUCATION/ YEAR I/ PAPER I**

Program/Class: Certificate	Year: First	Semester-I
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**SUBJECT: PHYSICAL EDUCATION- THEORY**

Course code: E020101T	Course Title: Elementals of Physical Education	
<b>Course Outcomes:</b> The physical education is very wide concept and this subject teaches about introduction and Sociological concept of Physical Education and this also teaches about historical development of physical development of physical education in India and other countries. It introduce a general concept of good health and wellness. This program will also be able to make fitness and health plan.		
<b>Credits:4</b>	<b>Max. Marks:25+75</b>	<b>Min. Passing Marks: 33</b>
<b>Total no. of lectures-tutorials-practical (in hours per week):4-0-0</b>		
Unit	TOPIC	
I.	<b><u>Ancient Wisdom in Physical Education, Sports and yoga:</u></b> <ul style="list-style-type: none"><li>• Patanjali Yoga Sutra.</li></ul> <b><u>Introduction:</u></b> <ul style="list-style-type: none"><li>• Meaning, definition and concept of physical education.</li><li>• Scope, aim and objective of Physical education.</li><li>• Importance of Physical education in Modern era.</li><li>• Relationship of physical education with general education</li></ul>	
II.	<b><u>Sociological Foundation:</u></b> <ul style="list-style-type: none"><li>• Meaning, Definition and importance of sports Sociology</li><li>• Culture and sports</li><li>• Socialization and sports</li><li>• Gender and sports.</li></ul>	
III.	<b><u>History:</u></b> <ul style="list-style-type: none"><li>• History and development of Physical education in India: pre- and post independence.</li><li>• History of physical education in ancient Greece, Rome and Germany.</li><li>• Eminent person of physical education, awards, schemes</li></ul>	
IV.	<b><u>Olympic Games, Asian Games and Commonwealth Games:</u></b> <ul style="list-style-type: none"><li>• Olympics Movement: Ancient Olympic, modern Olympic, Revival, aim, objective, spirit, torch, flag, motto, opening and closing ceremonies.</li><li>• Asian Games.</li><li>• Commonwealth Games.</li></ul>	

V.	<p><b><u>Health Education:</u></b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition and Dimensions of Health.</li> <li>• Meaning, Definition objectives, Principals and importance of Health Education.</li> <li>• Role of Different Agencies in Promoting Health (WHO, UNICEF)</li> <li>• Meaning of Balance Diet and Nutrition and its elements.</li> </ul>
VI.	<p><b><u>Wellness's Life Style</u></b></p> <ul style="list-style-type: none"> <li>• Importance of wellness and life style.</li> <li>• Role of Physical Activity Maintaining Healthy Life Style.</li> </ul>
VII	<p><b><u>Fitness:</u></b></p> <ul style="list-style-type: none"> <li>• Meaning &amp; Definition and types of fitness</li> <li>• Component of physical fitness</li> <li>• Factor affecting physical fitness</li> </ul>
VIII	<p><b><u>Posture:</u></b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition of Posture.</li> <li>• Importance of Good Posture.</li> <li>• Causes of Bad Posture.</li> </ul>

**Suggested readings:**

- Barrow Harold M., "Man and movements principles of Physical cation", 1978
- Difiore, J. (1998). Complete guide to postnatal fitness. London: A & C Black,.
- Dynamics of fitness, Madison: W.C.B Brown.
- General methods of training. by - Hardayal Singh
- Giam, C.K. & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book. McGlynn, G., (1993)
- Kamlesh M.L., "Physical Education, Facts and foundations", Faridabad P.B. Publications. 7. Krishana Murthy V. and Paramesara Ram, N. Educational Dimensions of Physical. Education", 2nd Revised edition, Print India, New Delhi 1990.
- Methodology of training. by - Harre
- पाण्डेय, शारीरिक संलकन , "खेल सांस्कृतिक प्रकाशन ", कानपुर
- Ravanes R.S, "Foundation of Physical Education", Houghton Million Co. Boston USA (1978)
- Science of sports training. by - Hardayal Singh
- Sharkey, B.J. (1990). Physiology of fitness, Human Kinetics Book.
- Track & Field. by - Gerhardt schmolinsky, Leipzing college of physical culture (DHFk)
- Elements of physical education, Prof. Pawan Kumar Pachori, Prof. Geetanjali Maurya, Insignia Publication, New Delhi, 2022
- Gender Studies in Physical Education and Sport, Prof. Pawan Kumar Pachori, Manisha Publication New Delhi, 2020
- शारीरिक शिक्षा के मूल सिद्धान्त, प्रो० पवन कुमार पचौरी, बिलवेडियर प्रेस, इलाहाबाद, 2018
- सैद्धान्तिक शारीरिक शिक्षा, प्रो० पवन कुमार पचौरी, इनसीगनिया प्रेस, नई दिल्ली, 2022
- शारीरिक शिक्षा एवं योग, प्रो० पवन कुमार पचौरी, डॉ० संजीव कुमार, ठाकुर पब्लिकेशन प्रा०लि०, लखनऊ, 2023
- शारीरिक शिक्षा एवं योग, बिलिंगुअल, प्रो० पवन कुमार पचौरी, डॉ० संजीव कुमार, ठाकुर पब्लिकेशन प्रा०लि०, लखनऊ, 2023

This course can be opted as elective by the students of following subjects: **Open for all**

**Continuous Evaluation Methods: (CIE) INTERNAL ASSESMENT (25 Marks)**

**Suggested equivalent online courses:**

- IGNOU, UPRTOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.

**PROF. RAJENDRA SINGH (RAJJU BHAIYA) UNIVERSITY, PRAYAGRAJ**

**SYLLABUS FOR B. A. PHYSICAL EDUCATION/YEAR/PAPER II**

Program/Class: <b>Certificate</b>	Year: <b>First</b>	Semester-I
Subject: <b>Physical Education - Practical</b>		
Course Code : <b>E020102P</b>	Course Title : <b>Fitness and Yoga</b>	
<b>Course Outcomes:</b> Yogas very helpful I prevention of many diseases and students will learn about it. This subject deals with basic knowledge about and Aerobics and Gymnasium classes which will help students to excel in the fitness industry.		
<b>Credits: 01</b>	Practical	
Max. Marks- 25+75	Min. Passing Marks: 33	
Total No. of Lectures- Tutorials- Practical (in hours per week): L-T-P: 0-0-2		
<b>Unit</b>	<b>Topics</b>	
	<b>Part-A</b>	
<b>I</b>	<ul style="list-style-type: none"><li>• Learn and demonstrate the techniques of warm-up, general exercise and cooling down</li><li>• Lean and demonstrate physical fitness through aerobic, circuit training and calisthenics.</li><li>Diet chart &amp; measurement of BMI</li></ul>	
	<b>Part-B</b>	
<b>II</b>	<p><b><u>INTRODUCTION OF YOGA:</u></b></p> <ul style="list-style-type: none"><li>• Historical aspect of yoga.</li><li>• Definition, types, scopes &amp; importance of yoga.</li><li>• Yoga relation with mental health and value education.</li><li>• Yoga relation with Physical Education and sports.</li></ul> <p><b><u>ASANAS:</u></b></p> <ul style="list-style-type: none"><li>• Definition of Asana, differences between asana and physical exercise.</li><li>• Suraya-namaskar, Bhujang asana, Naukasana, Halasana, Vajrasana, Padmasana, Shavaana, Makrasana, Dhanurasana, Tad asana.</li></ul> <p><b><u>PRANAYAMA:</u></b></p> <ul style="list-style-type: none"><li>• Difference and classification of pranayama.</li><li>• Difference between pranayama and deep breathing.</li><li>• Anulom Vilom.</li></ul>	
<b>Suggested Readings:</b>		
1. ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.		
2. Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA		
3. Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. Flyod, P.A.,S.E. Mimmsand C. Yelding (2003) Personal Helath: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.		
4. Rules of Games and Sports, Dr. Pawan Kumar Pachori, Manisha Publication, Kadipur, Delhi, 2018		
5. योग एक समग्र अध्ययन, प्रो० पवन कुमार पचौरी, इनसीगनिया पब्लिकेशन नई दिल्ली, 2022		