

**Structure of syllabus for the Program:
UG Three Year Subject Art\Science
(BA/B.Sc. - Physical Education)**

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

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

V.	<u>Health Education:</u> <ul style="list-style-type: none"> • Meaning, Definition and Dimensions of Health. • Meaning, Definition objectives, Principals and importance of Health Education. • Role of Different Agencies in Promoting Health (WHO, UNICEF) • Meaning of Balance Diet and Nutrition and its elements. • Health of Balances Diet and Nutrition and its elements. • Health and drugs
VI.	<u>Wellness's Life Style</u> <ul style="list-style-type: none"> • Importance of wellness and life style. • Role of Physical Activity Maintaining Healthy Life Style. • Stress Management. • Obesity and Weight Management. • Prevention of Disease through Behavioral Modification.
VII	<u>Fitness:</u> <ul style="list-style-type: none"> • Meaning & Definition and types of fitness • Component of physical fitness • Factor affecting physical fitness • Development and maintenances of fitness
VIII	<u>Posture:</u> <ul style="list-style-type: none"> • Meaning, Definition of Posture. • Importance of Good Posture. • Causes of Bad Posture. • Postural Deformities (causes and remedial exercise). • Fundamental Movements of Body Parts • Anatomical standing position.

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 schmolinaky, 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 ASSESSMENT (25 Marks)

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon open University.

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

Program/Class: Certificate		Year: First	Semester-I
Subject: Physical Education - Practical			
Course Code : E020102P		Course Title : Fitness and Yoga	
Course Outcomes: Yoga is very helpful in 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.			
Credits: 01		Elective	
Max. Marks: 25+75		Min. Passing Marks: 33	
Total No. of Lectures- Tutorials- Practical (in hours per week): L-T-P: 0-0-2			
Unit	Topics		
	Part-A		
I	<ul style="list-style-type: none">Learn and demonstrate the techniques of warm-up, general exercise and cooling downLean and demonstrate physical fitness through aerobic, circuit training and calisthenics. Diet chart & measurement of BMI		
	Part-B		
II	<u>INTRODUCTION OF YOGA:</u> <ul style="list-style-type: none">Historical aspect of yoga.Definition, types scopes & importance of yoga.Yoga relation with mental health and value education.Yoga relation with Physical Education and sports. <u>ASANAS:</u> <ul style="list-style-type: none">Definition of Asana, differences between asana and physical exercise.Suraya-namaskar, Bhujang asana, Naukasana, Halasana, Vajrasan, Padmasana, Shavaana, Makrasana, Dhanurasana, Tad asana. <u>PRANAYAMA:</u> <ul style="list-style-type: none">Difference and classification of pranayama.Difference between pranayama and deep breathing.Anuloma, Villoma.		
Suggested Readings:			

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.
4. Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
5. Rules of Games and Sports, Dr. Pawan Kumar Pachori, Manisha Publication, Kadipur, Delhi, 2018
5. ;ksx ,d lexz v/;;u] izks0 iou dqekj ipkSjh] bulhxfu;k ifCyds'ku ubZ fnYyh] 2022

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SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR I/PAPER III

Program / Class : Certificate		Year - First	Semester-II
Subject : Physical Education - Theory			
Course Code : E020201T		Course title: Sports organization and Management	
Course Outcomes : This course is designed to give real time exposure to students in the area of organizing an event/sports. The students will also learn about store management, purchasing and budget making.			
Credits : 4		Max. Marks 25+75	Min. Passing Marks : 33
Total no. of lectures-tutorials-practical (in hours per week) : 4-0-0			
Unit	Topic		
1.	Introduction : <ul style="list-style-type: none">• Meaning, concept and definition of sports management.• Nature and scope of sports management.• Aims and objectives of sports management.• Guiding principles of sports management.		
II.	Event Management <ul style="list-style-type: none">• Meaning and concept event• Planning and management of sports event.• Role of sports event manager.• Steps in event management.<ul style="list-style-type: none">○ Planning.○ Executing.○ Evaluating.		
III.	Budget <ul style="list-style-type: none">• Meaning, Definition, Preparation, Principles of making Budget.• Financial Management Opportunities and challenges• Basics of Sports Event Accounting.		
IV.	<ul style="list-style-type: none">• The Budget Cycle and Budget Preparation Format.• Preparing the Departmental Financial Plan and estimate.• Expenditure Management.• Financial Reporting.		

V	Organization <ul style="list-style-type: none"> • Meaning and definition of Organization. • Need and importance of Organization. • Guiding principles of Organization. • Structure and functions of S.A.I., University Sports Council and A.I.U. 	
VI	Supervision <ul style="list-style-type: none"> • meaning and Definition • Principals of Supervision. • Techniques of supervision in sports management. • Methods of supervision. • Role of a coach/manager. 	
VII	Facilities Equipment <ul style="list-style-type: none"> • Purchasing Equipment. • Care and maintenance of Equipment. • Procedure to purchase sports goods and equipment. • Stock entry. • Storing and distribution. • List of Consumable and Non-Consumable sports goods and equipment. 	
VIII	Job Opportunities <ul style="list-style-type: none"> • Job specification of sports manager in professional and state regulated sports bodies. • Physical Educational professional, career avenues and professional preparation. • Clients and sponsorship. 	
	Suggested readings: <ol style="list-style-type: none"> 1. Bucher, Charles A and Krotee, March L., "Management of Physical Education and sport," MC Grow Hill publication, New York (US) 2002 2. Hert, Renist (1961) New Patterns of Management, McGraw Hill. 3. Horine, Larry, Administration of Physical Education and Sport programs. WM-C Brown Publishers Dubuque (US) 1991 4. Kotler, P and G Allen, L.A. (1988) Management & Organization Kogakusha Co. Tokyo. 5. Parkhouse, Bonnie L., "The management of Sports - if foundation and application," Mosby publication, St. Louis (US), 1991 	

	6. Sandhu, K. Sports Dynamics Psychology, Sociology and Management. 7. Siva, G.S. (1991) Sports Management in Universities, New Delhi A.I.U. Deen Dayal Upadhyaya Marg 2005). Marketing : An Introduction, New York : Prentice Hall. 8. Officiating and coaching, Dr. Pawan Kumar Pachori (single author) Manisha Publicatios Kadipur Delhi, 2018, 978-93-8803-50-6 9. Sharirik shiksha mei prabandhan , Mrs. Dipti Shukla Dr. Pawan Kumar Pachori (second author), Shikha publishers allahabad, First 2018, 978-81-935686-3-7	
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Suggested Continuous Evaluation Methods ;

INTERNAL ASSESMENT (25 Marks)

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SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR I/PAPER IV

Program / Class : Certificate		Year : First	Semester-II
Subject : Physical Education - Practical			
Course Code : E020202P		Course title : Sports Event and Track & Field	
Credits : 01		Max. Marks : 33	
Total no. of lectures-tutorials-practical (in hours per week) : 0-0-2			
Unit	Topic		
	Part-A		
I.	<ul style="list-style-type: none">To make a plan for organizing an event.To organize an Interclass Competition of any games with in the wall.To prepare a budget plane for interclass competition with in the wallMake a Sample Time Table for college.Prepare the list of Consumable and Non-Consumable items.Prepare a Biodata/Vita/Curriculum vitae.		
	Part-B		
II.	Track & Field : <ul style="list-style-type: none">HistoryMeasurements.Marking.Rules.Officials.Regulatory Governing Bodies.Tournaments- National and International.World and National Records.		
	Suggested readings: <ol style="list-style-type: none">Author Sir Name, Lnitials, "Book Title", Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any.Author Sir Name, Lnitials, "Book Title", Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any.Author Sir Name, Lnitials, "Book Title", Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any.Suggestive digital platforms web links.		

	<ol style="list-style-type: none"> 5. Parkhouse, Bonnie L., "The management of Sports - if foundation and application," Mosby publication, St. Louis (US), 1991 6. Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," MC Grow Hill publication, Now York (US) 2002 7. Horine, Larry," Administration of Physical Education and Sport programs. WM-C Brown Publishers Dubuque (US) 1991 8. Kotler, P and G Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo. 9. Hert, Renis(1961) New Patterns of Management, McGraw Hill,. 10. Sandhu, K. Sports Dynamics: Psychology, Sociology and Management. 11. Sivia, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. Deen Dayal Upadhyaya 12. Marg.2005), Marketing: An Introduction, New York: Prentice Hall. 13. Rules of games and sports, Dr. Pawan Kumar Pachori (single author), Manisha Publicatios Kadipur Delhi, 2018, 978-93-8803-32-2 	
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SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR II/PAPER I

Program / Class : Diploma		Year : Second	Semester-III
Subject : Physical Education - Theory			
Course Code : E020301T		Course title : Anatomy and Exercise Physiology	
Course Outcomes : Students can be able to understand human structure and function as well as effects of exercise on various human body systems.			
Credits : 4		Elective	
Max. Marks : 25+75		Min. Passing Marks : 33	
Total no. of lectures-tutorials-practical (in hours per week) : 4-0-0			
Unit	Topic		
1.	Introduction : <ul style="list-style-type: none">• Meaning Definition and Importance of Anatomy and Physiology in the field of Physical Education & Sports.• Brief introduction of Cell, Tissue, Organ and System.		
II.	SKELETAL SYSTEM : <ul style="list-style-type: none">• Structural and functional classification of bones.• Types of joints and major movements around them.		
III.	CIRCULATORY SYSTEM : <ul style="list-style-type: none">• Structure and function of human heart.• Circulation of blood.		
IV.	RESPIRATORY SYSTEM: <ul style="list-style-type: none">• Structure and function of respiratory system.• Effects of exercise on respiratory system.• The effects of altitude on the respiratory system.		
V	DIGESTIVE SYSTEM : <ul style="list-style-type: none">• Structure and function of digestive system.• Importance of Digestive system.• Mechanism of Digestive system.• Effect of exercise on digestive system.		
VI	NERVOUS SYSTEM : <ul style="list-style-type: none">• Introduction		

	<ul style="list-style-type: none"> • Main organ of Nervous System. • Functional Classification of Nervous System. • Reflex Action. 	
VII	ENDOCRINE SYSTEM AND BLOOD: <ul style="list-style-type: none"> • Composition and function of blood. • Meaning of Endocrine system. • Meaning of glands. • Endocrine Glands their locations and functions. 	
VIII	GENERAL PHYSIOLOGICAL CONCEPTS: <ul style="list-style-type: none"> • Vital capacity - vc • Second wind • Oxygen debt • Fatigue • Types OF fatigue • Blood pressure 	
	Suggested readings: <ol style="list-style-type: none"> 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. 4. Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA. 4. Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health & Wellness Club, New York, U.S.A. 5. Jain, J. (2004) Khel Dawaon Ka (New Delhi: Delhi University Press). 6. Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA. Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press). 7. Koley, Shyamal (2007), Exercise Physiology A Basic Approach (New Delhi: Friends Publications). 10. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi. 8. Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India. 12. Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi. 9. Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston. 	

	<p>10. Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons. 15.</p> <p>William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin.</p> <p>11. Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill</p> <p>12. Livingstone</p> <p>13. गोपाल, उषा, मानव शरीर रचना एवम या प्रवज्ञान "स्पोर्ट सपब ललको शन", नई दिल्ली, 2012</p>	
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SYLLABUS FOR B.A. /B.Sc. PHYSICAL EDUCATION/YEAR II/PAPER II

Program / Class : Diploma		Year : Second	Semester-III
Subject : Physical Education - Practical			
Course Code : E020302P		Course title : Health and Physiology	
Credits : 01		Elective	
Max. Marks: 25+75		Min. Passing Marks : 33	
Total no. of lectures-tutorials-practical (in hours per week) : 0-0-2			
Unit	Topic		
	Part-A		
I.	<ul style="list-style-type: none">• Draw and label and two-body system.• Prepare a Model of any one System.• Measuring height, weight, waist circumference and hip circumference, calculation of BMI (Body Mass Index) and waist-Hip ratio.• Learn to Measure Blood Pressure by Sphygmomanometer.		
	Part-B		
II.	<p>Chose any one individual sports and games as per given Annexure-A with following activity:</p> <ul style="list-style-type: none">• History and development of selected game/sports.• Lay out and measurement for selected game/sports• Rules and regulation of selected games/sports.• Specific exercise for selected game/sports• Techniques and skills of selected game/sports.		
	<p>Suggested readings:</p> <ul style="list-style-type: none">• ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.• Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA).• Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.• Flyod, P.A.,S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.		

	<ul style="list-style-type: none"> • Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health & Wellness Club, New York, U.S.A. • Jain, J. (2004) Khel Dawaon Ka (New Delhi: Delhi University Press). • Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA. • Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press). • Koley, Shyamal (2007), Exercise Physiology A Basic Approach (New Delhi: Friends Publications). 10. Jain AK (2002). • Anatomy & Physiology for Nurses. Arya Publishers, Delhi. • Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India. • Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi. • Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston. • Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons. 15. William CS (2000). • Essentials of Human Anatomy & Physiology, Benjamin. • Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill. • Livingstone • Health education and sports nutrition, Dr. Pawan Kumar Pachori (single author) Manisha Publicatios Kadipur Delhi, 2018, 978-93-88032-49-0 • Khel evam swasth siksha, Mrs. Dipti Shukla Dr. Pawan Kumar Pachori (Fisrt author), Belvedere Press Allahabad, 2018, 978-81-938068-2-1
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SYLLABUS FOR B.A./B/Sc. PHYSICAL EDUCATION/YEAR II/PAPER III

Program / Class : Diploma		Year : Second	Semester-IV
Subject : Physical Education - Theory			
Course Code : E020401T		Course title : Sports Psychology and Recreational Activities	
Course Outcomes : Students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.			
Credits : 4		Elective	
Max. Marks : 25+75		Min. Passing Marks : 33	
Total no. of lectures-tutorials-practical (in hours per week) : L-T-P : 4-0-0			
Unit	Topic		
1.	Introduction : <ul style="list-style-type: none">• Meaning, Importance and scope of sports psychology.• General characteristics of various stages of growth and development.• Psycho-sociological aspects of human behavior in relation to physical education.		
II.	LEARNING : <ul style="list-style-type: none">• Nature of learning, theories of learning.• Law of learning, plateau in learning, transfer of learning.• Meaning and definition of personality, characteristics of personality.• Dimensions of personality, Personality and sports performance.		
III.	MOTIVATION : <ul style="list-style-type: none">• Nature of motivation, factors influencing motivation.• Motivational techniques and its impact on sports performance.• Mental preparation strategies : attention, focus, self-talk, relaxation and imaginary.		
IV.	ANXIETY AND AGGRESSION : <ul style="list-style-type: none">• Aggression and sports, meaning and nature of anxiety, kind of anxiety.• Meaning and nature of stress, types of stress.• Anxiety, stress arousal and their effects on sports performance.• Concept of incentives and achievements.		
V	PLAY : <ul style="list-style-type: none">• Meaning of play.• Definition of play.		

	<ul style="list-style-type: none"> • Various Theories of play. • Significance of Theories of play in Physical Education and Sports. • Significance of play for a Child. 	
VI	RECREATION : <ul style="list-style-type: none"> • Meaning and importance of recreation in physical education. • Principles of recreation in physical education. • Areas, classification and ways of recreation. • Use of leisure time activities and their educational values. • Main organ of Nervous System. • Functional Classification of Nervous System. • Reflex Action. 	
VII	TRADITIONAL GAMES OF INDIA : <ul style="list-style-type: none"> • Meaning. • Types of Traditional Games. • Gilli-Danda, Kanche, Stapu, Gutte, etc. • Importance/Benefits of Traditional Games. • How to Design Traditional Games. • Development of Personalities by the help of Traditional Games. 	
VIII	INTRAMURALS: <ul style="list-style-type: none"> • Meaning • Importance. • Conducting Extramural Competitions. 	
	Suggested readings: <ol style="list-style-type: none"> 1. Alliance, A. (1999). Physical Best Activity Guide, New Delhi. 2. Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA. 3. Dheer, S. and Radhika. (1991). Organisation and Administration of Physical Edu., ND: Friends Pub. 4. 4. Frost, R.B. and Others. (1992). Administration of Physical Education and Athletics, Delhi: Universal Book. 5. Gangwar, B.R. (1999). Organisation Admn. & Methods of Physical education, Jalandhar: A.P. Pub. 	

	<p>6. Gangwar, B.R. (1999). Sharirik Shiksha Ka Prabandh Prashashan Avam Vidhiya, Jalandhar: A.P. Pub.</p> <p>7. Gupta R. Kumar P. & Sharma D.P. (1999). Lesson Plan in Physical Education & Sports. R.D.P. Publication. New Delhi.</p> <p>8. Gupta R. Kumar P. & Sharma. D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. Sahyog Prakashan. New Delhi.</p> <p>9. Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.</p> <p>10. Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi. 11. Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends Publication. Delhi.</p> <p>12. Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi.</p> <p>13. Shaw D & Kaushik S (2001). Lesson Planning- Teaching Methods and Classman in Physical Education. K.S.K. Delhi.</p> <p>14. Khel Manovigyan, Mrs. Dipti Shukla Dr. Pawan Kumar Pachori (second author), Sharirik Shiksha Unyan Sanstha Allahabad up, First 2014-15, 978-81-922547-7-7</p> <p>15. Sharirik shiksha ka manovegyanik adhar, Dr. Pawan Kumar Pachori (first author) Dr. Ram Bhushan Mishra, Insignia publications new delhi, 2022, 978-93-94045-65-1</p>
This course can be opted as an elective by the students of following subjects ; Open for all	
Suggested Continuous Evaluation Methods (CIE) internal assessment (25 Marks)	
INTERNAL ASSESMENT (25 Marks)	
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities/MOOC platforms such as "SWAYAM" in India and Abroad. • Rajarshi Tandon Open University. 	

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SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR II/PAPER IV

Program / Class : Diploma		Year : Second	Semester-IV
Subject : Physical Education - Practical			
Course Code : E020402P		Course title : Sports Psychology	
Credits : 01		Elective	
Max. Marks : 25+75		Min. Passing Marks : 33	
Total no. of lectures-tutorials-practical (in hours per week) : L-T-P : 0-0-2			
Unit	Topic		
	PART-A		
1.	<ul style="list-style-type: none">• Make a Model/Chart of any one Traditional games.• Organize a recreational activity at college level and write a report on it.• Design a Traditional/Recreational games with new ideas.		
	PART-B		
II.	Choose any one Team Games as per given Annexure-A with following activity: <ul style="list-style-type: none">• History and development of selected game/sports.• Lay out and measurement of selected game/sports.• Rules and regulation of selected games/sports.• Specific exercise for selected game/sports.• Techniques and skills of selected game/sports.		
	Suggested readings: 1. Anand O.P. (2001) Yog Dwara Kaya Kalp, Sewasth Sahitya Prakashan, Kanpur 2. Martin, GL (2003) Sports Psychology-Practical Guidelines from Behaviour Analysis. Sports Press, Winnipeg. Canada.		
This course can be opted as an elective by the students of following subjects ; Open for all			
Suggested Continuous Evaluation Methods (CIE) internal assessment (25 Marks)			
INTERNAL ASSESMENT (25 Marks)			
Suggested equivalent online courses:			
<ul style="list-style-type: none">• IGNOU• Other centrally/state operated Universities/MOOC platforms such as "SWAYAM" in India and Abroad.• Rajarshi Tandon Open University.			

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SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR III/PAPER II

Program / Class : Degree		Year : Third	Semester-V
Subject : Physical Education - Theory			
Course Code : E020501T		Course title : Kinesiology and Biomechanics in Sports	
Course outcomes : Students can be able to understand various aspects of Kinesiology and Biomechanics in Sports and able to apply in sports activities.			
Credits : 05		Elective	
Max. Marks : 25+75		Min. Passing Marks : 33	
Total no. of lectures-tutorials-practical (in hours per week) : L-T-P : 4-0-0			
Unit	Topic		
I.	INTRODUCTION. <ul style="list-style-type: none">• Meaning, Definitions, Aims, Objective.• Importance of Kinesiology for games and sports.		
II.	<ul style="list-style-type: none">• Kinesiological Fundamental Movements.• Center of Gravity.• Line of Gravity.		
III.	<ul style="list-style-type: none">• Axis and Planes.• Classification of joints and Muscles.• Types of muscles contraction.		
IV.	Location & Action of Muscles at Various Joints : <ul style="list-style-type: none">• Upper extremity - shoulder girdle, shoulder joints, elbow joint.• Neck, trunk (Lumbar thoracic region).• Lower extremity- Hip joint, knee joint, ankle joint.		
V	Biomechanical Concept : INTRODUCTION: <ul style="list-style-type: none">• Newton's Law of Motion Friction: <ul style="list-style-type: none">• Meaning, Definitions and Types.		
VI	FORCE AND LEVERS : FORCE: <ul style="list-style-type: none">• Meaning• Definitions		

	<ul style="list-style-type: none"> • Types • Application to Sports activities. <p>LEVERS:</p> <ul style="list-style-type: none"> • Meaning • Definition • Uses of them in the Human body. 	
VII	<p>KINEMATICS-</p> <ul style="list-style-type: none"> • Meaning of Kinematics. • Types- Linear and Angular • Speed, Velocity, Acceleration, Distance, Displacement. 	
VIII	<p>KINETICS:</p> <ul style="list-style-type: none"> • Meaning of Kinetics • Types- Linear and Angular. • Mass, Weight, Force, Momentum and Pressure. 	
<p>RECOMMENDED READINGS:</p> <ol style="list-style-type: none"> 1. Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA. 2. Blazeovich, A. (2007). Sports Biomechanics. A & C Black Publishers, USA. 3. Breer & Zarnicks (1979). Efficiency of human movement. WIB Sounders Co. USA. 4. Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA. 5. Hay (1993). The biomechanics of sports techniques. Prentice Hall Inc. New Jersey. 6. McGinnis, P. (2004). 6. Biomechanics of Sports & Exercise. Human Kinetics, USA. 7. Oatis, C.A. (2008). Kinesiology. 2nd Ed. Lippincott, Williams & Wilkins, USA. 8. Sports biomechanics, Mrs. Dipti Shukla Dr. Pawan Kumar Pachori (second author), Shikha Publishers Allahabad, First 2016-17, 978-81-935686-1-3 9. Biomechanics and kinesiology in physical education and sports, Dr. Vishwanath Pratap Singh, Dr. Pawan Kumar Pachori, (second author), Manisha publications kadi pur delhi, 2019, 978-93-89032-32-1 		
<p>This course can be opted as an elective by the students of following subjects ; Open for all</p>		
<p>Suggested Continuous Evaluation Methods (CIE) internal assessment (25 Marks)</p> <p>INTERNAL ASSESMENT (25 Marks)</p>		

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SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR III/PAPER I

Program / Class : Degree		Year : Third	Semester-V
Subject : Physical Education - Theory			
Course Code : E020502T		Course title : Athletic Injuries and Rehabilitation	
Course outcomes : students can be able to understand Athletic Injuries and Athletic Care and Rehabilitation.			
Credits : 04		Elective	
Max. Marks : 25+75		Min. Passing Marks : 33	
Total no. of lectures-tutorials-practical (in hours per week) : L-T-P : 4-0-0			
Unit	Topic		
I.	Athletic Injuries and Athletic Care. <ul style="list-style-type: none">• Concept and Significance.• Factors causing Injuries.• General Principles of Prevention of Injuries.		
II.	Common Sports Injuries (Strain and Muscle and Ligament Sprain, Frozen Shoulder, Lower Back Strain, Tennis and Golfer's Elbow, Runner's Knee, Shine Pain, Blister, Concussion, Abrasion, Laceration, Hematoma, Fracture, Dislocation)		
III.	<ul style="list-style-type: none">• First aid- meaning, definition.• Importance of First aid. Postural Deformities. Types, Causes and respective corrective exercises of: <ul style="list-style-type: none">• Kyphosis.• Scoliosis.• Lordosis• Knock Knees• Bowlegs.• Flat Foot Disorders due to Improper Posture. <ul style="list-style-type: none">• Back pain, Neck Pain and their preventive Exercises.		
IV.	Rehabilitation-		

	<ul style="list-style-type: none"> • RICE- Rest, Ice, Compression, Elevation. • DRABC- Danger, Response, Airways, Breathing, Circulation. <p>Bandage-</p> <ul style="list-style-type: none"> • Types of Bandages. • Taping and supports. 	
V	<p>Physiotherapy-</p> <ul style="list-style-type: none"> • Definition • Guiding principles of physiotherapy. • Importance of Physiotherapy. <p>Massage-</p> <ul style="list-style-type: none"> • Meaning • Types and Importance. 	
VI	<p>Hydrotherapy-</p> <ul style="list-style-type: none"> • Meaning and Methods. • Cryotherapy, Thermotherapy, Contrast bath, Whirlpool bath, Steam bath, Sauna bath, Hot Water Fomentation. 	
VII	<p>Treatment modalities-</p> <ul style="list-style-type: none"> • Electrotherapy, Infrared Rays, Ultraviolet rays, Short wave diathermy, Ultra Sound. 	
VIII	<p>Therapeutic Exercise-</p> <ul style="list-style-type: none"> • Meaning, Definition. • Importance. • Muscle Strengthening through Active and Passive Exercise. • Therapeutic value with Yoga Asanas for Rehabilitation and Strengthening of the muscles. 	
<p>RECOMMENDED READINGS:</p> <ol style="list-style-type: none"> 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. Beotra, Alka (2001-02) Drug Education Handbook on Drug Abuse in Sports, Applied Nutrition Sciences, Mumbai. 4. Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. 		

5. Fahey, T.D., M.P.. Insel and W.T. Rath (2006), Fit & Well: Core Concepts and Labs in Physical Fitness, mcgraw Hill, New York.
6. Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
7. Hoeger, W K and S.A. Hoeger (2004). Principles and Labs for Fitness and Wellness, Thomson Wadsworth, California, USA.
8. Jain, J. (2004) Khel Dawaon Ka (New Delhi: Delhi University Press).
9. Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, (2008), Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi.
10. Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers).
11. Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA.
12. Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).
13. Khel Mei Chotein Asamanya Ang Vinyash Lakshan Va Upchar Massage Therapy Evam Santulit Ahar, Dr. Pawan Kumar Pachori (single author), Insignia publications new delhi, 2022, 978-93-94045-70-5
14. Khel Chikitsha, Dr. Pawan Kumar Pachori, (first author), Dr. Gopesh Kr. Singh, Dr. Girja Singh, Manisha Publications New Delhi, 2023, 978-93-89885-76-7

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

Suggested Continuous Evaluation Methods (CIE) internal assessment (25 Marks)

INTERNAL ASSESMENT (25 Marks)

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities/MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon Open University.

Prof. Rajendra Singh (Rajju Bhaiya) University, Prayagraj

SYLLABUS FOR B.A. PHYSICAL EDUCATION/YEAR III/PAPER III

Program / Class : Degree		Year : Third	Semester-V
Subject : Physical Education - Practical			
Course Code : E020503P		Course title : Rehabilitation and Sports	
Credits : 01		Elective	
Max. Marks : 25+75		Min. Passing Marks : 33	
Total no. of lectures-tutorials-practical (in hours per week) : L-T-P : 0-0-2			
Unit	Topic		
	PART-A		
I.	<ul style="list-style-type: none">Practice for Bandaging.Practice for massage techniques.Demonstration of Therapeutic Exercise.A visit to Physiotherapy lab.Write a Brief Report on the visit of the lab.		
	PART-B		
II.	Choose any one Team Games as per given Annexure-A with following activity: <ul style="list-style-type: none">History and development of selected game/sports.Lay out and measurement of selected game/sports.Rules and regulation of selected games/sports.Specific exercise for selected game/Techniques and skills of selected game/sports.		
	Suggested readings: <ol style="list-style-type: none">ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago, USA.Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.Fahey, T.D., M.P. Insel and W.T. Rath (2006), Fit & Well: Core Concepts and Labs in Physical Fitness, Mgraw Hill, New York.Koley, Shymmlal(2007) Exercise Physiology - A basic Approach, friends publication New Delhi		

	6. Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers). 7. Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA. 8. Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).	
This course can be opted as an elective by the students of following subjects ; Open for all		
Suggested Continuous Evaluation Methods (CIE) internal assessment (25 Marks) INTERNAL ASSESMENT (25 Marks)		
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities/MOOC platforms such as "SWAYAM" in India and Abroad. • Rajarshi Tandon Open University. 		

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SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR III/PAPER VI

Program / Class : Degree		Year : Third	Semester-VI
Subject : Physical Education Theory			
Course Code : E020601T		Course title : Physical Education for DIVYANG	
COURSE OUTCOMES: This subject will help the students to understand the needs of the disabled (DIVYANG) people and make them ready to tackle any situation which comes in front of them while dealing disabled people. This subject can also teach Inclusion in sports for adapted people.			
Credits: 05		Elective	
Max. Marks : 25+75		Min. Passing Marks : 33	
Total no. of lectures-tutorials-practical (in hours per week) : L-T-P : 4-0-2			
Unit	Topic		
I.	INTRODUCTION : <ul style="list-style-type: none">• Meaning and Definition.• Aims and Objective.• Need and Importance of Physical Education.• Historical Review.		
II.	Physical Disabilities: <ul style="list-style-type: none">• Causes.• Functional Limitations.• Characteristics.		
III.	Mental Retardation: <ul style="list-style-type: none">• Causes.• Characteristics.• Functional Limitations.		
IV.	Outdoor Activities: <ul style="list-style-type: none">• Functional and Occupational rehabilitation.• Psychological Rehabilitation.		
V.	<ul style="list-style-type: none">• Aquatic Activity program for disables.		
VI.	Rehabilitation: <ul style="list-style-type: none">• Functional and Occupational rehabilitation.• Psychological Rehabilitation.		

VII.	Programs: <ul style="list-style-type: none"> • Personality Development Program for DIVYANG. • Social welfare program for disabled. 	
VIII.	Inclusion in sports for Adapted People: <ul style="list-style-type: none"> • Recreational sports/games. • Competitive sports/games. 	
RECOMMENDATION READINGS <ul style="list-style-type: none"> • C, Blauwet, (2007). Promoting the Health and Human Rights of Individuals with a Disability through the Paralympic Movement. (ICSSPE,) at 21. (Blauwet-Promoting the Health). • Barton, L. (1993), „Disability, empowerment and physical education", in J. Evans (ed.), Equality, Education and Physical Education. London: The Falmer Press. • Guttmann, L. (1976) Textbook of Sport for the Disabled. Oxford: HM & M Publishers. • K, DePauw & S. Gavron, (2005). Disability and Sport. (2n.d Ed) Illinois: Human Kinetics. • R. Metts. (2000). Disability Issues, Trends and Recommendations for the World Bank (Washington D.C.: World Bank,). • Oliver, M. (1990). The Politics of Disablement. Basingstoke: Macmillan. • Sport England (2000) Young People with a Disability and Sport. London: Sport England. 		
Suggested Reading : http://heecontent.upsdc.gov.in/Home.aspx		
This course can be opted as an elective by the students of following subjects : only for physical education students.		
Suggested Continuous Evaluation Methods:		

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SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR III/PAPER V

Program / Class : Degree		Year : Third	Semester-VI
Subject : Physical Education Theory			
Course Code : E020602T		Course title : Research Methods	
COURSE OUTCOMES: students can be able to understand Research methods in Sports and Physical Education.			
Credits: 04		Elective	
Max. Marks : 25+75		Min. Passing Marks : 33	
Total no. of lectures-tutorials-practical (in hours per week) : L-T-P : 4-0-0			
Unit	Topic		
I.	INTRODUCTION : <ul style="list-style-type: none">• Definition, Meaning of Research.• Need and Importance of Research in Physical Education and sports.• Scope of Research in Physical Education and sports.		
II.	Type of Research <ul style="list-style-type: none">• Basic Research• Applied Research• Action Research		
III.	Research Problem <ul style="list-style-type: none">• Meaning of the term• Formation of Research problem.• Limitation and D Limitation• Location and Criteria of Selection of Problem.		
IV.	Hypothesis: <ul style="list-style-type: none">• Meaning of research Hypothesis.• Meaning of Null Hypothesis.• Importance of Research and Null hypothesis.		
V.	Survey of Related Literature: <ul style="list-style-type: none">• Literature sources.• Library Reading.• Need for surveying related literature.		

VI.	Survey Studies : <ul style="list-style-type: none"> • Meaning of Survey • Tool of Survey Research • Questionnaire • Interview 	
VII.	Questionnaire and Interview: <ul style="list-style-type: none"> • Meaning of Questionnaire and Interview. • Construction and development of Questions. • Procedure of conducting Interview. 	
VIII.	Research Report: <ul style="list-style-type: none"> • Meaning of Research Report. • Qualities of a good research report. 	

RECOMMENDATION READINGS

- Author's guide: Research Methods applied to Health Physical and Recreation, Washington, D.C. 1991.
- Best John & Kahni, J.V. 1992). Research in Education, New Delhi. Prentice Hall of India (Pvt.) Ltd.
- Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall.
- 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: Vakils Feffer and Simon Ltd.
- Koul, L. (2002). Methodology of Educational Research, Vikas Publishing House, New Delhi.
- Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). Introduction to research: A guide for the health science professional. Landon: J.B. Lippincott Company.
- Thomas, J.R., & Nelson J.K. (2005). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
- Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
- Verma, J. P. (2000). A Textbook On Sports Statistics. Gwalior: Venus Publication
- Research methodology in physical education and sports science, Dr. Pawan Kumar Pachori (single author), Manisha Publications New Delhi, 2020, 978-93-89885-68-2
- Sharirik Shiksha Mei Anusandhan Pravidhiyan, Dr. Pawan Kumar Pachori (single author), Manisha Publications New Delhi, 2021, 978-93-89885-77-4

Suggested Reading : <http://heecontent.upsdc.gov.in/Home.aspx>

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SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR III/PAPER VII

Program / Class : Degree		Year : Third	Semester-VI
Subject : Physical Education Practical			
Course Code : E020603P		Course title : Research and Sports	
COURSE OUTCOMES:			
Credits: 01		Elective	
Max. Marks : 25+75		Min. Passing Marks : 33	
Total No. of Lectures- Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
Unit	Topic		
	PART-A		
I.	Learning The Advanced Skills Of Selected Team Games: <ul style="list-style-type: none">History and development of selected game/sports.Lay out and measurement of selected game/sportsRules and regulation of selected games/sportsSpecific exercise for selected game/sports.Techniques and skills of selected game/sports.		
	PART-B		
II.	Paralympic Committee of India (PCI) <ul style="list-style-type: none">HistoryAims and Objective.Learn about any one para-sports.Para-competition.		
Suggested Readings: <ul style="list-style-type: none">ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.Ansbaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (U.S.A.)Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. 24, Flyod, P.A.S.E. Mimmsand C. Yelding (2003) Personal Health : Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.			

- Research methodology in physical education and sports science, Dr. Pawan Kumar Pachori (single author), Manisha Publications New Delhi, 2020, 978-93-89885-68-2
- Sharirik Shiksha Mei Anusandhan Pravidhiyan, Dr. Pawan Kumar Pachori (single author), Manisha Publications New Delhi, 2021, 978-93-89885-77-4

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

Suggested Continuous Evaluation Methods:

Course prerequisites : There is no any prerequisites only students physical and medically fit.

Suggested equivalent online courses: