

MAJOR DISCIPLINE CORE COURSE - MAJ -1	BASICS OF PHYSICAL EDUCATION AND SPORTS SEMESTER - I Paper Code- BA-PH.ED-MAJ-01
Course Objective	<ol style="list-style-type: none"> <li>1. To perceive the concept of Physical Education and Sports.</li> <li>2. To understand the need of Physical Education and Sports in modern era.</li> <li>3. To impart knowledge about History Physical Education and Sports</li> </ol>
Course Outcome	<ol style="list-style-type: none"> <li>1. Students will learn about the importance of Physical Education and Sports.</li> <li>2. Students will be able to know about the history of Physical Education in ancient times and modern era.</li> <li>3. Students will understand the contribution of Physical Education Leaders and sports Institute towards the growth of Physical Education and Sports.</li> </ol>
Outline Syllabus	<b>BASICS OF PHYSICAL EDUCATION AND SPORTS</b>
Credits	4 (Theory: 3, Practical:1)
Marks	100 : EXTERNAL = 50 (Theory) + 20 (Practical)+ 30 (Internal Assessment) Internal Assessment: <ul style="list-style-type: none"> <li>• Performance in mid -semester test: 12</li> <li>• Assignment/Project/Seminar: 12</li> <li>• Attendance: 6</li> </ul>
Contact Hrs	75 Hours (Theory: 45 Hours, Practical: 30 hours) 15 hours theory= 1 Credit, 30 Hours, Practical = 1 credit) NOTE: <ul style="list-style-type: none"> <li>➤ Twelve periods per week (6 periods each for Theory and Practical)</li> <li>➤ One unit contains 60-80 students for theory and 30-40 students for Practical.</li> <li>➤ Teacher who is preparing three teams for University Inter-college competitions, his/her work-load shall be counted by including six periods per week in the teaching load.</li> </ul>
<b>THEORY (50 Marks)</b>	
<b>UNITS</b>	<b>TOPICS</b>
Unit 1	<ol style="list-style-type: none"> <li>1. Meaning and concept of Education and Physical Education.</li> <li>2. Aims and Objectives of Education and Physical Education.</li> <li>3. Importance and scope of physical education in the modern society.</li> <li>4. Relationship of Physical Education with other allied sciences (Anatomy, Physiology, Biomechanics, Psychology and Anthropometry).</li> </ol>
Unit 2	<ol style="list-style-type: none"> <li>1. History of Physical Education and Sports in Pre and Post Independence era of India.</li> <li>2. Ancient and Modern Olympic Games</li> <li>3. Asian Games and Common Wealth Games.</li> <li>4. Para Sports (Sports for people with physical and intellectual disabilities.</li> </ol>

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Unit 3	<ol style="list-style-type: none"> <li>1. International Olympic Committee (IOC): Function and Objective of IOC.</li> <li>2. Contributions to the growth of Physical Education and Sports by following leaders: Gutsmuth, F.L. John, P.H. Ling, H.C. Buck, George Bernald Shaw, Vaidya Brothers, G.D. Sondhi, Prof. Ajmer singh</li> <li>3. Function and objective of the following: NSNIS Patiala, SAI, IOA, LNIPE, YMCA, SHVPM, Department of Sports Punjab.</li> <li>4. Sports Awards: Arjuna Award, Dronacharya Award, Major Dhyanchand Khel Ratna Award and Maharaja Ranjit Singh Award.</li> </ol>
<b>PRACTICAL (30 marks)</b>	<b>SYLLABUS</b>
<b>SPRINTS (Types of Start and Finish)</b>	<ol style="list-style-type: none"> <li>1. Crouch start-fixing of starting blocks, getting in and off the block, emphasizing on body position, need of starting blocks in a sprint race.</li> <li>2. Practice of starts with starting blocks using proper commands.</li> <li>3. Training the students for correct running style.</li> <li>4. Practice of finishing the sprint with different techniques. Rules and Regulations of Sprint races.</li> </ol>
<b>FOOTBALL</b>	<ol style="list-style-type: none"> <li>1. Marking and dimension of Football ground.</li> <li>2. Fundamental Techniques and Drills.</li> <li>3. Rules and Regulations related to Football.</li> <li>4. Lead up Games of Football</li> </ol>
<b>TESTING AND EVALUATION</b>	Test 1: 50-Meter Dash Test Test 2: Shuttle Run Test
<b>SUGGESTED READINGS</b>	<ol style="list-style-type: none"> <li>1. Kamlesh, M. L. &amp; Singh, M. K. (2006) Physical Education (Naveen Publications).</li> <li>2. Lau, S.K. (1999), Great Indian players, New Delhi, Sports Publication</li> <li>3. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, U.S.A.</li> <li>4. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.</li> <li>5. Shaffer, D.R. (2002) Developmental Psychology: Childhood and Adolescence. Thomson, Sydney, Australia</li> <li>6. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.</li> <li>7. Singh, A. et al. (2000) Essentials of Physical Education, Kalyani Publishers, Ludhiana, Punjab.</li> <li>8. Wuest, D.A. &amp; C.A. Bucher (2006) Foundations of Physical Education, Exercise Science, and Sports. McGraw Hill Companies, Inc., New York, USA.</li> </ol>

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