



RAICHUR UNIVERSITY, RAICHUR

B.A.in(Physical Education with Practical)

SYLLABUS

With Effect from 2024-25

DISCIPLINE SPECIFIC CORE COURSE (DSC) FOR SEM I -VI,

SKILL ENHANCEMENT COURSE (SEC) FOR SEM V/VI and

ELECTIVE COURSES FOR SEM V AND VI

ASPERNEP (Revised):2024

26/07/2024
Prof. B.M. Patel.
Prof. and. Dean
Dept of physical Education
Kannada University, Dharwad.

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B.A. Semester-I
Discipline Specific Course (DSC)- 1

Course Title:- Introduction to Physical Education, Sports and Yoga
Course Code:- A 1 PED1 T 1

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSC-1	Theory	6	5+1	75hrs.	3hrs.	20	80	100

Course Outcomes (COs): At the end of the course students will be able to:

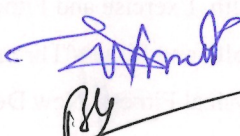
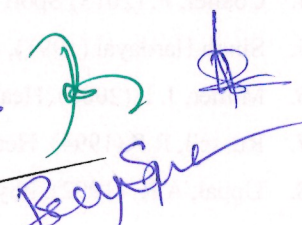
- CO1 : Understand the historical concepts and significance of Physical Education and Yoga.
CO2: Learn the modern trends in sports and yoga and its relation to education.
CO3 : Learn the Principles of implementing fitness activities and yoga.
CO4: Understand the biological principles on which physical education, yoga and sports is based.
CO5: Learn the basic yoga practices.
CO6 : Be aware of the career opportunities arising out of undergoing courses in physical education, sports and yoga.
CO7: Understand and perform warm up and conditioning activities.
CO8: Assess the health-related fitness parameters and evaluate the same.
CO9: Perform basic skills in a game and athletic event.
CO10: Perform basic asanas and pranayama.
CO11 : Learn to record and prepare reports.

Unit	Title:- Introduction to Physical Education, Sports and Yoga	75hrs/Sem
Unit I	Introduction 1. Meaning and definition of physical Education, Sports and Yoga 2. Aims, Objectives and Importance of Physical Education, Sports and Yoga 3. History of Physical Education, Sports and Yoga 4. Modern trends of Physical Education, Sports and Yoga 5. Relationship of physical education with General Education	15 hrs
Unit II	Yoga and Fitness Training 1. Importance of Yoga and Fitness 2. Components of Fitness and Fitness Equipments 3. Types of Yoga Practices – Asana, Pranayama and Meditation 4. Introduction to Balanced Diet for Fitness	15 hrs
Unit III	Introduction to Athletics and Officiating of Sports and Games 1. Characteristics and Measurement of Standard Track 2. Duties and Principles of Officiating 3. Qualities and Qualification of Technical officials for Athletics, Sports and Games 4. Officiating of Athletics	15 hrs

UnitIV	Career Opportunities in Physical Education, Sports and Yoga 1. Physical Education, Sports and Yoga professionals at various levels of educational institution. 2. Sports Trainers, Yoga instructors, Coach, Managers, Researcher, Event Organizers, Technical Officials, Entrepreneurs and others 3. Physical Education, Sports and Yoga trainer for Police and Paramilitary forces at State and Central Organization and others 4. Health Clubs and Fitness Centers, Aerobics, Dance and Recreation Clubs in Corporate Sectors and others. 5. Sports Journalists, Commentators, Photo and Video Analyst, Sports Marketing and Equipment/Props manufactures	15hrs
Unit V	Understanding Physical Education, Sports & Yoga 1. Benefits of Physical Education for Daily life 2. Benefits of Yoga in healthy living 3. Benefits of Different Sports	15hrs

Recommended books:

1. Bucher, C.A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
2. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
3. William, J.F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.
4. Coulter, F. (2013) Sport for Development: What game are we playing?. Routledge.
5. Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi
6. Muller, J. P. (2000). Health, Exercise and Fitness. Delhi: Sports.
7. Russell, R.P. (1994). Health and Fitness through Physical Education. USA: Human Kinetics.
8. Uppal, A.K. (1992). Physical Fitness. New Delhi: Friends Publication.
9. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitsa. Bengaluru: Swami Vivekananda Yoga Prakasana.
10. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashtrathanna Prakashana.
11. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com 3101, Hills borough, NC 27609, United States
12. D.M Jyoti, Athletics (2015) lulu.com 3101, Hills borough, NC 27609, United States
13. Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama.
14. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
15. Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.
16. Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
17. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
18. IAAF Manual
19. Officiating and Coaching, Dr. Anil Kumar Vanaik, 2017, Friends Publications (India), 1st Edition, Daryaganj, New Delhi
20. Officiating, Coaching, Training Methods and Recreation in Physical Education, Dr. Md. Attaullah Jagirdar, 2015, Khel Sahitya Kendra, Daryaganj, New Delhi

B.A. Semester-I
Discipline Specific Course (DSC)- 2
Practical

Course Title: - BASIC FITNESS, TRACK & FIELD, MAJOR GAMES & YOGA

Course Code:-A 1 PED 1 P 1

Content of Practical Course 1: Practical (2 credits/56 hours)

Basic Fitness, Training and Assessment

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

A. Major/Minor Outdoor Games / Track & Field

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

C. Basic Asanas & Surya Namaskara (as per the reference books)

1. Shithilikarana Vyayama (Dynamic)
2. Surya Namaskara
3. Standing & Sitting Asanas
4. Prone & Supine Asanas

D. Basic Pranayamas

1. Vibhagiya Pranayama (Sectional breathing)
2. Sukha Pranayama (Breath awareness)
3. Kapalabhati/Basthrika
4. Anuloma Viloma/Nadi Shuddhi
5. Bhramari & Cooling Pranayamas (Sithali/Sithkari/Sadhantha)

Pedagogy: The course shall be taught through Lecture, Practical, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramural

Reference Book:

1. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
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10. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: RashtrothannaPrakashana.
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- 12.D.M Jyoti, Athletics (2015) lulu.com3101, Hills borough, NC27609, United States
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17. Pinto John and Ramachandra K (2021) Kannada Version, DaihikaShikshanadaParichaya, Louis Publications, Mangalore
18. IAAF Manual

FormativeAssessmentforTheory	
AssessmentOccasion/type	Marks
InternalAssessmentTest1	05
Assignment	05
Total	10Marks
<i>FormativeAssessmentasperguidelines.</i>	

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