

FACULTY OF EDUCATION
Maa Vindhyavasini University,
Mirzapur



B.A./B.Sc.- Physical Education


09/05/2026

Minor Papers
w.e.f. Session 2026-27


9/5/26


09.05.26

DEPARTMENT OF PHYSICAL EDUCATION

MINOR PAPERS

Year I Semester II- Paper-Minor

Course Title: Elements of physical education (minor)

Course Code:		Year: First	Semester - II
Unit	Topics	Credits	
I	Introduction: 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	6+0	
II	Sociological Foundation: Meaning, Definition and importance of sports Sociology Culture and sports Socialization and sports		
III	History: History and development of Physical education in India: pre-and post independence. History of physical education in ancient Greece, Rome and Germany.		
IV	Olympic Games, Asian Games and Commonwealth Games: Olympics Movement: Ancient Olympic, modern Olympic, Revival, aim, objectives. Asian Games. Commonwealth Games.		
V	Health Education: Meaning, Definition and Dimensions of Health. Meaning, Definition objectives, Principals and importance of Health Education. Meaning of Balance Diet and Nutrition and its elements.		
VI	Wellness's Life Style Importance of wellness and life style. Role of Physical Activity Maintaining Healthy Life Style. Obesity and Weight Management.		

1
Meru yach
9/5/26

Devi
09.05.26

		Prevention of Disease through Behavioral Modifications.	
VII		Fitness: Meaning & Definition and types of fitness Component of physical fitness Factor affecting physical fitness	
VIII		Definition of Posture. Importance of Good Posture. Causes of Bad Posture. Postural Deformities (causes and remedial exercise).	
<u>Recommendations :</u> 1. Barrow Harold M., Man and movements principles of Physical Education, 1978. Difiore, J. (1998). Complete guide to postnatal fitness. London: A & C Black, Dynamics of fitness. Madison: W.C.B Brown. 2. General methods of training, by- Hardayal Singh 3. Giam, C.K & The, K.C. (1994), Sport medicine exercise and fitness. Singapore: P.G. Medical Book.			



Murayach 9/5/26

Dizil
09.05.26

Year II Semester IV- Paper-Minor
Course Title: Sports Psychology and Recreational Activities (minor)

Course Code:		Year : Second	Semester-IV
Unit	Topic	Credits	
1.	Introduction : • 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.	6+0	
II.	LEARNING : • 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 : • 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 : • 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 : • Meaning of play. • Definition of play. • Various Theories of play. • Significance of Theories of play in Physical Education and Sports.		

[Signature]

3
Newyach
 9/5/26

[Signature]
 09.05.26

	• Significance of play for a Child.	
VI	RECREATION : • 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 : • 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: • Meaning • Importance. Conducting Intramural Competitions.	

Suggested readings:

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
6. Gangwar, B.R. (1999). Sharirik Shiksha Ka Prabandh Prashashan Avam Vidhiya, Jalandhar: A.P. Pub.
7. Gupta R. Kumar P. & Sharma D.P. (1999). Lesson Plan in Physical Education & Sports.

Munyar
9/5/20

Bisv
09.05.26

R.D.P. Publication. New Delhi.

8. Gupta R. Kumar P. & Sharma. D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. Sahyog Prakashan. New Delhi.
9. Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.
10. Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi. 11. Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends Publication. Delhi.
12. Panday Laxmikant (1996). Sharirik Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi.
13. Shaw D & Kaushik S (2001). Lesson Planning- Teaching Methods and Classman in Physical Education. K.S.K. Delhi.
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
15. Pachori, Dr. Pawan Kumar (firsrt author) **and** Mishra, Dr. Ram Bhushan, Sharirik shiksha ka manovegyanik adhar, Insignia publications new delhi, 2022, 978-93-94045-65-1



Munyar
9/5/26

Bisw
09.05.26

FACULTY OF EDUCATION
Maa Vindhyavasini University,
Mirzapur



*Syllabus of Physical
Education M.V.V.U.
Mirzapur Approved By
Board of Studies
for session 2026-27*

Bisik
09.05.2026

Rules, Regulations & Syllabus
(BA/B.Sc. - Physical Education)

For

4th Year U.G. (Hons.) / 4th Year U.G. (Hons. with Research)

[Signature]
09/05/2026

Four Year Course (FYUP)
(Semester Wise)

Accepted
9/5/26

w.e.f. Session 2026-27

DEPARTMENT OF PHYSICAL EDUCATION

Maa Vindhyavasini University, Mirzapur
DEPARTMENT OF PHYSICAL EDUCATION
FACULTY OF EDUCATION
ORDINANCE & Syllabus of B.A./B.Sc.- Physical Education (FYUP) COURSE

The structure of the four-year Bachelor (Honours), four-year Bachelor (Honours with Research) in the subject of Physical Education is as follows:

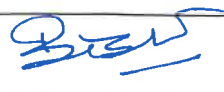
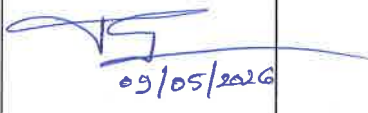
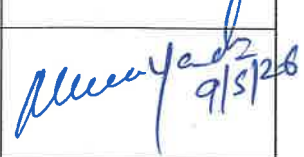
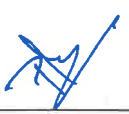
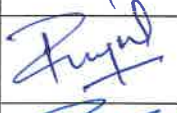
1. In every semester, for all theoretical papers, 25 marks shall be awarded by an internal examiner, and 75 marks shall be awarded through an examination conducted by the University.
2. Similarly, for the practical examination in each semester, 25 marks shall be awarded by an internal examiner, while the practical component—carrying 75 marks—shall be conducted by external and internal examiners appointed by the University.
3. In semesters that include project work, the evaluation shall be conducted in accordance with the rules prescribed by the University.
4. In each semester of the B.A. Fourth Year and the M.A. First and Second Years, there shall be five papers/components and one project work; this shall comprise four theoretical papers and one practical examination.
5. Upon the completion of the seventh and eighth semesters, if a student has not undertaken a research project, they shall be awarded a Bachelor (Honours) degree; otherwise, this period shall be considered as the first year of the Postgraduate program.
6. Upon the completion of the seventh and eighth semesters, if a student has undertaken a research project, they shall be awarded a Bachelor (Honours with Research) degree.



Neerajach
9/5/26



पाठ्यक्रम निर्माण समिति सदस्य

क्र० सं०	नाम	पद	विभाग	महाविद्यालय	हस्ताक्षर
1	प्रो० भवभूति मिश्र	संकायाध्यक्ष- शिक्षा	बी०एड०	के०बी०पी०जी० कॉलेज, मीरजापुर।	
2	श्री राजेश भारती	असि० प्रो०	शारीरिक शिक्षा	भाऊराव देवरस राजकीय स्नातकोत्तर महाविद्यालय, दुद्धी, सोनभद्र।	 09/05/2026
3	श्रीमती मीरा यादव	असि० प्रो०	शारीरिक शिक्षा	राजकीय स्नातकोत्तर महाविद्यालय, ओबरा, सोनभद्र।	 9/5/26
4	डॉ० प्रीति जायसवाल	असि० प्रो०	शारीरिक शिक्षा	कमला आर्य कन्या पी० जी० कॉलेज, मीरजापुर।	
5	श्री जयप्रकाश सिंह	असि० प्रो०	शारीरिक शिक्षा	जी०डी० बिनानी पी०जी० कॉलेज, मीरजापुर।	
6	श्री पीयूष कमल द्विवेदी	असि० प्रो०	शारीरिक शिक्षा	के० बी० पी०जी० कॉलेज, मीरजापुर।	
7.	डॉ० रामदास	असि० प्रो०	शारीरिक शिक्षा	के० बी० पी०जी० कॉलेज, मीरजापुर।	

वाह्य सदस्य

क्र० सं०	नाम	पद	विभाग	महाविद्यालय	हस्ताक्षर
1	प्रो० विजय चहल,	प्रोफेसर	शारीरिक शिक्षा	दी०उ० गोरखपुर विश्वविद्यालय, गोरखपुर।	
2	प्रो० सुशील कुमार गौतम	प्रोफेसर	शारीरिक शिक्षा	महात्मा गांधी काशी विद्यापीठ, वाराणसी	

Maa Vindhyavasini University, Mirzapur
DEPARTMENT OF PHYSICAL EDUCATION
FACULTY OF EDUCATION

**Structure of syllabus for the Program: 4th Year U.G. (Hons.) / 4th Year U.G.
(Hons. with Research)
(BA/B.Sc. - Physical Education)**

Semester-wise Titles of the Papers in B.A/B.Sc. (Physical Education) 2026-2027 Onwards					
Year	Course	Course Code	Course Title	Theory/ Practical	Credits
<i>Certificate Course in (Physical Education)</i>					
FIRST Semester	I		Elementals of Physical Education	Theory	4
	II		Fitness And Yoga	Practical	2
SECOND Semester	I		Sports Organization and Management	Theory	4
	II		Sports Event and Track & Field	Practical	2
<i>Diploma in Physical Education</i>					
Third Semester	I		Anatomy & Exercise Physiology	Theory	4
	II		Health and Physiology	Practical	2
Fourth Semester	I		Sports Psychology and Recreational Activities	Theory	4
	II		Sports Psychology	Practical	2
<i>Bachelor of (Physical Education)</i>					
Fifth Semester	I		Kinesiology and Biomechanics in sports	Theory	4
	II		Athletic Injuries and Rehabilitation	Theory	4
	III		Rehabilitation & sports	Practical	2
Sixth Semester	I		Physical Education for Divyang	Theory	4
	II		Health Education	Theory	4
	III		Educational Tour/Camp/Project	Practical	2

<i>(Hons. with Research)</i>					
Seventh Semester	I		Sports Training	Theory	4
	II		Coaching and Officiating in Physical Education & Sports	Theory	4
	III		Yoge Education	Theory	4
	IV		Exercise Physiology	Theory	4
	V		Lesson Planning and Teaching Innovations Lesson & Principles of Exercise Program Means of Fitness development	Practical	4
Eighth Semester	I		Test Measurement and Evaluation in Physical Education and Sports	Theory	4
	II		Curriculum Design in Physical Education	Theory	4
	III		Statistics in Physical Education & Sports	Theory	4
	IV		Research Methods	Theory	4
	V		Personal hygiene assessment & Practical Work	Practical	4

 Newyada
9/5/26



Maa Vindhyavasini University, Mirzapur

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

Program/Class: Certificate	Year: First	Semester-I
SUBJECT: PHYSICAL EDUCATION- THEORY		
Course code:	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. It introduces 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): L-T-P: 4-0-0		
Unit	TOPIC	
I.	<u>Ancient Wisdom in Physical Education, Sports and yoga:</u> - Patanjali yoga sutra. <u>Introduction:</u> - 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> - Meaning, Definition and importance of sports Sociology - Culture and sports - Socialization and sports - Gender and sports.	
III.	<u>History:</u> - 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	

Handwritten signature and date: 9/5/26

Handwritten signature

IV.

Olympic Games, Asian Games and Commonwealth Games:

- Olympics Movement: Ancient Olympic, modern Olympic, Revival, aim, objective, spirit, torch, flag, motto, opening and closing ceremonies.
- Asian Games.
- Commonwealth Games.

TS Mumpd
9/5/26

Dezer

V.	<u>Health Education:</u> • 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> • 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> • Meaning & Definition and types of fitness • Component of physical fitness • Factor affecting physical fitness • Development and maintenances of fitness
VIII	<u>Posture:</u> • 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.
- Krishana Murthy V. and Paramesara Ram, N., Educational Dimensions of Physical. Education",

Meerayad
9/5/26

Bisw

2nd Revised edition, Print India, New Delhi 1990.

- Methodology of training. by – Harre.
- 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.

This course can be opted as elective by the students of following subjects:

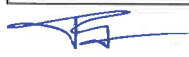
Open for all

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

Suggested equivalent online courses:

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

Rajarshi Tandon open University.

 *Alen yadav*
9/5/26

 *Buzel*

Maa Vindhyavasini University, Mirzapur

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

Program/Class: Certificate		Year: First	Semester-I
Subject: Physical Education - Practical			
Course Code :		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: 2		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	• Learn and demonstrate the techniques of warm-up, general exercise and cooling down • Lean and demonstrate physical fitness through aerobic, circuit training and calisthenics. Diet chart & measurement of BMI		
	Part-B		
II	<u>INTRODUCTION OF YOGA:</u> • 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> • 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> • Difference and classification of pranayama. • Difference between pranayama and deep breathing. • Anuloma, Villoma.		

Meenya
9/5/26

B. B. S.

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. Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: 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.

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

 *Manish Pachori*
21/5/26



Maa Vindhyavasini University, Mirzapur

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

Program / Class: Certificate		Year - First	Semester-II
Subject: Physical Education - Theory			
Course Code:		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): L-T-P: 4-0-0			
Unit	Topic		
1.	Introduction • 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 • Meaning and concept event • Planning and management of sports event. • Role of sports event manager. • Steps in event management. ○ Planning. ○ Executing. ○ Evaluating.		
III.	Budget • Meaning, Definition, Preparation, Principals of making Budget. • Financial Management Opportunities and challenges • Basics of Sports Event Accounting.		

Handwritten signature and date: 9/5/26

Handwritten signature

IV.	Budget Preparation • The Budget Cycle and Budget Preparation Format. • Preparing the Departmental Financial Plan and estimate. • Expenditure Management. • Financial Reporting.
V	Organization • 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 • meaning and Definition • Principals of Supervision. • Techniques of supervision in sports management. • Methods of supervision. Role of a coach/manager.
VII	Facilities Equipment • 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 • 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: 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. , Dr. Pawan Kumar Pachori (single author), Officiating and coaching, Manisha Publications Kadipur Delhi, 2018.

Mrs. Dipti Shukla Dr. Pawan Kumar Pachori (second author), Sharirik shiksha mei prabandhan, Shikha publishers Allahabad, First 2018.

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

Suggested Continuous Evaluation Methods;
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.

 Pawan Kumar Pachori
9/5/26



Maa Vindhyavasini University, Mirzapur

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

Program / Class : Certificate		Year : First	Semester-II
Subject : Physical Education - Practical			
Course Code		Course title : Sports Event and Track & Field	
Credits: 2		Max. Marks : 33	
Total no. of lectures-tutorials-practical (in hours per week) : L-T-P: 0-0-2			
Unit	Topic		
	Part-A		
I.	- 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 wall - Make 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: - History - Measurements. - Marking. - Rules. - Officials. - Regulatory Governing Bodies. - Tournaments- National and International. - World and National Records.		

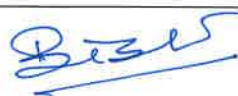
S. Newyach
9/5/26

B. S. S.

Suggested readings:

1. Author Sir Name, Lnitals, "Book Title", Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any.
- 2.. Author Sir Name, Lnitals, "Book Title", Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any.
3. Author Sir Name, Lnitals, "Book Title", Publisher Name, City/Country Of Publication, Year Of Publication. Edition No. If Any.
4. Suggestive digital platforms web links.
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. Dr. Pawan Kumar Pachori (single author), Rules of games and sports, Manisha Publicatios Kadipur Delhi, 2018, 978-93-8803-32-2

 *Manish*
9/5/26

 *Biswas*

Maa Vindhyavasini University, Mirzapur

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) : L-T-P: 4-0-0			
Unit	Topic		
1.	Introduction: • 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: • Structural and functional classification of bones. • Types of joints and major movements around them.		
III.	CIRCULATORY SYSTEM: • Structure and function of human heart. • Circulation of blood.		
IV.	RESPIRATORY SYSTEM: • Structure and function of respiratory system. • Effects of exercise on respiratory system. • The effects of altitude on the respiratory system.		
V	DIGESTIVE SYSTEM: • Structure and function of digestive system. • Importance of Digestive system. • Mechanism of Digestive system. • Effect of exercise on digestive system.		

Handwritten signature and date: 9/5/20

Handwritten signature

VI	NERVOUS SYSTEM : • Introduction • Main organ of Nervous System. • Functional Classification of Nervous System. • Reflex Action.
VII	ENDOCRINE SYSTEM AND BLOOD: • Composition and function of blood. • Meaning of Endocrine system. • Meaning of glands. • Endocrine Glands their locations and functions.
VIII	GENERAL PHYSIOLOGICAL CONCEPTS: • Vital capacity - vc • Second wind • Oxygen debt • Fatigue • Types OF fatigue • Blood pressure
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. 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.	

[Signature]

Meenya
9/5/26

[Signature]

9. Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi.
10. Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.

 Meenakshi
9/5/26



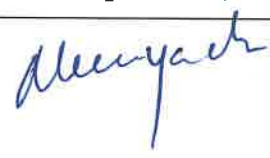
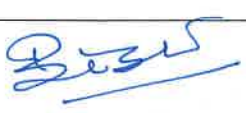
Maa Vindhyavasini University, Mirzapur
SYLLABUS FOR B.A. /B.Sc. PHYSICAL EDUCATION/YEAR II/PAPER II

Program / Class : Diploma		Year : Second	Semester-III
Subject : Physical Education - Practical			
Course Code:		Course title: Health and Physiology	
Credits: 2		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.	• 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.	Choose any one individual sports and games as per given Annexure-A with following activity: • 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.		
Suggested readings:			
• 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. • Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health & Wellness Club, New York, U.S.A.			

Munyak 9/5/26

Bis

- 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
- Pachori, Dr. Pawan Kumar (single author), Health education and sports nutrition, Manisha Publications, Kadipur Delhi, 2018.

Maa Vindhyavasini University, Mirzapur

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

Program / Class : Diploma		Year : Second	Semester-IV
Subject : Physical Education - Theory			
Course Code :		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 : • 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 : • 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 : • 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 : • 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.		

[Signature]

[Signature]

V	PLAY : • Meaning of play. • Definition of play. • Various Theories of play. • Significance of Theories of play in Physical Education and Sports. • Significance of play for a Child.
VI	RECREATION : • 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 : • 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: • Meaning • Importance. • Conducting Extramural Competitions.

 *Munyak*



Suggested readings:

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.
6. Gupta R. Kumar P. & Sharma D.P. (1999). Lesson Plan in Physical Education & Sports. R.D.P. Publication. New Delhi.
7. Gupta R. Kumar P. & Sharma. D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. Sahyog Prakashan. New Delhi.
8. Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.
9. Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi. 11. Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends Publication. Delhi.
10. Panday Laxmikant (1996). Sharirik Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi.
11. Shaw D & Kaushik S (2001). Lesson Planning- Teaching Methods and Classman in Physical Education. K.S.K. Delhi.
12. Shukla, Mrs. Dipti and Pachori, Dr. Pawan Kumar (second author), Khel Manovigyan, Sharirik Shiksha Unyan Sanstha Allahabad up, First 2014-15, 978-81-922547-7-7
13. Pachori, Dr. Pawan Kumar (first author), Sharirik shiksha ka manovegyanik adhar, Dr. Ram Bhushan Mishra, Insignia publications new delhi, 2022, 978-93-94045-65-1

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

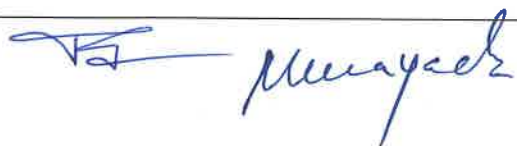
Suggested Continuous Evaluation Methods (CIE) internal assessment (25 Marks)**INTERNAL ASSESSMENT (25 Marks)****Suggested equivalent online courses:**

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

Maa Vindhyavasini University, Mirzapur

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

Program / Class : Diploma		Year : Second	Semester-IV
Subject : Physical Education - Practical			
Course Code :		Course title : Sports Psychology	
Credits : 2		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.	• 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: • 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)			

 M. Kumar

 B. Singh

Suggested equivalent online courses:

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

 *Munyak* 

Maa Vindhyavasini University, Mirzapur
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:		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: 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		
I.	INTRODUCTION. • Meaning, Definitions, Aims, Objective. • Importance of Kinesiology for games and sports.		
II.	• Kinesiological Fundamental Movements. • Center of Gravity. • Line of Gravity.		
III.	• Axis and Planes. • Classification of joints and Muscles. • Types of muscles contraction.		
IV.	Location & Action of Muscles at Various Joints : • 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: • Newton's Law of Motion Friction: Meaning, Definitions and Types.		

Handwritten signature: H. Meenpach

Handwritten signature: D. S. S.

VI	FORCE AND LEVER : FORCE: • Meaning • Definitions • Types • Application to Sports activities. LEVER: • Meaning • Definition • Uses of them in the Human body.
VII	KINEMATICS- • Meaning of Kinematics. • Types- Linear and Angular • Speed, Velocity, Acceleration, Distance, Displacement.
VIII	KINETICS: • Meaning of Kinetics • Types- Linear and Angular. • Mass, Weight, Force, Momentum and Pressure.

RECOMMENDED READINGS:

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). 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 kadipur delhi, 2019, 978-93-89032-32-1

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)

Handwritten signature: S. M. Yach

Handwritten signature: S. M. Yach

Maa Vindhyavasini University, Mirzapur
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:		Course title : Athletic Injuries and Rehabilitation	
Course outcomes : students can be able to understand Athletic Injuries and Athletic Care and Rehabilitation.			
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		
I.	Athletic Injuries and Athletic Care. • 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.	• First aid- meaning, definition. • Importance of First aid. Postural Deformities. Types, Causes and respective corrective exercises of: • Kyphosis. • Scoliosis. • Lordosis • Knock Knees • Bowlegs. • Flat Foot Disorders due to Improper Posture. Back pain, Neck Pain and their preventive Exercises.		

IV.	Rehabilitation- • RICE- Rest, Ice, Compression, Elevation. • DRABC- Danger, Response, Airways, Breathing, Circulation. Bandage- • Types of Bandages. • Taping and supports.
V	Physiotherapy- • Definition • Guiding principles of physiotherapy. • Importance of Physiotherapy. Massage- • Meaning • Types and Importance.
VI	Hydrotherapy- • Meaning and Methods. • Cryotherapy, Thermotherapy, Contrast bath, Whirlpool bath, Steam bath, Sauna bath, Hot Water Fomentation.
VII	Treatment modalities- Electrotherapy, Infrared Rays, Ultraviolet rays, Short wave diathermy, Ultra Sound.
VIII	Therapeutic Exercise- • Meaning, Definition. • Importance. • Muscle Strengthening through Active and Passive Exercise. • Therapeutic value with Yoga Asanas for Rehabilitation and Strengthening of the muscles.

RECOMMENDED 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. 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.

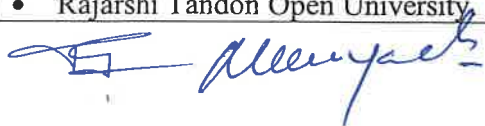
6. Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
7. Hoeger, W K and S.A. Hoeger (2004). Principles and Labs for Fitness and Wellness, Thomson Wadsworth, California, USA.
8. Jain, J. (2004) Khel Dawaon Ka (New 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
15. 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



Maa Vindhyavasini University, Mirzapur
SYLLABUS FOR B.A. PHYSICAL EDUCATION/YEAR III/PAPER III

Program / Class : Degree		Year : Third	Semester-V
Subject : Physical Education - Practical			
Course Code:		Course title : Rehabilitation and Sports	
Credits: 2		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.	- 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: - 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:			
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. Fahey, T.D., M.P. Insel and W.T. Rath (2006), Fit & Well: Core Concepts and Labs in Physical Fitness, Mgraw Hill, New York.			
5. Koley, Shymlal(2007) Exercise Physiology - A basic Approach, friends publication New Delhi			
6. Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers).			

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).

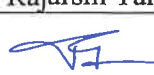
This course can be opted as an elective by the students of following subjects ; Open for all

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

INTERNAL ASSESMENT (25 Marks)

Suggested equivalent online courses:

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

 *Murphy*



Maa Vindhya Vasini University, Mirzapur
SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR III/PAPER I

Program / Class : Degree		Year : Third	Semester-VI
Subject : Physical Education Theory			
Course Code:		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: 4		Elective	
Max. Marks : 25+75		Min. Passing Marks : 33	
Total no. of lectures-tutorials-practical (in hours per week) : L-T-P : 4-0-2			
Unit	Topic		
I.	INTRODUCTION : • Meaning and Definition. • Aims and Objective. • Need and Importance of Physical Education. • Historical Review.		
II.	Physical Disabilities: • Causes. • Functional Limitations. • Characteristics.		
III.	Mental Retardation: • Causes. • Characteristics. • Functional Limitations.		
IV.	Outdoor Activities: • Functional and Occupational rehabilitation. • Psychological Rehabilitation.		
V.	Aquatic Activity program for disables.		

[Signature]

[Signature]

VI.	Rehabilitation: • Functional and Occupational rehabilitation. • Psychological Rehabilitation.
VII.	Programs: • Personality Development Program for DIVYANG. • Social welfare program for disabled.
VIII.	Inclusion in sports for Adapted People: • Recreational sports/games. • Competitive sports/games.

RECOMMENDATION READINGS

- 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:

VS
Munpach

2135

Maa Vindhya Vasini University, Mirzapur
SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR III/PAPER II

Program / Class : Degree		Year : Third	Semester-VI
Subject : Physical Education Theory			
Course Code :		Course title : Health Education	
Course outcomes:			
• Student will improve their health literacy • Student will improve their health behavior • Student will come to know about cause and prevention of disease			
Student will come to know that they can build their career in health sector			
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.	<u>Introduction</u> • Meaning definition and importance of health education • Dimensions and scope of health education • Principles of health education		
II.	<u>Balance Diet</u> • Meaning, need & importance of Balanced Diet. • Principles of diet planning. • Component of Balance Diet • Deficiency diseases and their prevention		
III.	<u>Nutrition and Health</u> • The dietary constituents of food. • Factors affecting nutritional status of an individual		
IV.	<u>Health and hygiene</u> • Meaning and definition • Role of personal hygiene, mental hygiene, sleep hygiene, occupational hygiene in physical education and sports		

Munyar

Devesh

V.	<u>Primary Health Care</u> • Elements of primary health care, principles of primary health care • Primary health care in India.
VI.	<u>Healthcare</u> • Meaning of Health and Health care system. • Health programs in India. • Health care of the community, Concept and levels of health care
VII.	<u>Communicable Diseases</u> • Meaning and definition of Communicable diseases • Difference between communicable and non-communicable disease • Mode of transfusion, method of prevention • Communicable disease such as HIV/AIDS, tuberculosis, malaria, rabies, hepatitis- A,B,C
VIII.	<u>Drugs and Doping</u> • Meaning of drugs region for using drugs by an individual sports person/ athletes • Effects of drugs on an individual and its effects on sports performance • Anti doping agency (WADA and NADA)

Suggested Readings:

- 1.W. Jacson, Jacson, James I. Physical activity for health and fitness, publication- human kinetics by Allen W.J R. Morrow, David W. Hill, Rod K. Dishman
2. डॉ. सुनील दत्त लखेरा, "स्वस्थ एवं शारीरिक शिक्षा" J.B.T. publication
3. डॉ श्याम नारायण सिंह, "स्वास्थ्य शिक्षा" खेल साहित्य केंद्र
4. Dr. Benu Gupta, Dr. Mukesh Agrawal, Dr. Sunita Arora, "Health Education, Anatomy and Physiology", Khel sahitya
5. G.D. Powers and S. Burgess Robbins, "A wellness way of life", Mc Graw hill, New York





Maa Vindhyavasini University, Mirzapur
SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR III/PAPER III

Program / Class : Degree		Year : Third	Semester-VI
Subject : Physical Education Practical			
Course Code :		Course title : Educational Tour/Camp/Project	
COURSE OUTCOMES:			
Credits: 2		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: - 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.		
	PART-B		
II.	Educational Tour/Camp/Project		
Suggested Readings: - 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 (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.			

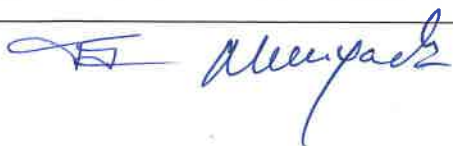
- Research methodology in physical education and sports science, Dr. Pawan Kumar Pachori (single author), Manisha Publications New Delhi, 2020, 978-93-89885-68-2
- Sharirik Shiksha Mei Anusandhan Pravidhiyan, Dr. Pawan Kumar Pachori (single author), Manisha Publications New Delhi, 2021, 978-93-89885-77-4

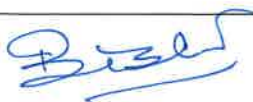
This course can be opted as an elective by the students of following subjects : Open for all

Suggested Continuous Evaluation Methods:

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

Suggested equivalent online courses:

 Dr. Pawan Kumar Pachori



Maa Vindhyavasini University, Mirzapur
SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR IV/PAPER I

Program / Class : (Hons. with Research)		Year : Four	Semester-VII
Subject : Physical Education Theory			
Course Code :		Course title : Sports Training	
Course Outcomes:			
• Students will come to know about basic principles of sports training. • Students will come to know how to work for improving physical fitness. • Students will come to know about the career opportunities in training and coaching.			
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		Credit
I.	<u>Introduction</u> • Meaning, definition and concept of sports training • Aim and objectives of sports training • Characteristics of sports training • Principles of sports training		4+0
II.	<u>Physical fitness component</u> <i>and fitness</i> • Definition meaning of physical components • Factor affecting physical components		
III.	<u>Training program</u> • Circuit training • weight training • Fartlek training • Interval training • Repetition training		
IV.	<u>Training plan</u> • Meaning and Importance • Micro Cycle • Macro Cycle • Meso Cycle		

Munyak

Bisui

V.	<u>Training Load</u> • Concept of training load • degree of load • Load and adaptation • Overload	
VI.	<u>Periodisation-</u> • Concept of Periodisation • Preparatory Period, • Competition Period • Transitional Period	
VII	<u>Recovery</u> • Meaning and concept of recovery • phases of recovery • Factors affecting the pace of recovery • Relationship of load & recovery	
VIII	<u>Basic terminologies-</u> • Warm up- general and specific • Limbering down • Fatigue	

Suggested Readings:

- 1.Science of sports training Dr. Hardayal Singh. Friends publication
- 2.Developing effective physical activity programs Lynda Ransdell, Mary K. Dinger, Jennifer Huberty, Kim Miller Human Kinetics (2009)
- 3.Sports training Prof. V. Satyanarayana sports publication (2018)
- 4.Sports training Dr. A.K. Uppal Friends publication (2019)
- 5.Periodization of sports training for sports Tundor O. Bompa, Carlo A. Buzzichelli Human Kinetics (2015)

[Signature]

[Signature]

Maa Vindhyavasini University, Mirzapur
SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR IV/PAPER II

Program / Class : (Hons. with Research)		Year : Four	Semester-VII
Subject : Physical Education Theory			
Course Code:		Course title : Coaching and Officiating in Physical Education & Sports	
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		Credit
I.	<u>Foundations of Coaching</u> • Meaning, Concept, and Scope of Coaching • Modern Trends In Coaching • Role and Responsibilities of a Coach		4+0
II.	<u>Coaching Planning Process</u> • Meaning and Importance of Planning in Coaching • Principles of Planning (Specificity, Progression, Individualization) • Designing Training Programs • Annual Training Plan • Monitoring and Evaluation of Training • Talent Identification and Long-Term Athlete Development		
III.	<u>Introduction to Officiating</u> • Meaning and Importance of Officiating • Duties and Qualities of Officials • Types of Officials: • Referee • Umpire • Judge • Timekeeper		
IV.	<u>Ethics and Technology</u> • Ethics in Coaching and Officiating: • Fair Play, Integrity, Respect for Rules • Doping Awareness and Prevention • Use of Technology in Officiating: • Video Analysis • Decision Review Systems		





V.	<u>Introduction to Lesson Planning</u> • Meaning, Definition, and Importance of Lesson Planning • Objectives of Physical Education Lessons • Types of Lesson Plans: • General Lesson Plan • Special Lesson Plan • Unit Plan	
VI.	<u>Structure of Physical Education Lesson</u> Components of a Lesson: • Introduction / Warm-up • Main Activity (Skill Teaching & Practice) • Lead-up Activities • Cool-down / Conclusion • Time Distribution and Class Organization • Formation and Commands in Physical Education • Safety Measures and Risk Management	
VII	<u>Teaching Methods</u> • Teaching Methods in Physical Education: • Command Method • Demonstration Method • Lecture Method • Part and Whole Method	
VIII	<u>Teaching Aids</u> • Use of Teaching Aids: • Charts • Models • Audio-Visual Aids • Use of Technology In Teaching (Video Analysis, Smart Classes)	
<u>Recommendations</u> 1-"Principles of Sports Management" – Jay J. Coakley 2-"Sports Administration and Management" – S. K. Bansal 3-"Management of Physical Education and Sport" – Earle F. Zeigler 4-"Theory and Methodology of Training" – Tudor O. Bompa 5-"Science of Sports Training" – Thomas Kurz 6-"Coaching Better Every Season" – Wade Gilbert 7-"Foundations of Physical Education, Exercise Science, and Sport" – Deborah Wuest 8-"Introduction to Physical Education, Exercise Science, and Sport Studies" – Angela Lumpkin 9-Periodization: Theory and Methodology of Training" – Tudor O. Bompa 10-"Coaching Better Every Season" – Wade Gilbert 11-"The Sports Coach as Educator" – Robyn L. Jones 12-"Official Rules of Sports and Games" – NCAA 13-"Sports Officiating: Principles and Practice" – Dennis J. Burns 14-"Foundations of Physical Education, Exercise Science, and Sport" – Deborah Wuest		

Maa Vindhyavasini University, Mirzapur
SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR IV/PAPER III

Program / Class : (Hons. with Research)		Year : Four	Semester-VII
Subject : Physical Education Theory			
Course Code:		Course title : Yoga Education	
Course Outcomes: - Understand Yoga and its application in different aspects of life. - Learn physiological and psychological aspects of Yoga. - Understand the role of Yoga in education and research.			
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		Credit
I.	Introduction - Meaning and Definition of Yoga - Aims and Objectives of Yoga - Need and Importance of Yoga in Physical Education and Sports		4+0
II.	Foundation of Yoga - Yoga in the Bhagavad Gita (Gyan Yoga) - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga - Yoga in Early Upanishads -The yoga sutra: general consideration		
III.	Ashtanga Yoga - Origin of Ashtanga Yoga - Eight Limb of Yoga		
IV.	Effects of Yoga Practice -Physiological effects on body systems - Psychological effects on mind - Sociological effects on family and society		
V.	Yoga for all - International Yoga Day - Common Yoga Protocol (Ministry of AYUSH) - Yoga Education Centres in India & Abroad		

[Signature]

[Signature]

VI.	Relationship of Yoga - Yoga with Mental Health - Yoga and Value Education - Yoga and Sports	
VII	Advanced Concepts of yoga - Mechanism of Breathing (Poorak, Kumbhak, Rechak) - Bandhas and Mudras - Shat Karma (Shuddhi Kriyas)	
VIII	Advanced Concepts of yoga - Mechanism of Breathing (Poorak, Kumbhak, Rechak) - Bandhas and Mudras - Shat Karma (Shuddhi Kriyas)	
<u>Recommended Readings:</u> 1. Bartlett, R. (2007), Introduction to Sports Biomechanics. 2. Blazeovich, A. (2007), Sports Biomechanics. 3. Hamill & Knutzen (2003), Biomechanical Basis of Human Movement. 4. McGinnis, P. (2004), Biomechanics of Sports & Exercise. 5. Gharote & Ganguly (1988), Teaching Methods for Yogic Practices. 6. Shankar, G. (1998), Holistic Approach of Yoga.		

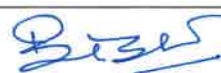
[Signature]

[Signature]

Maa Vindhyavasini University, Mirzapur
SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR IV/PAPER IV

Program / Class : (Hons. with Research)		Year : Four	Semester-VII
Subject : Physical Education Theory			
Course Code:		Course title : Exercise Physiology	
Course outcomes:			
• Student will Understand their health literacy • Student will improve their health behavior • Student will come to know about cause and prevention of disease Student will come to know that they can build their career in health sector			
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		Credit
I.	Introduction to Exercise Physiology Meaning and definition of Exercise Physiology Importance of Exercise Physiology in Physical Education and Sports		4+0
II.	metabolism and energy transfer metabolism ATP -PC or phosphagen system Anaerobic metabolism and aerobic metabolism Aerobic and anaerobic system during rest and exercise		
III.	Muscular System Types of muscles (Skeletal, Smooth, Cardiac) Structure of skeletal muscle Muscle contraction mechanism (Sliding Filament Theory) Types of muscle fibers (Slow Twitch & Fast Twitch) Effect of exercise on muscular system		
IV.	Cardiovascular System Cardiac cycle and heart rate Blood pressure and its regulation VO ₂ Max and its importance		

V.	Nervous System Structure and function of neuron Central and Peripheral Nervous System Motor unit and neuromuscular junction Role of nervous system In movement control	
VI.	Environmental Physiology Exercise in heat and cold Acclimatization Exercise at altitude Pollution and performance	
VII	Fatigue, Recovery & Training Adaptations Types and causes of fatigue Recovery methods (Active & Passive) Physiological adaptations to training	
VIII	Physiological assessment: Measurements resting heart rate before after and during activity Measurements of blood pressure by sphygmomanometer Measurements of vital capacity Measurements of body fat percentage BMI Methods	
<u>Recommended Readings:</u> 1- William D. McArdle, Frank I. Katch & Vi'tor L. Katch, Exercise Physiology: Nutrition, Energy, and Human Performance 2- David L. Costill & W. Larry Kenney, Physiology of Sport and Exercise 3- Fox, E. L. & Mathews, D. K., The Physiological Basis of Physical Education and Athletics 4- Astrand, P. O. & Rodahl, K., Textbook of Work Physiology 5- Powers, S. K. & Howley, E. T., Exercise Physiology: Theory and Application to Fitness and Performance 6- Karpovich, P. V., Physiology of Muscular Activity		

Maa Vindhyavasini University, Mirzapur
SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR IV/PAPER V

Program / Class : (Hons. with Research)		Year : Four	Semester-VII
Subject : Physical Education Practical			
Course Code:		Course title : Lesson Planning and Teaching Innovations Lesson & Principles of Exercise Program	
Credits: 2			
Max. Marks : 25+75		Min. Passing Marks : 33	
Part-A			
Lesson Planning and Teaching Innovations Lesson			
• Planning - Meaning, Type and principles of lesson plan. • General and specific lesson plan. • Micro Teaching - Meaning, Types and steps of micro teaching. Simulation Teaching - Meaning, Types and steps of simulation teaching.			
Part-B			
Principles of Exercise Program			
• Means of Fitness development- aerobic and anaerobic exercises • Exercises and Heart rate Zones for various aerobic exercise intensities • Concept of free weight Vs Machine, Sets and Repetition etc • Concept of designing different fitness training program for different age group.			
Reference:			
1. Bhardwaj, A. (2003). New media of educational planning. New Delhi: Sarup of Sons. 2. Bhatia, & Bhatia, (1959). The principles and methods of teaching. New Delhi: Doaba House. 3. Kochar, S.K. (1982). Methods and techniques of teaching. New Delhi: Sterling Publishers Pvt. Ltd. 4. Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). Introduction to educational technology. New Delhi: Sterling Publishers Pvt. Ltd. 5. Walia, J.S. (1999). Principles and methods of education. Jullandhar: Paul Publishers 6. Difiore, J. (1998). Complete guide to postnatal fitness. London: A & C Black,. 7. Giam, C.K & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Me Book. 8. W.C.B Brown. & McGlynn, G., (1993). Dynamics of fitness.			

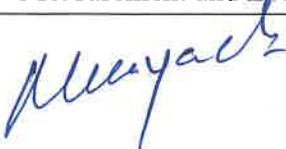
Maa Vindhyavasini University, Mirzapur
SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR IV/PAPER I

Program / Class : (Hons. with Research)		Year : Four	Semester-VIII
Subject : Physical Education Theory			
Course Code :		Course title : Test Measurement and Evaluation in Physical Education and Sports	
Course outcomes:			
• To understand the criteria of test selection and its proper utilization. • To learn the organization of various types of tests used in Physical Education and Sports.			
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		Credit
I.	<u>Introduction</u> • Meaning and Definition of Test, Measurement and Evaluation • Need and Importance of Measurement and Evaluation in Physical Education. Meaning, definition and establishing Validity, Reliability, Objectivity.		4+0
II.	<u>Tests</u> • Classification of tests • Criteria of Good test selection Concept and assessment of physical fitness and motor fitness		
III.	<u>Selection & Construction of Tests</u> • Factors Affecting Scientific Authenticity • Procedure to establish Scientific Authenticity • Construction of Test - Knowledge Test & Skill Tests.		
IV.	<u>Motor & Physical Fitness Tests</u> • Meaning and definition of physical fitness test • AAHPER TEST • JCR TEST		

V.	<u>Sports skill tests</u> • Badminton • Football • Volleyball	
VI.	<u>Promotional Activities</u> • Demonstration of sports activities • Sports meet and Exhibitions • Mass display and Play days	
VII	<u>Audio Visual Aids</u> • Meaning and Importance of audio-visual aids in Physical Education • Types of audio-visual aids	
VIII	<u>Anthropometric Measurements</u> • Equipments • : Body for measurement • General body measurement • Body composition measurements	

Recommended Readings:

- 1.Tirunarayan, C. and Harihar Sharma, S. "Methods in Physical Education": Printed at the south India Press, 1986
- 2.Karmakudi Singh Suja, "Methods in Physical Education." Twinkle Printing Press, Patiala.
- 3.M. L. Kamlesh, "Methods of Physical Education."
- 4.Devinder K. Kansal, "Test Evaluation Accreditation Measurement and Standards" K. K. Publication, 2018.
- 5.S.K. Sharma. "Measurement and Evaluation in Physical Education." Friends Publication, 2020

Maa Vindhyavasini University, Mirzapur
SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR IV/PAPER II

Program / Class : (Hons. with Research)		Year : Four	Semester-VIII
Subject : Physical Education Theory			
Course Code :		Course title : Curriculum Design in 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		Credit
I.	<u>Introduction</u> • Meaning and Definition of Curriculum • Need and Importance of Curriculum • Aims and Objectives of Physical Education Curriculum • Types of Curriculum :Subject-centered Curriculum, Learner-centered Curriculum, Activity-centered Curriculum • Steps in Curriculum Development		4+0
II.	<u>Modern Trends and Innovations in Physical Education Curriculum</u> • Competency-Based Curriculum • Inclusive Physical Education • ICT in Physical Education • Online and Digital Learning • NEP 2020 and Physical Education		
III.	<u>Evaluation and Assessment In Curriculum</u> • Meaning and Importance of Evaluation • Types of Evaluation: Formative Evaluation, Summative Evaluation		
IV.	<u>Professional Preparation in Physical Education:</u> • Historical review of professional preparation of Physical Education in India. • Curriculum-Old and new concepts, Mechanics of curriculum planning. • Basic principles of curriculum construction.		
V.	<u>Factors & Resources</u> • Factors that affects curriculum. • Sources of Curriculum materials: Books, Journals, Encyclopedia, Magazines, Internet. • Integration of Physical Education with other Sports Sciences. • Curriculum research. Objectives of Curriculum research, Importance of Curriculum research.		

VI.	<u>Curriculum Practices</u> • Preparation & selection of content of the curriculum at school level. • Preparation of the curriculum at the middle and secondary school. • Organizing for instruction in the middle school. • Organizing the program of physical education at the urban and rural areas.	
VII	<u>Teaching methods:</u> • Selection of Teaching Method - Mass Education, Lecture, Project method and teaching aids. • Time table for Physical Education and Sports activities in schools and classes. • Supervision in Physical Education and Teaching methods.	
VIII	<u>Review of committee recommendation:</u> • Recommendation for physical education • Curriculum by NCRT • CBSE, • UGC • NCTE	
<u>Recommended Readings:</u> 1. Brraw Harold M. Man and Movement: Principles of Physical Education, Philadelphia: Kea and febiger 1983. 2. Bucher, Charles A. Foundation of Physical Education St. Louis: The C.Va Mosby & Company, 1986. 3. Cassidy, r. Curriculum Development in Physical Education, New York: Harper & Company, 1986. 4. Cowell, C.C. and Hazelton H.W. Curriculum Designs in Physical Education, Englewood Cliffs; N.J. Prentice Hall Inc. 1965. 5. Irwin: L.W. Curriculum in Health and Physical Education, Iowa: W.M.C. Brown Co. 6. Larson, L.A. Curriculum foundation in Physical Education, Englewood Clifts; N.J. Prentice Hall Inc. 7. Natonal Plan of Physical Education in Recreation, Ministry of Education, Govt. of india, 1956. 8. Pape. L.A. and Means, L.E.A. Professional Career in physical Education, Englewood, Cliffs, N.J. Prentice Hall, Inc. 1952. 9. Reports of Various committees in Education and Physical Education and Physical Education, Govt. of India		

Maa Vindhyavasini University, Mirzapur
SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR IV/PAPER III

Program / Class : (Hons. with Research)		Year : Four	Semester-VIII
Subject : Physical Education Theory			
Course Code :		Course title : Statistics in Physical Education & Sports	
Course outcomes: • Student will come to know about Research and Statistics • Student will come to know the implementation of research and statistics in the field of 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		Credit
I.	<u>Introduction:</u> • Meaning and definition of research and Statistics • Need and Importance of research and statistics		4+0
II.	<u>Sampling:</u> • Meaning and definition • importance of sampling • types of sampling		
III.	<u>Graphical Representation:</u> • Graphical Presentation of Class Distribution, Histogram, Frequency Polygon, Frequency Curve, Cumulative Frequency Polygon, Ogive, Pie Diagram.		
IV.	<u>Measures of Central Tendency:</u> • Meaning, Definition Measures of Central Tendency • Need and Importance Measures of Central Tendency (Mean Median and Mode) • Advantages and Disadvantages.		
V.	<u>Measures of Variability:</u> • Meaning and importance of Measures of Variability: • Need of Measures of Variability in statistics. • Range, Quartile Deviation, Mean Deviation and Standard Deviation		

Handwritten signature: Maryach

Handwritten signature: Bizer

VI.	<u>The Normal Curve:</u> • Meaning, Principles, Laws, Properties and Uses. • Divergence from Normality – Skewness and Kurtosis. • Scoring Scales – Sigma scale, Z Scale, T Scale.	
VII	<u>Reliability & Validity:</u> Meaning and definition of Reliability & Validity • Factors affecting of Reliability & Validity.	
VIII	<u>Significance of difference between Means:</u> • T-test and F-test – Uses, Meaning. • Type I and Type II Errors. • One Tailed and Two Tailed Tests. • Null Hypothesis.	

Recommended Readings:

1. Best, John W. Research in Education, New Delhi: Prentice Hall of India (P) Ltd., 1963.
2. Clarke, David H. and Clarke, H. Harrison, Research Process in Physical Education, Recreation and Health, Englewood Cliffs, New Jersey: Prentice Hall Inc., 1979.
3. Clarke, H. Harrison, The Application of Measurement in Health and Physical Education, New York: Prentice Hall Inc., 1979.
4. Good, V. Caster and Scates, Douglas E., Methods of Research Application – Century, New York, 1954.
5. Mauly, George J., The Science of Educational Research, New Delhi: Eurasia Publishing House (P), 1963.
6. Robson M., Brar T.S. and Uppal A.K., Thesis Format, Gwalior: LNCPE, 1979.
7. Bolnmera Paul and Lindquist, E.F., Statistical Methods in Psychology and Education, Calcutta: Oxford Book Co.
8. Garret, Harry E. and Good Worth R.S., Statistics in Psychology and Education, Bombay: Allied Pacific Private Ltd.
9. Sukhiya S.P., Mehrotra P.V. and Mehrotra R.N., Elements of Educational Research (Hindi), Agra: Vinod Book Publisher, 1984.
10. Guilford J.P., Fundamental of Statistics in Psychology and Education, New York: McGraw Hill Book Co. Inc., 1956.

Maa Vindhyavasini University, Mirzapur
SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR IV/PAPER IV

Program / Class : (Hons. with Research)		Year : Third	Semester-VIII
Subject : Physical Education Theory			
Course Code:		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 : • 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 • Basic Research • Applied Research • Action Research		
III.	Research Problem • Meaning of the term • Formation of Research problem. • Limitation and D Limitation • Location and Criteria of Selection of Problem.		
IV.	Hypothesis: • Meaning of research Hypothesis. • Meaning of Null Hypothesis. • Importance of Research and Null hypothesis.		

Meenakshi

Devi

V.	Survey of Related Literature: • Literature sources. • Library Reading. • Need for surveying related literature.	
VI.	Survey Studies : • Meaning of Survey • Tool of Survey Research • Questionnaire • Interview	
VII.	Questionnaire and Interview: • Meaning of Questionnaire and Interview. • Construction and development of Questions. • Procedure of conducting Interview.	
VIII.	Research Report: • Meaning of Research Report. • Qualities of a good research report.	

Handwritten signature: M. Yach

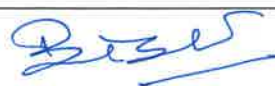
Handwritten signature: B. S. S.

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>

 New York



Maa Vindhyavasini University, Mirzapur
SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION/YEAR IV/PAPER V

Program / Class : (Hons. with Research)		Year : Four	Semester-VIII
Subject : Physical Education Practical			
Course Code:		Course title : Personal hygiene assessment & Practical Work	
Credits: 2			
Max. Marks : 25+75		Min. Passing Marks : 33	
Part A Personal hygiene assessment. • Preparation of: • Balanced diet chart • Daily fitness routine • Health awareness poster/slogan Demonstration of: • First aid techniques • CPR basics • Injury prevention methods Part B Practical Work: • Prepare a Research Dissertation (30–40 pages) • Presentation & Viva • Presentation techniques (charts, PPT) REFERENCES: 1. Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark. 2. Barron, H. M., & Mchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger. 3. Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications. 4. Mathews, D.K. (1973). Measurement in physical education, Philadelphia: W.B.Sounders Company. 5. Pheasant, S.(1996). Body space: anthropometry, ergonomics and design of work. Taylor & Francis, New York. 6. Phillips, D. A., & Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Willey and Sons. 7. Sodhi, H.S., & Sidhu, L.S. (1984). Physique and selection of sports- a kinanthropometric study. Patiala: Punjab Publishing House.			

[Handwritten signature]

[Handwritten signature]