

**MAHATMA GANDHI KASHI VIDYAPITH
VARANASI**



Syllabus

**BACHELOR OF ARTS
(PHYSICAL EDUCATION)**

B.A-1st Year

		Paper No.	Name of Paper	Marks
Part-A	Theory	1	FOUNDATION OF PHYSICAL EDUCATION	80
		2	SCIENTIFIC BASIS OF PHYSICAL EDUCATION	80
Part-B	Practical*			40
Total				200

* Out of 15 different sports a college has to choose only five sports depending on administrative feasibilities and exam will be taken out of only 5 sports.

B.A-2nd Year

		Paper No.	Name of Paper	Marks
Part-A	Theory	1	OFFICIATING & COACHING	80
		2	CONCEPT OF HEALTH AND SPORTS REHABILITATION	80
Part-B	Practical*			40
Total				200

* Out of 5 selected sports in BA-1st Year any two sports

B.A-3rd Year

		Paper No.	Name of Paper	Marks
Part-A	Theory	1	SPORTS TRAINING	80
		2	SPORTS MANAGEMENT	80
		3	SPORTS PSYCHOLOGY	80
Part-B	Practical*			40
Part-C	Tour/Camp			20
Total				300

* Out of two selected sports in BA-IIInd Year any one sports

Year	BA-1 st Year	BA-2 nd Year	BA-3 rd Year
Total Marks	200	200	300
Grand Total of Three years= 700			

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(PHYSICAL EDUCATION SYLLABUS)
B.A. PART-1

Theory

Paper-1: FOUNDATION OF PHYSICAL EDUCATION

- UNIT-I** Meaning and definition of Physical Education
 Aims and objectives of Physical Education
 Need and Importance of Physical Education
 Relationship of Physical Education with Education
- UNIT-II** Ancient History of Physical Education
 Medieval History of Physical Education in India
 Physical Education after independence in India (after 1947)
- UNIT-III** Scope of sociology in Physical Education
 Socialization through Sports at Home, Institution and Community
- UNIT-IV** Characteristics at different stages of growth & development
 Philosophies of Physical Education (Idealism, Naturalism & Pragmatism)
 Olympic Movements
 Sports Association, schemes & awards

Paper- 2: SCIENTIFIC BASIS OF PHYSICAL EDUCATION

- UNIT-I** Anatomy –
 Cell
 Tissue
 organs and its structures
- UNIT-II** Physiology-
 Different body Systems and its functions
- UNIT-III** Application of Mechanical concept –
 Force
 Motion (Newton's laws of motion)
 levers,
 equilibrium
- UNIT-IV** Food & Nutrition-
 Balanced diet
 elements of Diet
 Component of Diet
 Role of diet on performance

References:

- Bunn. John. W. **Scientific Principles of Coaching**, Englewood Cliffs, N.J. Printice Hall Inc. 1972
- Khan. Eraj Ahmed. **History of Physical Education**, Patna: Scientific Book Co.
- Majumdar D.C **Encyclopedia of India Physical Culture**, Baroda Good Companions, 1952.
- Mathew, D.K. and Fox Ed.L. **Physiological Basis of Physical Education and Athletics**, Philadelphia: W.G. Saunders Company 1976.
- Singh Ajmer, et.al. **Modern Text Book of Physical Education Health & Sports**, Kalyani Publisher

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B.A. PART-II

Theory

Max. Marks= 80

Paper-1: OFFICIATING & COACHING

- UNIT-I** Meaning of Officiating & Coaching
 Definition of Officiating & Coaching
 Principles of Officiating & Coaching
- UNIT-II** Qualities of Coach
 Responsibilities of Coach
 Qualification
 Coaching of Individual and Dual Sports
- UNIT-III** Principles of Officiating
 Interpretation
 Duties
 Officials
 Signals
 Positional play
- UNIT-IV** Rules of Games & Sports

Paper- 2: CONCEPT OF HEALTH AND SPORTS REHABILITATION

- UNIT-I** Concept of Health Education
 Meaning ,Definition, Principal Health Education
 Need and importance Health Education
- UNIT-II** Communicable diseases
 T.B, Chicken Pox, Malaria, AIDS , Hepatitis
 Non communicable diseases
 Heart disease, Cancer , Diabetes
- UNIT-III** Therapeutic Modalities
 Cold therapy ,Wax bath, Hot therapy, Contrast bath
 Therapeutic Exercises
 Active exercises & passive exercises
- UNIT-IV** Posture and concepts
 Common Sports injuries and its prevention
 First Aid

References:

- Kamlesh and Sangral, **Method in Physical Education** , Vinod Publication, Ludhiana, 20014
- Park, J.E. and Park, K. **Preventive and Social Medicine:** Jabalpur
- Walia J.S. **Principles and Methods of Education** , Paul Publisher, Jalandhar 1999

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B.A. PART-III

Paper-1: SPORTS TRAINING

- UNIT-I** Meaning & Definition of Sports Training
 Aims of Sports training
 Principles of sports training
 Characteristics of sports training
- UNIT-II** Definition of Training Load
 Type of training load, Recovery & Adaptation,
 Overload & Judgment of training load
- UNIT-III** Physical Fitness components and its training programme
 Speed, Strength, Endurance, Flexibility, Coordination abilities
- UNIT-IV** Planning
 Periodization
 Talent identification

Paper- 2: SPORTS MANAGEMENT

- UNIT-I** Meaning & definition of Administration and management
 Phases of management
 Planning, organization and supervision
 Staffing & budgeting
- UNIT-II** Sports Organizational structure of
 School, college, universities
 Districts, state and national bodies
- UNIT-III** Facilities & Equipment
 Care and maintenance of outdoor facilities
 Care and maintenance of outdoor facilities
- UNIT-IV** Recent advancement in Physical Education
 Computer & Internet
 Adapted physical education
 Fitness, yoga and recreation/camping

Paper- 3: SPORTS PSYCHOLOGY

- UNIT-I** Definition and meaning of sports psychology
 Need and importance of sports psychology
 Motor learning
- UNIT-II** Motivation (meaning, definition, types, need and importance)
 Personalities (meaning, definition, type, need and importance)
- UNIT-III** Emotion and its role in sports
 Type of emotion
 Anxiety and aggression
- UNIT-IV** Psychological aspects of competition
 Preparation for competition and Causes of disturbance before
 competition

References

- Bucher, Charles A. **Administration of Physical Education and Athletic Programme**, London: The C.V. Mosby company, 1983. 8th ed.
- Dick W Frank, **Sports Training Principles** 4th ed. London: A&C Ltd
- Gangopadhyay S.R., **Sports Psychology**, (published by S.R. Gangopadhyay, 2002)