

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

MAHATMA GANDHI KASHI VIDYAPEETH, VARANASI (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
Characteristics at different stages of growth & development
- UNIT-IV** 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

**MAHATMA GANDHI KASHI VIDYAPEETH, VARANASI
(PHYSICAL EDUCATION SYLLABUS)
B.A. PART-II**

Theory

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

UNIT-IV Positional play
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 WFrank, **Sports Training Principles** 4th ed. London: A&C Ltd
- Gangopadhyay S.R., **Sports Psychology**, (published by S.R. Gangopadhyay, 2002)
- Roger C. Glyn, **Learning Experiences in Sports Psychology** (Champaign Illionosis : Human Kinetic Publishers, 1981)
- Singh, Hardyal, **Science of Sports Training**, New Delhi: DVS Publication
- Uppal, A.K. **Principles of Sports Training**, Delhi: Friends Publication, 2001
- Xilport W. Gurden, **Personality: A Psychological Interpretation** (New York: Holt, 1973)