

**DR. BABASAHEB AMBEDKAR
MARATHWADA UNIVERSITY
AURANGABAD.**



**Revised Syllabus for B.A.
(Physical Education)
(As an optional subject)**

**B.A. Third Year Semester – V & VI
(Subsidiary & main Theory & Practical)**

Effective from 2015-16 onwards

31/01/15
24/3-2015

Dr. N. G. Kulkarni

Dr. N. G. Kulkarni

9.2.2015
Chairman

**DR. BABASAHEB AMBEDKAR MARATHWADA
UNIVERSITY, AURANGABAD.
PHYSICAL EDUCATION (Optional Subject)
Curriculum Structure and Schemes of Evaluation for B.A.
With Effective from 2015-2016**

B.A. IIIrd Year (Semester - V & VI) Subsidiary and main Theory & Practical

Sr. No	Course Code	Name of the subject	Scheme of Teaching (Periods / Week)				Scheme of Teaching (Periods / Week)		
			L	P	Total Periods	Total Weeks	Theory	Prac t/ Viva / Voc e	Total Marks
1	Phy Education 301 Paper No. VII Sem - V Subsidiary	Ancient & Modern History of Physical Education & Sports	6	-	6	4	50	-	50
2	Phy. Edu 302 Paper No. VIII Sem - V Main	Sports Psychology and Management In Physical Education	6	--	6	4	50	--	50
3	Phy. Edu 303 Paper No. IX Sem - VI Subsidiary	Organization, Administration & supervision in physical Education Youth Welfare & Youth Services	6	--	6	4	50	--	50
4	Phy. Edu 304 Paper No. X Sem - VI Main	an Anatomy, Physiology & Kinesiology of Physical Education	6	--	6	4	50	--	50

5	Phy. Edu 305 Paper No. XI Sem - V, VI Practical Subsidiary	--	--	12	4 per Batch	4	--	100	100
6	Phy. Edu 306 Paper No. XII Sem - V,VI Main - Practical	--	--	12	4 per Batch	4	--	100	100
Total			24	24	24	24	200	200	400

Note: Practical Examination for B.A. IIIrd year Semester V and VI will be conducted yearly.

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PHYSICAL EDUCATION (Optional Subject)

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With Effective from 2015-2016 Onward

B.A. III year (Semester - V and VI)

Subsidiary and main Theory & Practical

Course - I

Semester	Course	Title of the paper	Marks
✓ Phy Education 301 Sem - V Subsidiary	Phy. Edu. 301 Paper - VII	Ancient & Modern History of Physical Education & Sports	50
Sem - V Main	Phy. Edu 302 Paper No. VIII	Sports Psychology and Management in Physical Education.	50
✓ Sem - VI Subsidiary	Phy. Edu 303 Paper No. IX	Organization, Administration & supervision in physical Education Youth Welfare & Youth Services	50
Sem - VI Main	Phy. Edu 304 Paper No. X	an Anatomy, Physiology & Kinesiology of Physical Education	50
✓ Sem - V, VI Practical Subsidiary	Phy. Edu 305 Paper No. XI	Physical Education Practical	100
Sem - V,VI Main - Practical	Phy. Edu 306 Paper No. XII	Physical Education Practical	100
Total			400

Note: 1. One period comprises 50 minutes duration.

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B.A. Third Year
(Theory) PHYSICAL EDUCATION - 301
(Semester - V Subsidiary)
Paper - VII

TITLE: "ANCIENT & MODERN HISTORY OF PHYSICAL EDUCATION & SPORTS."

Time : 2 hours

Marks: 50

04 Periods per week

UNIT - I INTRODUCTION OF PHYSICAL EDUCATION IN ANCIENT INDIA.

- (a) Vedic Period
- (b) Epic Period
- (c) Buddhist Period

UNIT - II PHYSICAL EDUCATION IN THE STATE OF SPARTA AND ATHENS.

- (a) Physical Education in Ancient Rome.
- (b) Physical Education and moral Education.
- (c) Physical Education in Mughal Period

UNIT - III PHYSICAL EDUCATION IN INDIA AFTER INDEPENDENCE.

- (a) Physical Education in British Period.
- (b) Ancient Olympic Games, Historical Background.
- (c) Modern Olympic Games.

UNIT - IV GOVERNMENT BODIES & POLICIES IN PHYSICAL EDUCATION.

- (a) Nature & Educational System in modern India.
- (b) Education & Physical Education Policies in India
- (c) Central Advisory board of Physical Education

UNIT - V SCHEME AND AWARDS RELATED TO PHYSICAL EDUCATION & SPORTS.

- (a) Arjuna Award
- (b) Dronacharya Award
- (c) Rajiv Gandhi Khelratna Award.

UNIT - VI INSTITUTIONS OF PHYSICAL EDUCATION IN INDIA.

- (a) Y.M.C.A. College of Physical Education of Madras.
- (b) LNIPE Gwalior & NSNIS Patiala.
- (c) HVPM Amaravati.

Book References for Paper – VII

- 1) Brief History of Physical Education by E.A. Rice.
- 2) History of Physical Education by Eraj ahmed Khan.
- 3) World History of Physical Education. By Van Dalen and Mitchell Benett.
- 4) Physical Education in India. Published by National Association of Physical Education In India.
- 5) शारिरीक शिक्षणाचे ऐतीहासिक स्वरूप. - दि.ग. वाखरकर.
- 6) Principles and History of Physical Education : By M.L. Kamlesh, M.S. Sangral, Prakash Brothers Educational Publishes.
- 7) A Brief History of Physical Education in India (From the Earlier times of the moghal Period by K. Raj Goplan, Army Publishers New Delhi.

B.A. Third Year

(Theory) PHYSICAL EDUCATION - 303 (Semester - VI Subsidiary)

Paper - IX

**TITLE: "ORGANIZATION, ADMINISTRATION & SUPERVISION IN
PHYSICAL EDUCATION YOUTH WELFARE & YOUTH SERVICES."**

Time : 2 hours

04 Periods per week

Marks: 50

UNIT - I ORGANISATION, ADMINISTRATION & SUPERVISION.

- (a) Meaning & Scope of Organization & Administration.
- (b) Objectives of Organization & Administration.
- (c) Guiding Principles of Organization.

UNIT - II ORGANIZING & CONDUCTING TOURNAMENTS.

- (a) Different types of tournaments & competition.
- (b) Knock out league tournaments.
- (c) Merits & Demerits of tournaments.

UNIT - III INTRAMURALS PROGRAMME.

- (a) Need and importance.
- (b) Objectives of intramurals programme.
- (c) Methods of grouping & fixture.

UNIT - IV EXTRAMURAL PROGRAMME.

- (a) Need & Importance.
- (b) Selection and coaching of team.
- (c) Emotional Development of the Students.

UNIT - V SUPERVISION IN PHYSICAL EDUCATION.

- (a) Meaning, Purpose & Scope of supervision.
- (b) Objectives & Features.
- (c) Qualities of Supervisor.

UNIT - VI YOUTH WELFARE & YOUTH SERVICES.

- (a) Concept of youth welfare & youth services.
- (b) Youth Organization in India.
- (c) Social Services.

Book References for Paper – IX

- 1) Organization, Administration & supervision in Physical Education By Dr. Mohd. Ataullah Jagirdar.
- 2) Organization of Physical Education by Dr. J.P. Thomas.
- 3) Administration Physical Education for woman by Ashton. D.
- 4) Administration of Physical Education & Athletic Programme by Bucher C.A.
- 5) Organization & Administration of Physical Education By Seymour
- 6) Leadership for Youth. By Dr. M.A. Chibber.
- 7) Organization of Physical Education By P.M. Joseph.
- 8) विद्यात्म प्रशासन एवं संघटन - लेखन सुखीया एस.पी.
- 9) शारिरीक शिक्षा संघटन प्रशासन प्रवेक्षण एवं शिबीर - ए.के. करमळकर.
- 10) School Administration & Management By M.M. Sultan.

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B.A. Third Year

PHYSICAL EDUCATION - 305 (Semester - V & VI)

Practical - Subsidiary

Paper No. XI

Time: 3.30 hours

04 Period per week

Marks : 100

16 Students per Batch

Track And Field Events (Event Wise performance Test.)

A) 400 Mtrs. Run (Men and Women) (20 Marks)

B) High Jump (Men & Woman) (20 Marks)

i) Introduction (ii) Safety Suggestion

(iii) Techniques (iv) Teaching States

a) Approach Run (b) Take off (c) Position in the Air

(iv) Body action in the Air (v) Landing

C) Javelin Throw. (20 Marks)

i) Grip of Javelin (ii) Approach Run

(iii) Releasing the Javelin (iv) Body Controlling

D) Students will have to opt any one major games of the following for skill test. (30 Marks)

i) Kho - Kho (ii) Football (iii) Soft ball (iv) Basketball

a) Fundamental Skills (b) offensive skills

(c) Defensive Skills (d) Techniques and Tactics

(E) Preparation of Record Book on any one Major Games / Event of the following which is compulsory. (10 Marks)

(a) 400 mtrs Running (b) High Jump

(c) Javelin Throw (d) Khoko / Football / Soft ball / Basketball

Book References for paper No. XI

Practical Subsidiary

- 1) Athletic Training and Conditioning by - D. William Payton.
- 2) Rules of Games and Sports by H.C. Buck
- 3) A.A.F.I. Rule booking Track and Field.
- 4) How to be Successful Coach by :- Bonder J.B.
- 5) Training Method in Sports: - by .A.K. Karmarkar
- 6) Officiating and Coaching: - By. R.H. Tiwari
- 7) The art of officiating Sports: - By John W. Bunn.
- 8) Modern Track and field by : Dr. Jemeti Doherty.