BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY,
CHHATRAPATI SAMBHAJINAGAR.

Circular No./Syll./B.A. Physical Education/IIIrd Yr./Sem-V & VI/33/2024.

It is hereby inform to all concerned that, on the recommendation of the Board of Studies, Dean, under the Faculty of Interdisciplinary Studies the Hon'ble Vice-Chancellor has **accepted revised curriculum of B.A. Physical Education [Optional] Third Year, [V & VI Semester] for under Choice Based Credit and Grading System** in his emergency powers under Section-12[7] of the Maharashtra Public Universities Act, 2016 on behalf of the Academic Council for all affiliated colleges.

This is effective from the Academic Year 2024-2025 and Onwards. as appended herewith under the Faculty of Interdisciplinary Studies

This syllabus is also available on the University website www.bamu.ac.in.

All concerned are requested to note the contents of the circular and bring notice to the students, teachers and staff for their information and necessary action.

University campus,
Chhatrapati Sambhajinagar. -431 004.
Ref. No. SU/B.A.Phy.Edu./IIIrd yr./curri./ 2024/
Date:- 30.08.2024 / 6640 -50

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Deputy Registrar,
Academic Section
(Syllabus).

Copy forwarded with compliments to :-

1] The Principal, affiliated concerned Colleges,
Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajinagar

2] **The Director,** University Network & Information Centre, UNIC, with **a request to upload this Circular on University Website.**

Copy to :-

1] The Director, Board of Examinations & Evaluation,
2] The Section Officer, [U.G. Unit] Examination Branch,
3] The Section Officer, [Eligibility Unit],
4] The Programmer [Computer Unit-1] Examinations,
5] The Programmer [Computer Unit-2] Examinations,
6] The In-charge, [E-Suvidha Kendra],
7] The Public Relation Officer,
8] The Record Keeper,
Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajinagar

-**=-

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DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY,

CHHATRAPATI SAMBHAJINAGAR.

Choice Based Credit System (CBCS)

With Grading System

Revised Syllabus for B.A. [Physical Education]

[As an optional subject]

Theory and Practical

B. A. Third Year Semester Vth & VIth

Dr. M. A. Bari

Dr. S. S. Shaikh

Dr. S. M. Kote
Subject Expert

Dr. Md. Ajaulleh Jagirdar

Dr. K. B. Zarikar

Dr. V. R. Bhosale

Dr. S. J. Chandrashekar

Dr. N. G. Khan

Dr. Syed Jamir Shabbir

Dr. B. B. Toradmal

With Effective from 2024-25 onwards

DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY,
CHH. SAMBHAJINAGAR

CHOICE BASED CREDIT SYSTEM

Physical Education [Optional subject]

Curriculum Structure and Schemes of Evaluation for B.A Third Year
With effect from 2024-25

B. A. THIRD YEAR SEMESTER-V

Subject/ Program	Course Code	Title of thecourse	Lectures per week		Total Lectures	Total credits	Marks		
			Theory	Practical			Theory	Practical	Total
DSC-3	DSE-3 PHYE-301	Ancient and Modern History of Phy Edu, Games and Sports	4		60	4	30		30
	DSE-3 PHYE-302PR	Track and Field Events & Games **Practical**		4	60	2		40	40
SEC	SEC1-PHYE-303	Sports Psychology and management in Phy- Edu.	4		60	4	30		30
Generic Elective	PHYE-GE-1	**Injury Prevention**	4		60	4	40	10	50
Total of Semester-V			12	8	240	14	100	50	150

B. A. THIRD YEAR SEMESTER-VI

Subject/ Program	Course Code	Title of thecourse	Lectures per week		Total Lectures	Total credits	Marks		
			Theory	Practical			Theory	Practical	Total
DSC-3	DSE-3 PHYE-304	Organization, Administration and Supervision in Physical Education Youth Welfare & Youth Services	4		60	4	30		30
	DSE-3 PHYE-305PR	Track and Field Events & Games **Practical**		4	60	2		40	40
SEC	SEC2-PHYE-306	Anatomy, Physiology & Kinesiology of Phy- Edu.	4		60	4	30		30
Generic Elective	PHYE-GE-2	**Sociology of Sports and Physical Activity**	4		60	4	40	10	50
Total of Semester-VI			12	8	240	14	100	50	150

Note-

1. **Practical Examination of Both semester will be conducted annually.**
2. **Each practical batch having 16 students and 4 lectures.**
3. **Generic Elective paper is divides as per theory 40 marks & tutorial 10 marks**

B.A. THIRD YEAR (Theory) Physical Education - (Semester -V)

DSE-3, Course Code - PHYE-301

Title of the paper: - **Ancient and Modern History of Phy Edu, Games and Sports**

Per week- 04 Periods. Marks: 30

Course Outcome

1) To know the origin and development of Physical Education, Apply the knowledge of Olympus in organizing various sport activities, Distinguish the functional operations on National and International Olympic Federations.,
2) Analyses the concepts and issues pertaining to Physical Education.
3) Formulate the principles, philosophy and concepts about Physical Education, Peer Group Teaching and Discussion Concept Teaching and Discussion on comparison of Theories of Play Classification of Body types based on classroom sample.
4) Discussion on Practical Applicability of Theories of Learning- Group Discussion on: Physical Education during Pre and Post-Independence.

Unit- I. Introduction of Physical Education in Ancient India.

i) Vedic Period
ii) Epic Period
iii) iii) Buddhist Period

Unit- II. Physical Education in the State of Sparta and Athens.

i) Physical Education in Ancient Rome.
ii) Physical Education and Moral Education
iii) Physical Education in Mughal Period.

Unit- III. Physical Education in India after Independence.

i) Physical Education in British Period.,
ii) Ancient Olympic Games historical Background.
iii) Modern Olympic Games.

Unit- IV- Government Bodies and Policies in Physical Education.

i) Nature and Educational System in Modern India.
ii) Education and Physical Education Policies in India
iii) Central Advisory Board of Physical Education.

Unit- V- Awards Related to Physical Education

i) Arjun Award,

ii) Dronacharya Award,

iii) Rajiv Gandhi Khelratna Award

Unit- VI- Institutions of Physical Education India.

i) Y.M.C.A. College of Physical Education of Madras.

ii) LNIPE Gwalior and NSNIS Patiala.

iii) HVPM Amravati.

Book References

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 Beneti

4) Physical Education in India. Published by National Association of Physical Education In India.

5) Principles and History of Physical Education: By M.L. Kamlesh, M.S. Sangral, Prakash Brothers Educational Publishes.

6) A Brief History of Physical Education in India (by K. Raj Goplan, Army Publishers New Delhi.



B.A. THIRD YEAR (**Practical**) Physical Education - (Semester V)

DSE-3, Course Code- PHYE-302PR

Title of the paper - **Track and Field Events:**

Per week- 04 Periods. Marks: 40, 16 Students Per one Batch

All Compulsory events/ practical events related.

Unit-I Running Events

400 metres. Running. (Men and Women)

Unit-II Jumping Events

High Jump. (Approach run, Take off Air position, Landing)

Unit-III Throwing Events:

Javelin Throw (Grip of Javelin, Approach run, Releasing the Javelin, Body Controlling, Landing)

Unit- IV Opt any major Game

Football, Kho-Kho, Soft Ball. Basket Ball

Unit-V. Record Book. Any One

i. 400 metres. Running. (Men and Women)
ii. High Jump.
iii. Javelin Throw
iv. Football, Kho-Kho, Soft Ball. Basket Ball

1) History of the game.

2) Various Diagrams.

3) Name of different fundamental skill in the team events and athletic events.

4) Officials.

Book References

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.

B.A. THIRD YEAR (Theory) Physical Education - (Semester -V)

SEC1- Course Code- PHYE- 303

Title of the paper -"Sports Psychology and management in Phy- Edu."

Per week- 04 Periods, Marks: 30

Course Outcome

a) To know the role of sports Psychology sports performance,

b) To know about effects of various psychological factors sports performance,

c) To create the awareness regarding research in the field of sports psychology,

d) To know the importance of sports Management and curriculum Design.

e) To know about how to organized sports competition. To create the awareness regarding research in the field of sports Management and curriculum Design.

Unit-I - Psychology in Phy- Edu. & sports

a) Meaning, Nature and Scope of psychology,

b) Importance of psychology in sports.

c) Limitation of psychology in Education.

Unit-II- Growth and Development

a) General Nature of growth and development

b) Age and Behavior Characteristics

c) Physical, Emotional & Social Development

Unit-III- Motivation

a) Meaning Need & Its Role in Phy. Edu.

b) Techniques of Motivation

c) Psychological Factor Influencing Motivation

Unit-IV- Management in Phy- Edu. & Sports

a) Meaning, Definition & Philosophy of Management

b) Aims, Objectives & Principals of management

c) Functions of management

Unit-V- Teaching method in Phy. Edu.

a) Meaning Types and Factors affecting

b) Presentation Techniques Meaning and Factors

c) Teaching Aids in Phy. Edu.

Unit-VI- Facilities and Equipment

a) Care and maintenance & equipment's

b) Principles of Purchasing equipment's

c) Office Management, meaning & Principles.

Book References

1) General Psychology by Garret.

2) Sports Psychology by John D. Lawther.

4) Fundamental of Sports Management By Dr. Yousufzai N.S., Dr. SK. Afsar Rasheed, Dr. Mohd. Attaullah Jagirdar.

5) Psychological behaviour in Sports By Alderman RS.

6) Psychological & Physical Activities by Crattybryant.

7) Psychology of Physical Education & sports By kamlesh M.L.

8) Management Competency Development in Sports & Physical Education By Earle F. Zeigler & Gray. W. Bowie.

9) Scientific Inventory Management by Joseph Bucher.

B.A. THIRD YEAR (Theory) Physical Education - (Semester -V)

Generic Elective Course Code - PHYE-GE-1

Title of the paper: - **Injury Prevention**

Per week- 04 Periods, Marks: 50

Course Outcomes:

1. Define and explain the principles and importance of injury prevention.
2. Identify and analyse the causes, risk factors, and mechanisms of injuries.
3. Apply biomechanical, physiological, and psychological concepts to injury prevention.
4. Implement practical strategies for creating safe physical environments and ensuring equipmentsafety.
5. Design and implement injury prevention programs for specific physical activities.
6. Apply knowledge through practical assessments and the creation of injury prevention plans.

Unit I: Introduction to Injury Prevention, Understanding Injuries: Causes and Mechanisms, Biomechanics and Injury Prevention

1. Definition and scope of injury prevention
2. Overview of common injuries in physical education and sports
3. Importance of injury prevention in promoting overall well-being
4. Types of injuries: acute vs. chronic
5. Causes and risk factors for injuries
6. Mechanisms of injury and injury patterns
7. Biomechanical principles relevant to injury prevention
8. Analysis of movement patterns and their impact on injury
9. Implementing biomechanical strategies for injury prevention

Unit II: Physiological Considerations in Injury Prevention, Psychological Aspects of Injury Prevention, Environmental and Equipment Safety

1. Physiological factors influencing injury risk
2. Warm-up and cool-down strategies
3. Conditioning programs for injury prevention
4. Physiological factors influencing injury risk
5. Warm-up and cool-down strategies

6. Conditioning programs for injury prevention
7. Understanding the role of psychological factors in injury risk
8. Strategies for mental preparation and stress management
9. Rehabilitation psychology and injury recovery
10. Creating safe physical environments
11. Equipment selection, maintenance, and safety measures
12. Emergency response and first aid in injury situations

Unit III: Injury Prevention Programs and Policies, Practical Application & Review

1. Designing and implementing injury prevention programs
2. Role of policies and regulations in injury prevention
3. Case studies on successful injury prevention initiatives
4. Conducting risk assessments and implementing preventive measures
5. Creating injury prevention plans for specific physical activities
6. Final assessment and review of key concepts

Reference

1. Fahey, T. D., & Insel, P. M. (2017). "Fit & Well: Core Concepts and Labs in Physical Fitness andWellness." McGraw-Hill Education.
2. Shrier, I. (2015). "Preventing Sports Injuries: A Guide to Good Practice." Springer.
3. Sports Health: A Multidisciplinary Approach.
4. National Institute for Occupational Safety and Health (NIOSH) - Safety and Health Topics: Traumatic Occupational Injuries. (https://www.cdc.gov/niosh/topics/injury/)
5. Verhagen, E., & van Mechelen, W. (2010). "Sports Injury Research." Oxford University Press.
6. Emery, C. A., & Meeuwisse, W. H. (2010). "The Effectiveness of a Neuromuscular Prevention Strategy to Reduce Injuries in Youth Soccer: A Cluster-Randomised Controlled Trial." British Journal of Sports Medicine, 44(8), 555–562.
7. International Conference on Sports Medicine and Injury Prevention (ICSMP) Proceedings, 2022.
8. National Seminar on Practical Approaches to Injury Prevention (NSPAIP) Proceedings, 2023.Government Reports:

B.A. THIRD YEAR (Theory) Physical Education - (Semester -VI)

DSE-3, Course Code- PHYE-304

Title of the Paper: - **Organization, Administration and Supervision in Physical Education Youth Welfare & Youth Services"**

Per week- 04 Periods, Marks: 30

Course Outcome

1) To know Understand the principles and process of Administration and Management, Administer physical education and sports programs in schools, Develop appropriate physical education curriculum, tools and budget to manage school programs, Appraise and manage physical education facilities and personnel in school, Design tournament fixtures and structures to organize competitions, Peer Group Teaching and Discussion Concept.
2) To improve the teaching skills of teachers. To acquaint the teachers with new pedagogical approaches.
3) To improve the learning environment in the school. To diagnose the problems faced in the process of teaching learning.

Unit-I. Introduction of Organization, Administration and Supervision

i) Meaning & scope of Organization, Administration and Supervision,
ii) Objective of Organization, Administration,
iii) Guiding Principles Organization.

Unit-II- Organizing and Conducting Tournaments.

i) Deferent Types of Tournaments & Competition
ii) Knock Out League Tournaments.
iii) Merits and Demerits of Tournaments.

Unit-III- Intramurals Programme.

i) Need and Importance
ii) Objectives of Intramurals Programme.
iii) Methods of Grouping and Fixture.

Unit-IV-Extramural Programme.

i) Need and Importance
ii) Selection and Coaching of the Students.
iii) Emotional Developments of the Students

Unit-V-Supervision in physical Education.

i) Meaning, purpose & scope of Supervision

ii) Objective and Features

iii) Qualities of Supervision

Unit-VI-Youth Welfare & Youth Services.

i) Concept of Youth Welfare & Youth Services.

ii) Youth Organization in India.

iii) Social Services

Book References

1) Organization. Administration & supervision in Physical Education By Dr. Mohd. Ataullah Jagirdar.

2) Organisation 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 CA

5) Organization & Administration of Physical Education By Seymonr

6) Leadership for Youth. By Dr. M.A. Chibber.

7) Organization of Physical Education By P.M. Joseph.

8) School Administration & Management By M.M. Sultan.

B.A. THIRD YEAR (Practical) Physical Education - (Semester VI)

DSE-3, Course Code - PHYE-305PR

Title of the paper - **Track and Field Events**

Per week- 04 Periods .Marks: 40, 16 Students Per one Batch

All Compulsory events/ practical events related.

Unit-I Running events

800 metres. Running. (Men and Women)

Unit-II Officiating & coaching and Rules of the Games (any one major Games)

Unit-III

Yogasana, Tadasana,

Vajrasanas, Chakrasana,

Padmasanas, Hallasanas,

Shavasanas.

Unit- IV Pranayama & Surya Namaskar

Unit-V. Preparation of Record Books

i. 800 metres. Track Marking (Men and Women).
ii. Yogasana.
iii. Pranayama
iv. Rules & Regulation of any one major games opted.

Book References

1) Guidlies for yogic Practice by: Gharote M.L

2) The Art of Yoga: by Ayenagar B.K.S.

3) Track and Field Atheltics- BY. Breshnaham. Tuttle Crezmeyer.

4) Books of Rules of Games and Sports by YMCA Pub House.

5) Officiating and Coaching: By. R.H. Tiwari

6) The art of officiating Sports: By John W. Bunn.

7) Modern Track and field by: Dr. Jemeti Doherty.

B.A. THIRD YEAR (Theory) Physical Education - (Semester -VI)

SEC2- Course Code - PHYE-306

Title of the paper -**Anatomy, Physiology & Kinesiology of Phy- Edu.**

Per week- 04 Periods. Marks: 30

Course Outcomes:

1) To know the Students can be able to understand human structure and function as well as effects of exercise on various human body systems.
2) To know the role of exercise Anatomy, Physiology on sports performance,
3) To know about the Effects of exercise on different system of human body, Able to test the Physiological Parameters,
4) To know about the function of internal human body. Students can be able to understand various aspects of Anatomy, Physiology and Kinesiology in Sports and able to apply in sports activities.

Unit-I – Introduction to Anatomy

a) Meaning, Need and Importance of Anatomy
b) Definition of Cell, meaning in structure
c) Blood Composition, Function & Classification

Unit-II- Skeletal System

a) Types of Bones & Its Functions
b) Major Bones of the Body & There Location
c) Tissue Definition, Structure, Function & Classification

Unit-III- Introduction to Physiology

a) Meaning Need & Importance of Physiology.
b) Essential Properties of Living Organism
c) Vital Capacity & Its Measurement

Unit-IV- Muscular System

a) Meaning, Structure Function of Skeletal Muscles
b) Major Muscles of the Body
c) Location of Major Muscles

Unit-V- Respiratory System

a) Structure of Repertory Organs
b) Function of Brain
c) Effect of Exercise on Repertory System

Unit-VI- Introduction to Kinesiology

a) Definition & Meaning of Kinesiology
b) Fundamental & Applied Kinesiology
c) Need & Importance of Kinesiology

Book References

1) Physiotherapy, Health, first Aid and Kinesiology in Physical Education By MD. Ataullah Jagirdar & Dr. Mohd. Abdul Bari.
2) Anatomy for Students and Teacher of Physical Education: By Pearce Evelyn B.
3) Human Physiology by warm smart.
4) Kinesiology and applied Anatomy by Rash & Burk
5) Kinesiology by Wells K.
6) Physiology of Muscular Activity By Peter V. Karpovich.

B.A. THIRD YEAR (Theory) Physical Education - (Semester -VI)

Generic Elective Course Code - PHYE-GE-2

Title of the paper: **Sociology of Sports and Physical Activity**

Per week- 04 Periods, Marks: 50

Course Outcomes

1. Define and explain the foundational concepts and theories of sociology of sports.
2. Analyse the role of sports in socialization and its impact on individual identity.
3. Evaluate social stratification and disparities within the sports context.
4. Understand the interaction between sports and various societal institutions.
5. Examine deviance, controversies, and ethical considerations in sports.
6. Investigate the impact of sports on community dynamics and identity.
7. Develop critical thinking skills in evaluating the societal implications of sports.
8. Apply sociological theories to practical scenarios in sports and physical activity.

Unit I: Introduction to Sociology of Sports, Sociological Theories in Sports & Socialization

1. Definition and scope of sociology of sports
2. Historical perspectives on sports and society
3. Significance of studying sports from a sociological perspective
4. Structural functionalism and sports
5. Conflict theory and sports
6. Symbolic interactionism in sports
7. Role of sports in socialization
8. Social identity formation through sports
9. Gender and racial socialization in sports

Unit II: Social Stratification in Sports, Sports and Institutions, Deviance and Controversies in Sports

1. Class, race, and gender disparities in sports
2. Access and opportunities in sports
3. Social mobility through sports
4. Education and sports
5. Media and sports

6. Politics and sports
7. Deviant behavior in sports
8. Scandals and controversies in sports
9. Ethics and sportsmanship

Unit III: Sports and Community Dynamics, Practical Application and Review

1. Sports and community identity
2. Impact of sports on local economies
3. Community engagement through sports
4. Case studies on the sociological impact of sports
5. Guest lectures from professionals in sports sociology
6. Final assessment and review of key concepts

References:

1. Coakley, J. (2018). "Sports in Society: Issues and Controversies." McGraw-Hill Education.
2. Eitzen, D. S., & Sage, G. H. (2019). "Sociology of North American Sport." Oxford University Press.
3. Houlihan, B., & Malcolm, D. (2006). "Sport and Society: A Student Introduction." SAGE Publications.
4. Sociology of Sport Journal.
5. International Review for the Sociology of Sport.
6. Journal of Sport and Social Issues.Online Resources:
7. North American Society for the Sociology of Sport (NASSS) - Resources. (https://nasss.org/)

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