

MAJOR DISCIPLINE CORE COURSE (MAJ /MIN)	BASICS OF PHYSICAL EDUCATION AND SPORTS SEMESTER-I Paper Code-(BA106)
Course Objective	<ol style="list-style-type: none"> 1. To perceive the concept of Physical Education and Sports. 2. To understand the need of Physical Education and Sports in modern era. 3. To impart knowledge about History of Physical Education and Spoils
Course Outcome	<ol style="list-style-type: none"> 1. Students will learn about the importance of Physical Education and Sports. 2. Students will be able to know about the history of Physical Education in ancient times and modern era. 3. Students Will understand the contribution of Physical Education Leaders and sports Institute towards the growth of Physical Education and Sports.
Outline Syllabus	BASICSOFPHYSICALEDUCATIONANDSPORTS
Credits	4(Theory:3,Practical;1)
Marks	100:EXTERNAL—50(Theory)+20(Practical)+30(Internal Assessment) Internal Assessment: <ul style="list-style-type: none"> • Performance in mid-semester test:12 • Assignment/Project/Seminar:12 • Attendance:6
Contact Hrs	60Hours(Theory:45Hours,Practical:30hours) 1Credit=15Hours NOTE: NOTE: One unit contains 60-80 students for theory and 30-40 students for Practical. Teacher who is preparing three teams for University Inter-college competitions, his/her work-load shall be counted by including six periods per week in the teaching load.
Instructions for the Paper-Setter and Students:	<ol style="list-style-type: none"> a) There Shall be seven questions in all. Duration of Paper:3 hours b) First question is compulsory. It will contain 10 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 20 marks i.e., two marks each question. All questions are compulsory. (2*10=20 Marks) c) Rest of the paper shall contain three units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from Each unit. (10*3=30 marks)
	THEORY(50Marks)
UNITS	TOPICS
Unit I	<ol style="list-style-type: none"> 1. Meaning and concept of Education and Physical Education. 2. Aims and Objectives of Education and Physical Education. 3. Importance and scope of physical education in the modern society. 4. Relationship of Physical Education with other allied sciences(Anatomy, Physiology, Biomechanics, Psychology and Anthropometry).

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Unit2	<ol style="list-style-type: none"> 1. History of Physical Education and Sports in Pre and Post Independence era of India. 2. Ancient and modern Olympic Games 3. Asian Games and Common Wealth Games. 4. Para Sports (Sports for people with physical and intellectual disabilities).
Unit3	<ol style="list-style-type: none"> 1. International Olympic Committee (IOC):Function and Objectives of IOC. 2. Contributions to the growth of Physical Education and Sports by following leaders: Gutsmuth, F.L. Jahn, P.H. Ling, H.C. Buck, Vaidya Brothers, G.D. Sondhi, Prof. Ajmer singh 3. Function and objective of the following: NSNIS Patiala, SAI, IOA, LNIPE, YMCA, HVPM (Amaravati), Department of Sports (Punjab). 4. Sports Awards: Arjuna Award, Dronacharya Award, Major Dhyanchand Khel Ratna Award and maharaja Ranjit Singh Award.
PRACTICAL (20marks)	SYLLABUS (PAPER CODE-BA106P)
SPRINTS (Types of Start and Finish)	<ol style="list-style-type: none"> 1. Crouch start-fixing of starting blocks, getting in and off the block, Emphasizing on body position, need of starting blocks in a sprint race. 2. Practice of starts with starting blocks using proper commands. 3. Training the students for correct running style. 4. Practice of finishing the sprint with different techniques. Rules and Regulations of Sprint races.
FOOTBALL	<ol style="list-style-type: none"> 1. Marking and dimension of Football ground. 2. Fundamental techniques and Drills. 3. Rules and Regulations related to Football. 4. Lead up Games of Football
TESTING AND EVALUATION	Test1:50-DieterDashTest Test2:ShuttleRunTest
SUGGESTED READINGS	<ol style="list-style-type: none"> 1. Kamlesh, M. L. & Singh, M.K.(2006)Physical Education (Naveen Publicatic>ns). 2. Lau, S.K. (1999),Great Indian players, New Delhi, Sports Publication 3. Lumpkin, A. (2007)Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, U.S.A. 4. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA. 5. Shaffer, D.R. (2002) Developmental Psychology: Childhood and Adolescence. Thomson, Sydney,Australia 6. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi. 7. Singh, A. et al. (200tl) Essentials of Physical Education, Kalyani Publishers, Ludhiana, Punjab. 8. Wuest, D.A. & C.A. Bucher (2006) Foundations of Physical Education, Exercise Science, and Sports. McGraw Hill Companies, Inc., New York, USA.

Balkaran Singh

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