

SSD GIRLS' COLLEGE BATHINDA  
AN AUTONOMOUS COLLEGE  
BACHELOR OF ARTS  
SESSION 2025-2026

**SUBJECT: - BASICS OF PHYSICAL EDUCATION AND SPORTS**  
**(PAPER CODE-BA106)**  
**SEMESTER-1**

COURSE CREDITS: 4  
THEORY: 50  
PRACTICAL: 20  
INTERNAL ASSESSMENT: 30  
6 LECTURES PER WEEK

SCHEME OF EXAMINATION

	NAME OF THE PAPER	TIME IN HRS.	EXTERNAL ASSESSMENT	INTERNAL	TOTAL
THEORY	BASICS OF PHYSICAL EDUCATION AND SPORTS	3 HRS	50	30	100
PRACTICAL	BASICS OF PHYSICAL EDUCATION AND SPORTS	3 HRS	20		
TOTAL MARKS(THEORY AND PRACTICAL AND INTERNAL)(4 CREDITS)					100

*Balkaran  
Siroh*

*Anshu*

*Rajpal*

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"> <li>1. To perceive the concept of Physical Education and Sports.</li> <li>2. To understand the need of Physical Education and Sports in modern era.</li> <li>3. To impart knowledge about History of Physical Education and Spoils</li> </ol>
Course Outcome	<ol style="list-style-type: none"> <li>1. Students will learn about the importance of Physical Education and Sports.</li> <li>2. Students will be able to know about the history of Physical Education in ancient times and modern era.</li> <li>3. Students Will understand the contribution of Physical Education Leaders and sports Institute towards the growth of Physical Education and Sports.</li> </ol>
Outline Syllabus	BASICSOFPHYSICALEDUCATIONANDSPORTS
Credits	4(Theory:3,Practical1;1)
Marks	100:EXTERNAL—50(Theory)+20(Practical1)+30(Internal Assessment) <b>Internal Assessment:</b> <ul style="list-style-type: none"> <li>• Performance in mid-semester test:12</li> <li>• Assignment/Project/Seminar:12</li> <li>• Attendance:6</li> </ul>
Contact Hrs	60Hours(Theory:45Hours,Practical:30hours) 1Credit=15Hours <b>NOTE:</b> <b>NOTE:</b> 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"> <li>a) There Shall be seven questions in all. Duration of Paper:3 hours</li> <li>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)</li> <li>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)</li> </ol>
	THEORY(50Marks)
UNITS	TOPICS
Unit 1	<ol style="list-style-type: none"> <li>1. Meaning and concept of Education and Physical Education.</li> <li>2. Aims and Objectives of Education and Physical Education.</li> <li>3. Importance and scope of physical education in the modern society.</li> <li>4. Relationship of Physical Education with other allied sciences(Anatomy, Physiology, Biomechanics, Psychology and Anthropometry).</li> </ol>

Balkaran Singh  
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Unit2	<ol style="list-style-type: none"> <li>History of Physical Education and Sports in Pre and Post Independence era of India.</li> <li>Ancient and modern Olympic Games</li> <li>Asian Games and Common Wealth Games.</li> <li>Para Sports (Sports for people with physical and intellectual disabilities).</li> </ol>
Unit3	<ol style="list-style-type: none"> <li>International Olympic Committee (IOC):Function and Objectives of IOC.</li> <li>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</li> <li>Function and objective of the following: NSNIS Patiala, SAI, IOA, LNIPE, YMCA, HVPM (Amaravati), Department of Sports (Punjab).</li> <li>Sports Awards: Arjuna Award, Dronacharya Award, Major Dhyanchand Khel Ratna Award and maharaja Ranjit Singh Award.</li> </ol>
PRACTICAL (20marks)	SYLLABUS (PAPER CODE-BA106P)
SPRINTS (Types of Start and Finish)	<ol style="list-style-type: none"> <li>Crouch start-fixing of starting blocks, getting in and off the block, Emphasizing on body position, need of starting blocks in a sprint race.</li> <li>Practice of starts with starting blocks using proper commands.</li> <li>Training the students for correct running style.</li> <li>Practice of finishing the sprint with different techniques. Rules and Regulations of Sprint races.</li> </ol>
FOOTBALL	<ol style="list-style-type: none"> <li>Marking and dimension of Football ground.</li> <li>Fundamental techniques and Drills.</li> <li>Rules and Regulations related to Football.</li> <li>Lead up Games of Football</li> </ol>
TESTING AND EVALUATION	Test1:50-DieterDashTest Test2:ShuttleRunTest
SUGGESTED READINGS	<ol style="list-style-type: none"> <li>Kamlesh, M. L. &amp; Singh, M.K.(2006)Physical Education (Naveen Publicatic&gt;ns).</li> <li>Lau, S.K. (1999),Great Indian players, New Delhi, Sports Publication</li> <li>Lumpkin, A. (2007)Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, U.S.A.</li> <li>Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.</li> <li>Shaffer, D.R. (2002) Developmental Psychology: Childhood and Adolescence. Thomson, Sydney,Australia</li> <li>Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.</li> <li>Singh, A. et al. (2001) Essentials of Physical Education, Kalyani Publishers, Ludhiana, Punjab.</li> <li>Wuest, D.A. &amp; C.A. Bucher (2006) Foundations of Physical Education, Exercise Science, and Sports. McGraw Hill Companies, Inc., New York, USA.</li> </ol>

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SSD GIRLS' COLLEGE BATHINDA  
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BACHELOR OF ARTS  
SESSION 2025-2026  
SUBJECT:- FOUNDATION OF PHYSICAL EDUCATION  
(PAPER CODE-BA206)  
SEMESTER-2

COURSE CREDITS: 4  
THEORY: 50  
PRACTICAL: 20  
INTERNAL ASSESSMENT: 30  
6 LECTURES PER WEEK

SCHEME OF EXAMINATION

	NAME OF THE PAPER	TIME IN HRS.	EXTERNAL ASSESSMENT	INTERNAL	TOTAL
THEORY	FOUNDATION OF PHYSICAL EDUCATION	3HRS	50	30	100
PRACTICAL	FOUNDATION OF PHYSICAL EDUCATION	3HRS	20		
TOTAL MARKS (THEORY AND PRACTICAL AND INTERNAL)(4 CREDITS)					100

Balkaran  
singh

Arshi  
Rajpal

FOUNDATION OF PHYSICAL EDUCATION	
SEMESTER-II (Paper Code-BA206)	
MAJOR DISCIPLINE CORE COURSE (MAJ/MIN)	
Course Objective	<ol style="list-style-type: none"> <li>To understand the concept of Physical Education and Constituents of Physical Education.</li> <li>To understand the concept of Educational, Philosophical, Biological, Psychological, Sociological and Professional Foundations.</li> <li>To understand the Roots of the Physical Education and Development of Physical Education in India.</li> </ol>
Course Outcome	<ol style="list-style-type: none"> <li>Students will learn about the concept of Physical Education and Constituents Of Physical Education.</li> <li>Students will be able to know about the Educational, Philosophical, Biological, Psychological, Sociological and Professional Foundations.</li> <li>Students will understand about the Roots of the Physical Education and Development of Physical Education in India.</li> </ol>
Outline Syllabus	FOUNDATION OF PHYSICAL EDUCATION
Credits	4(Theory:3,practical;1)
Marks	100:EXTERNAL=50(Theory)+20(Practical)+30(Internal Assessment) Internal Assessment: <ul style="list-style-type: none"> <li>Performance in mid-semester test:12</li> <li>Assignment/Project/Seminar:12</li> <li>Attendance:6</li> </ul>
Contact Hrs	60Hours (Theory:45Hours, Practical:30hours) 1Credit —15Hours 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.
Instruction-for the Paper-Setter and Students:	<ol style="list-style-type: none"> <li>There shall be seven questions in all. Duration of Paper:3hours</li> <li>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)</li> <li>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=30Marks)</li> </ol>
THEORY(50Marks)	
UNITS	TOPICS
Unit1	<ol style="list-style-type: none"> <li>Physical Education: Cleaning, Definition, Dimensions, Aims and objectives Of Physical Education</li> <li>Educational Foundation: aims of education and contribution of Physical Education to Education.</li> <li>Constituents of Physical Education: Physical Training, Physical Culture, Play and Exercise, Drill and Starching, Gymnastic, Sports and Game, Yoga and Aerobics.</li> </ol>

Balkaran Singh

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Unit2	<ol style="list-style-type: none"> <li>1. Biological Foundation: Growth and development, Growth and exercise, Gender and age difference and body types.</li> <li>2. Psychological Foundation: Meaning and definition of learning, Principles, Laws and Theory of Learning. Sociological Foundation: Sports as man kind heritage, Social attitude towards physical activities, custom and tradition in sports.</li> </ol>
Unit3	<ol style="list-style-type: none"> <li>1. Philosophical Foundation: Cleaning, Definition and need of Philosophy in Physical Education. Philosophy applied to Physical Education :Idealism, Naturalism, Realism and Pragmatism.</li> <li>2. Professional Foundation: Professional Ethics, Qualification and Quality of Physical Education Teachers.</li> <li>3. Roots of Physical Education, Greece , Sparta and Athens, Pre and Post Independence of Physical Education in India.</li> </ol>
PRACTICAL (20Marks)	<b>SYLLABUS(PAPER CODE-BA206P)</b>
ATHLETICS (SHOTPUT)	<ol style="list-style-type: none"> <li>1. Marking and dimension of shot put sector.</li> <li>2. Practice of explosive strength exercises.</li> <li>3. Practice of throwing techniques.</li> <li>4. Records and names of national and international athletes-.</li> </ol>
VOLLEYBALL	<ol style="list-style-type: none"> <li>1. Marking and dimension of volleyball ground.</li> <li>2. Fundamental Techniques and Drills.</li> <li>3. Rules and Regulations related to volleyball.</li> <li>4. Lead up Games of volleyball.</li> </ol>
TESTING AND EVALUATION	<b>Test1: Over Head Throw</b> <b>Test2: Broad Jump</b>
SUGGESTED READINGS	<ol style="list-style-type: none"> <li>1. Bucher, C.A.(1995) Foundation of physical education. St. Louis: The C.V. Mosby Co.</li> <li>2. Deshpande, S.H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.</li> <li>3. Mohan, V.M. (1969).Principles of physical education. Delhi: Metropolitan Book Dep.</li> <li>4. Nixon, E. E. &amp; Cozen, F.W.(1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.</li> <li>5. Obertuffer, D.(1970). Physical Education: A Textbook of Principles for Professional Students. New York: Harper &amp; Brothers Publisher.</li> </ol>

Bal Karam  
singh

Amrithi

Rajkumar