

Saurashtra University, Rajkot



*Course of Study
and
Proposed Syllabus
for the
Physical Education
as an
Elective Subject
at
U.G. Courses*

**Physical Education as an Elective Subjects
for U. G. Courses (All Faculties)**

Part I : Theory Subject Exam 60% Weightage /100
Part II : Practical Activity Exam 40% Weightage /100

Semester : I

Scheme of Examination

Part	Theory Subject	Final Paper	Min Pass Marks	Internal Marks	Min Pass Marks	Min. aggre. Pass Marks
I	History of Physical Education	70	25	30	11	36
II	Practical Activity	Practical Activity Exam	Min Pass Marks	Viva	Min Pass Marks	Min. aggre. Pass Marks
	Athletics (Running Event)	70	25	30	11	36

Paper I : History of Physical Education

- Unit - I. : Ancient History of Physical Education in India :
(A) Vaidik Yuga (B) Pauranik Yuga (C) Mahakavye Yuga
(D) Budhh Yuga (E) Philosophical (F) British Yuga
- Unit - II. : History of Physical Education in Greece, Sparta, Athens, England
America and Physical Education activities in USS-Russia.
- Unit - III. : Physical Education before and after Freedom in India
(A) Vyaymshala and Akhadas
(B) The Institutes for Physical Education and Sports in India. SAI, LNUPE (Gwalior), HVPM (Amravati), GVPM (Rajpipla), YMCA (Chennai), NS-NIS (Patiala)
Physical Education Training colleges and courses in Gujarat
- Unit -IV. Activities organized for Physical Education and adventure in Gujarat State by the Department of Youth Welfare, N.C.C., N.S.S., Scout and guide, Youth Hostel, Mountaining institutes, Mahajan Shaktidal, SAG and Non Government Organization NGOs in Gujarat. Contribution of Shri Ambubhai and Chhotubhai purani, Pujya Shri Mota in the field of physical education

Unit - V. Awards and Motivation in Physical Education
 (A) Arjuna awards, Aklavya, Dronacharya, Scholarship to National sportsman, Sardar Patel award, Jaydeepsinh Bariya award.

Semester: II

Part I : Theory Subject Exam 60% Weightage /100

Part II : Practical Activity Exam 40% Weightage /100

Scheme of Examination

Part	Theory Subject	Final Paper	Min Pass Marks	Internal Marks	Min Pass Marks	Min. aggre. Pass Marks
I	Safety Education and First Aid	70	25	30	11	36
Part II	Practical Activity	Practical Activity Exam	Min Pass Marks	Viva	Min Pass Marks	Min. aggre. Pass Marks
	Games (any one from mentioned below)	70	25	30	11	36

Semester - II

Paper : 2 : Safety Education and First Aid

Part - A : Safety Education

- Unit – I : Concept of Accident and safety, related psychological principles, safety education principles, importance.
- Unit – II : Lavatory, Electrical circuits, Kitchen, Medical Store in daily life.
- Unit - III : Infrastructure and conditions in school, furniture, working policy and regulations of school, emergency equipments and aid, Essential information, police, Hospital, Fire brigade, Ambulance Services.
- Unit – IV : Safety principles of Grounds and buildings, Equipments and dress in sports, Training, Principles for safety in demonstration and competitions
- Unit – V : Road, Camp, Tour, Picnic - in related to Safety Education.
 Water, Fire, Flood, Cyclone - Natural Calamities hazards

Part : B
First Aid

- As per sent John Ambulance Manual, New Delhi.

Ref.books :

1. Royafra Dr. Josheph & Dr. K Govindranln Safety Education.
2. First Aid to the injured - Send John Ambulance association, New Delhi.
3. A.R. Ryen - Medical care of the Athletics MC grow hill book, Co. New York, 1962
4. R.L. Clark and R.N. Cumbey - The book of health, D.Y. Nostrand Co. New Jersey – 1962

Part - II

Games Practical (Any One)

- | | | |
|----|------------|---|
| 1 | Kho-Kho | -Grounds, Rules Regulation, Skills, Techniques, Officiating |
| 2 | Volleyball | -Grounds, Rules Regulation, Skills, Techniques, Officiating |
| 3. | Basketball | -Grounds, Rules Regulation, Skills, Techniques, Officiating |
| 4. | Badminton | -Grounds, Rules Regulation, Skills, Techniques, Officiating |

Semester - III

Part : I Theory Subject Exam 60% Weightage/100

Part : II Practical Activity Exam 40% Weightage/100

Part I	Theory Subject	Final Paper	Min Pass Marks	Internal Marks	Min Pass Marks	Min. aggre. Pass Marks
	Health Education	70	25	30	11	36
Part II	Practical Activity	Practical Activity Exam	Min Pass Marks	Viva	Min Pass Marks	Min. aggre. Pass Marks
	Athletics (Jumping Event)	70	25	30	11	36

Semester - III

Paper :3: Health Education

- Unit – I Health Education - Meaning and Definition, Objectives, aim, Principles, importance importance for Physical Education teacher
- Unit – II Structure of Health Service in India
-Central level, State Level and District level
- Unit - III Personal Hygiene, Social Health - description to maintain it
- Unit – IV Nutritional Food - Definition, importance, Vitamins, Balanced diet - importance for players
- Unit – V Communicable and Non - Communicable disease Malaria, Typhoid, T.B., Cholera, Flu, Johondis Aids - Symptoms and prevention

Part II : Practical Athletics (Jumping)

- General and Specific exercises
 - International rules for activities of Jumping
1. Long Jump 2. High Jump 3. Hope Step Jump 4. Pole Volt
- Grounds, Rules-Regulations, Skills and Techniques

Semester : IV

Part I : Theory Subject Exam 60% Weightage/100

Part II : Practical Activity Exam 40% Weightage/100

Scheme of Examination

Part	Theory Subject	Final Paper	Min Pass Marks	Internal Marks	Min Pass Marks	Min. aggre. Pass Marks
I	Yoga and Naturopathy	70	25	30	11	36
Part	Practical Activity	Practical Activity Exam	Min Pass Marks	Viva	Min Pass Marks	Min. aggre. Pass Marks
II	Games (any one from mentioned below)	70	25	30	11	36

Semester : IV

Paper : 4 : Yoga and Naturopathy

Unit - I Indian Yoga and meditation
Ancient Yoga, What is Yoga, Definition, Aim, Objectives, Importance in Modern life, Role of Yoga in different fields, Types of Yoga

Unit - II Importance of Asnas Truths and Myths

Unit - III Classification, Considerable matter before start Asnas, Considerable

Unit - IV Body Healing Asnas, Meditation Asnas, Relaxation Asnas, Asnas for healthy people, Asnas for youth and children, Asnas for age on 35 and above

Unit - V Naturopathy Food, Fast, Exercise, Water, Mud bath, Sun bath, Massage, Magnetic therapy, Acupressure

Ref.books :

1. Swami Kuvalyanand Asanas (Kaivlyadhm Lonavala)-1993
2. Swami Kuvalyanand pranayam (Kaivlyadham, Lonavala)-1983
3. N.Sarin, Yoga Shiksha Avem Dvara Rog Nivaran Khel Sahitya

Kendra, Delhi – 1995

Semester : V

Part I : Theory Subject Exam 60% Weightage/100

Part II : Practical Activity Exam 40% Weightage/100

Scheme of Examination

Part	Theory Subject	Final Paper	Min Pass Marks	Internal Marks	Min Pass Marks	Min. aggre. Pass Marks
I	Recreation	70	25	30	11	36
Part	Practical Activity	Practical Activity Exam	Min Pass Marks	Viva	Min Pass Marks	Min. aggre. Pass Marks
II	Games (any one from mentioned below)	70	25	30	11	36

Semester : V

Paper : 4 : Recreation

Unit - I Recreation-Meaning, Characteristic, Mis Concept of recreation, Definitions, Importance, It's importance for Human being, Values of recreation.

Unit - II History of Recreation in India and abroad :
- Before Freedom, Mogal Yug, Maratha Yug, british yug. Recreational activities in India, movement in America, Britain, USSR

Unit - III Organization and administration in Recreation
- Various Branches, Recreation for in-service people, Professional Recreation, Recreation for Special groups - Sex, Age, disabled
- Recreation and Social organization-Family, School, Religious institutes

Unit - IV Recreation for Urban and rural people, Various equipments, Facilities, Maintains

Unit - V Art and Craft : Games, Play - Various hobbies, Music, Decoration, Natural sight seen, Dance, Camping, Walking,

Construction, Social Occasions, Writing, Reading, Stories.

Ref. Books :

1. Butler G.O. introduction to "Community Recreation" New York, Mcgrow hill co.-1959
2. H.D. mayers and C.K. bright bill, Community recreation Acquide to Its organi station, New Jessey Preutic Hall inc. 1964
3. "A Recreation" C.H. Dubey, L.N.C.P.E., Gwalior (M.P.)

Part - II Practical : Athletics : Throwing

(A) Javelin (B) Hammer throw (C) Discuss throw

- Grounds, Rules-Regulations, Skills, Techniques

Semester : VI

Part I : Theory Subject Exam 60% Weightage/100

Part II : Practical Exam 40% Weightage/100

Scheme of Examination

Part	Theory Subject	Final Paper	Min Pass Marks	Internal Marks	Min Pass Marks	Min. aggre. Pass Marks
Part I	Principles of Coaching and Officiating	70	25	30	11	36
Part II	Practical Activity	Practical Activity Exam	Min Pass Marks	Viva	Min Pass Marks	Min. aggre. Pass Marks
	Games (any one from mentioned below)	70	25	30	11	36

Semester : VI

Paper : 6 : Principles of Officiating and Coaching

Unit - I Sports Terms and Definition

- Training, Coaching, Conditioning, Load, Motor ability, Motor Capacity, Motor Educability Motor performance, Skill, Technique, Intensity Tactics, Volume, Density.

Unit - II Aim and objectives of Training

- Principles of Training, basic methods of Training

Unit - III Coaching - Meaning and Importance, Principles of Coaching,

- Responsibilities of Coach.
- Unit - IV Officiating - Meaning and Importance, Characteristic of Officials, duties, Procedure to Develop Standard of Officials.
- Unit - V Warm-up - Conditioning - Types, Importance Principles of Conditioning, Periodisation, Rest, Sleep.

Part –II: Practical :Games: (Any one)

Cricket: Specific exercises, Ground, Rules Regulations, Skills, Techniques etc.

Kabaddi: Specific exercises, Ground, Rules Regulations, Skills, Techniques etc.

Hockey: Specific exercises, Ground, Rules Regulations, Skills, Techniques etc.

Football: Specific exercises, Ground, Rules Regulations, Skills, Techniques etc.