



UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE' UNIVERSITY)
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

Academic Section

Email: academicsectionju14@gmail.com

NOTIFICATION

(22/Oct./Adp/60)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the Syllabi and Courses of Study in the subject of **Physical Education** of Semesters **Ist** and **IInd** for **Four Year Under Graduate Programme** under the **Choice Based Credit System** as per **NEP-2020** (as given in the **annexure**) for the examinations to be held in the years as per the details given below:

Subject	Semester	for the examination to be held in the years
Physical Education	Semester-I	December 2022, 2023 and 2024
	Semester-II	May 2023, 2024 and 2025

The Syllabi of the courses are available on the University website: www.jammuuniversity.ac.in

Sd/-

DEAN ACADEMIC AFFAIRS

No. F. Acd/II/22/ 7602-7621

Dated: 03.10.2022

Copy for information and necessary action to:

1. Special Secretary to the Vice-Chancellor, University of Jammu for information of Hon'ble Vice-Chancellor
2. Dean, Faculty of Education
3. Head/Convener, Board of Studies in **Physical Education**
4. Sr. P.A. to the Controller of Examinations
5. All members of the Board of Studies
6. Confidential Assistant to the Controller of Examinations
7. I/C Director, Computer Centre, University of Jammu
8. Deputy Registrar/Asst. Registrar (Conf. /Exams. UG/ Exam Eval Non-Prof/CDC)
9. Incharge, University Website for Uploading of the notification

Sumit Sharma
Deputy Registrar (Academic)

SS 3/10/22
AT 3/10
M 03/10/22

Syllabus of Physical Education for FYUGP as per NEP-2020

UNIVERSITY OF JAMMU
("A+" Grade University-Accredited by NAAC)

COURSE SCHEME & SYLLABUS

For

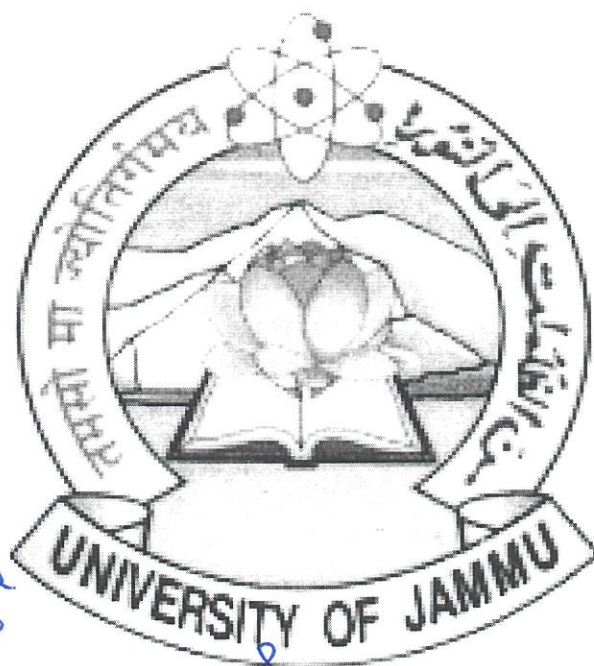
FYUGP Graduate Programme

With

PHYSICAL EDUCATION

(Semester I)

(The Examination is to be held in the year Dec.2022, 2023 &2024)



*ms
Mandeep Singh
DOSPE, JU*

*Vimal Kishore
Asst. Prof.
DOSPE, JU*

Spr

*Habib
Hil*

DIRECTORATE OF SPORTS AND PHYSICAL EDUCATION

UNIVERSITY OF JAMMU, JAMMU

Following Courses of study are prescribed for
1st and 2nd semester
FYUG program in the subject of **PHYSICAL EDUCATION**
Under CBCS as per NEP-2020

Semester	Type of the course	Title of the course	COURSE NO.	CREDIT (T-Teaching P-Practical)
FIRST	MAJOR	Foundation of Physical Education	UMJPET-101	03T+01P
	MINOR	Basics of Physical Education	UMIPET-102	03Th+01P
	MULTIDISCIPLINARY	Introduction to Physical Education	UMDPET-103	03T
	SKILL ENHANCEMENT	First Aid And Sports Injuries	USEPET-104	02
SECOND	MAJOR	Health and Physical Education	UMJPET-201	03T+01P
	MINOR	Basics of Health Education	UMIPET-202	03T+01P
	MULTIDISCIPLINARY	Sports Competitions and Participation	UMDPET-203	03T
	SKILL ENHANCEMENT	Physical Fitness and Its Components	USEPET-204	02

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Semester-I

In Case of Four Credits

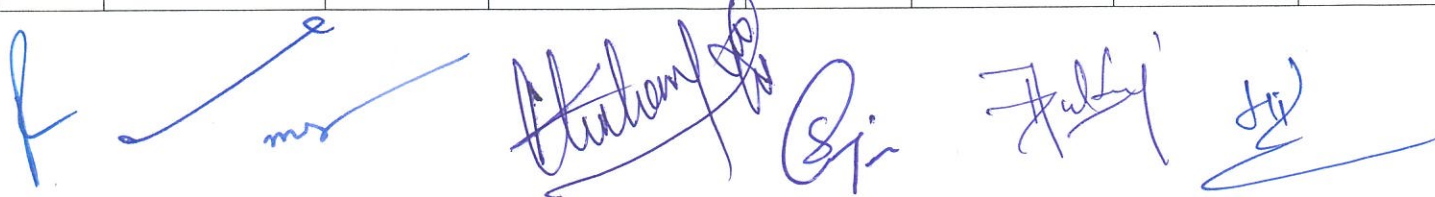
S. No.	CourseT ype	Course No.	CourseT itle	Credits	Marks				Total Marks
					Theory		Practical		
1	Major	101	Foundation of Physical Education	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessme nt10 marks	Exam :15marks	100
2.	Minor	102	Basics of Physical Education	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessme nt10 marks	Exam :15marks	100

In Case of Three Credits

S. No.	CourseType	Course No.	CourseT itle	Credits	Marks		Total Marks
					Theory		
1	Multidisciplinary	103	Introduction to Physical Education	03	Mid semester:15m arks	End Exam:60m arks	75

In Case of Two Credits

S.No.	CourseType	CourseNo.	Course Title	Credits	Marks		Total Marks
					Theory		
1.	SkillEnhancement	104	First-Aid And Sports Injuries	02	Mid semester:10marks	End Exam:40marks	50



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-I
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE

The examination is to be held in the year Dec.2022, 2023 &2024

MAJOR COURSE -UMJPET-101

CREDITS: 4 (3theory+1practical)

COURSE TITLE: FOUNDATION OF PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75 + Practical: 25)

Total no. of Lectures: Theory: 45 hrs.

Theory

Practical: 30hrs.

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Course Learning Outcomes:

- *To Understand the Basic of Physical Education*
- *To Understand and analyze the history of Physical Education*
- *To Analyze the Asian and Olympic Games*
- *To learn about Badminton and Table Tennis*

Theory Course

Unit- I: Introduction

- 1.1. Meaning and definition of Physical Education.
- 1.2. Aim, objectives and Importance of Physical Education.
- 1.3. Career prospects in Physical Education

Unit- II: History of Physical Education

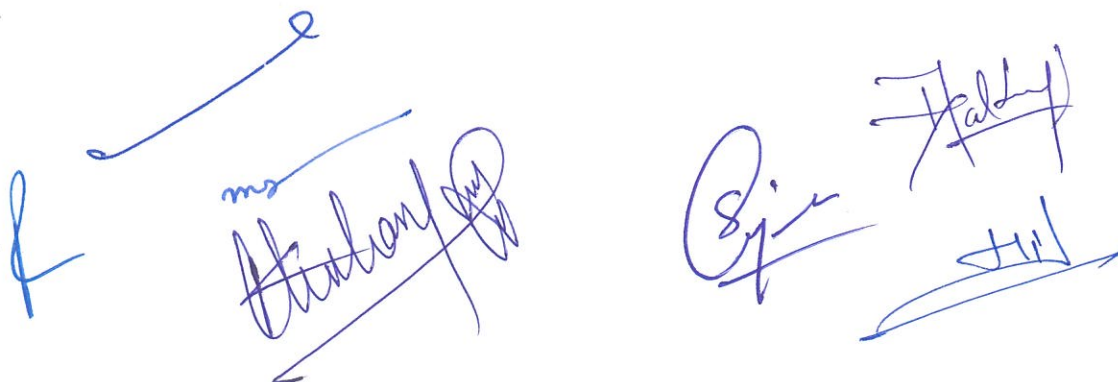
- 2.1 Historical development of Physical Education and Sports in India- Pre-Independence Period.
- 2.2. Post-Independence period.
- 2.3 Historical development of Physical Education and Sports in J&K

Unit- III: Asian Games and Olympic Games

- 3.1 Brief History of Asian Games and Olympic Games
- 3.2 Achievement of India in Asian and Olympic Games
- 3.3 National Sports Awards

Unit- IV: Badminton and Table Tennis

- 3.1 Brief History of the Badminton & Table Tennis
- 3.2 Dimensions of Badminton and Table Tennis
- 3.3 Basic Skills in Badminton and Table Tennis

The bottom of the page features several handwritten signatures and initials in blue ink. On the left, there is a large, stylized signature that appears to be 'Anshu'. To its right, there are several smaller, more compact signatures and initials, including one that looks like 'S. J.' and another that resembles 'H. J.'.

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-I
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE

The examination is to be held in the year Dec.2022, 2023 &2024

MAJOR COURSE -UMJPET-101

CREDITS: 4 (3theory+1practical)

COURSE TITLE: FOUNDATION OF PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75 + Practical: 25)

Total no. of Lectures: Theory: 45 hrs.

Theory

Practical: 30hrs.

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Practical Course

GAME

(i) Badminton/ Table Tennis (Anyone)

- I. Equipment required in the game.
- II. Court Marking, Rules and regulations of the game.
- III. Basic skills

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
2. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).
3. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

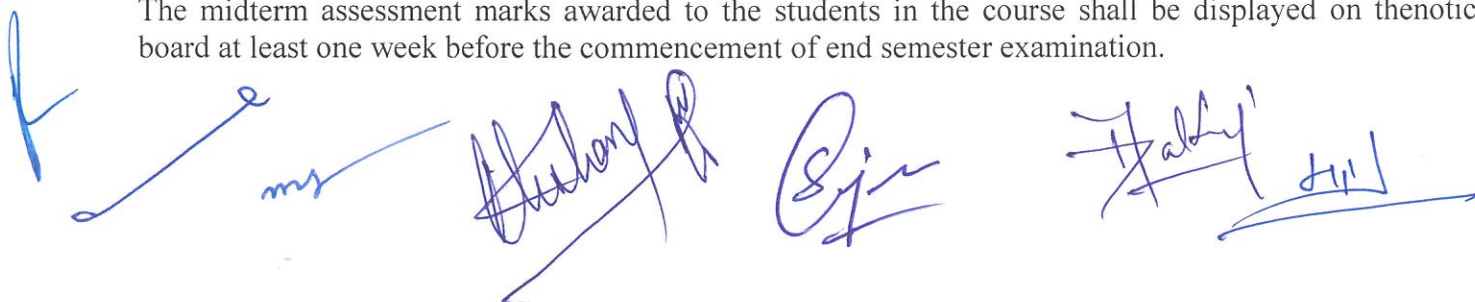
Midterm assessment test shall be conducted by the course coordinator as per the following pattern:

The duration of test shall be 1 and a half hours.

SECTION A: Eight (08) short answer questions (Five to be attempted) covering 50% syllabus (two units) i.e. at least four questions from each unit. Each Question shall be of 01 mark.

SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

The midterm assessment marks awarded to the students in the course shall be displayed on the notice board at least one week before the commencement of end semester examination.



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-I
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE

The examination is to be held in the year Dec.2022, 2023 &2024

MAJOR COURSE -UMJPET-101

COURSE TITLE: FOUNDATION OF PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75 + Practical: 25)

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

CREDITS: 4 (3theory+1practical)

Total no. of Lectures: Theory: 45 hrs.

Practical: 30hrs.

EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

The external end semester university examination in theory to be conducted by university shall consist of the following:

SECTION A: Four (04) short answer questions having one question from each unit. The students are required to attempt all questions. Each Question shall be of 03 marks.

SECTION B: Eight (08) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each Question shall be of 12 marks.

The Duration of Exam shall be of 03 hours.

PRACTICAL (25 MARKS)

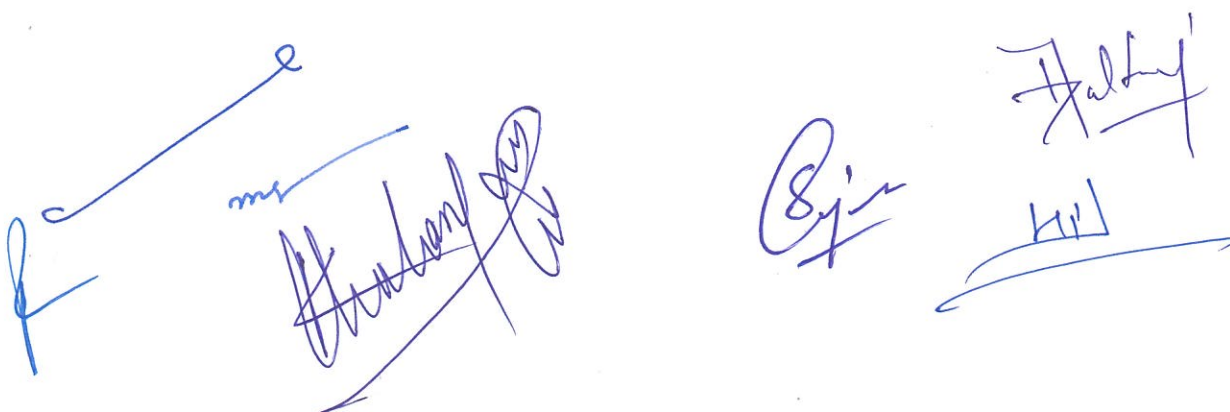
Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be as under:

INTERNAL PRACTICAL (10 MARKS):

Internal practical involves Skill test of 07 marks and Viva Voce of 03 marks.

EXTERNAL PRACTICAL (15 MARKS):

External practical involves Skill test of 10 marks and Viva Voce of 05 marks.

The bottom of the page features several handwritten signatures in blue ink. On the left, there is a signature that appears to be 'R'. In the center, there is a signature that looks like 'ms' followed by a large, stylized signature. To the right of this, there is a signature that looks like 'Gj'. Further right, there is a signature that looks like 'Halby' and another signature that looks like 'Hil'.

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The examination is to be held in the year Dec.2022, 2023 &2024

MAJOR COURSE -UMJPET-101

CREDITS: 4 (3theory+1practical)

COURSE TITLE: FOUNDATION OF PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75 + Practical: 25)

Total no. of Lectures: Theory: 45 hrs.

Theory

Practical: 30hrs.

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

SUGGESTED READINGS

1. Nathial, M.S. (2022) History, Principles and foundation of Physical Education, Friends Publication, J&K(India)
2. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication).
3. Singh Mandeep. et.al. (2022) Foundation and History of Physical Education, Vinod Publishing House, India
4. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, USA.
5. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
6. Shaffer, D.R. (2002) Development Psychology: Childhood and Adolescence. Thomson, Sydney, Australia.
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10. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, JagdishBains and Rachhpal Singh Brar.

The bottom of the page features several handwritten signatures and initials in blue ink. On the left, there is a large, stylized signature that appears to be 'F'. To its right, there are smaller initials 'ms' and a signature that looks like 'Rachhpal Singh Brar'. Further right, there is a signature 'Gill' and another signature 'Jagdish Bains'. On the far right, there is a signature 'Ajmer Singh' and a large, sweeping signature that could be 'Rachhpal Singh Brar'.

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

MINOR COURSE

The examination is to be held in the year Dec.2022, 2023 &2024

MINOR COURSE -UMIPET-102

COURSE TITLE: BASICS OF PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75 + Practical: 25)

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

CREDITS: 4 (3theory+1practical)

Total no. of Lectures: Theory: 45 hrs.

Practical: 30hrs.

Course Learning Outcomes:

- *To Understand the Basic of Physical Education*
- *To Understand and analyze the history of Physical Education*
- *To learn National Awards in Sports*
- *To learn about the selected Games*

Theory Course

Unit- I: Introduction

- 1.1. Meaning and definition of Physical Education.
- 1.2. Aim and objectives of Physical Education.
- 1.3. Importance of Physical Education.

Unit- II: History of Physical Education

- 2.1 Historical development of Physical Education and Sports in India- Pre-Independence Period.
- 2.2. Post-Independence period.
- 2.3 Historical development of Physical Education and Sports in J&K

Unit- III: National Awards and Olympic Games

- 3.1 Brief History of Olympic Games
- 3.2 Achievement of India in Olympics
- 3.3 National Sports Awards

Unit- IV: Badminton and Table Tennis

- 3.1 Brief History of the Badminton & Table Tennis
- 3.2 Dimensions of Badminton and Table Tennis
- 3.3 Basic Skills in Badminton and Table Tennis

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

MINOR COURSE

The examination is to be held in the year Dec.2022, 2023 &2024

MINOR COURSE -UMIPET-102

COURSE TITLE: BASICS OF PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75 + Practical: 25)

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

CREDITS: 4 (3theory+1practical)

Total no. of Lectures: Theory: 45 hrs.

Practical: 30hrs.

Practical Course

GAME

(i) Badminton/ Table Tennis (Anyone)

- I. Equipment required in the game.
- II. Court Marking, Rules and regulations of the game.
- III. Basic skills

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
2. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).
3. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

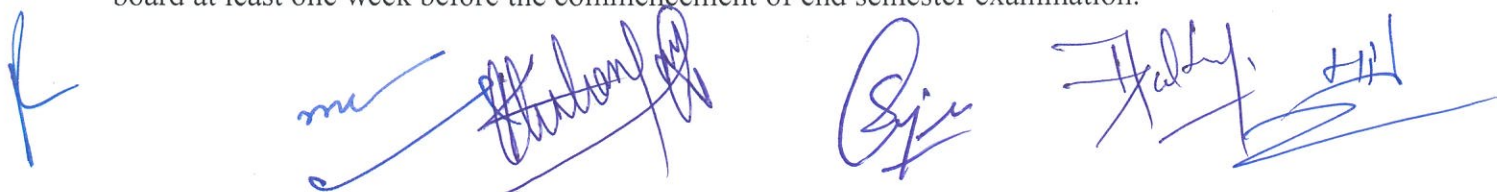
Midterm assessment test shall be conducted by the course coordinator as per the following pattern:

The duration of test shall be 1 and a half hours.

SECTION A: Eight (08) short answer questions (Five to be attempted) covering 50% syllabus (two units) i.e. four questions from each unit. Each Question shall be of 01 mark.

SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

The midterm assessment marks awarded to the students in the course shall be displayed on the notice board at least one week before the commencement of end semester examination.



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-I
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE

The examination is to be held in the year Dec.2022, 2023 &2024

MINOR COURSE -UMIPET-102

COURSE TITLE: BASICS OF PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75 + Practical: 25)

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

CREDITS: 4 (3theory+1practical)

Total no. of Lectures: Theory: 45 hrs.

Practical: 30hrs.

EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

The external end semester university examination in theory to be conducted by university shall consist of the following:

SECTION A: Four (04) short answer questions having one question from each unit. The students are required to attempt all questions. Each Question shall be of 03 marks.

SECTION B: Eight (08) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each Question shall be of 12 marks.

The Duration of Exam shall be of 03 hours.

PRACTICAL (25 MARKS)


Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be as under:

INTERNAL PRACTICAL (10 MARKS):

Internal practical involves Skill test of 07 marks and Viva Voce of 03 marks.

EXTERNAL PRACTICAL (15 MARKS):

External practical involves Skill test of 10 marks and Viva Voce of 05 marks.

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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

MINOR COURSE

The examination is to be held in the year Dec.2022, 2023 &2024

MINOR COURSE -UMIPET-102

CREDITS: 4 (3theory+1practical)

COURSE TITLE: BASICS OF PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75 + Practical: 25)

Total no. of Lectures: Theory: 45 hrs.

Theory

Practical: 30hrs.

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

SUGGESTED READINGS

1. Nathial, M.S. (2022) History, Principles and foundation of Physical Education, Friends Publication, J&K(India)
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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION
MULTIDICIPLINARY COURSE

The examination is to be held in the year Dec.2022, 2023 &2024

MULTIDICIPLINARY COURSE -UMDPET-103

CREDITS: 03

COURSE TITLE: INTRODUCTION TO PHYSICAL EDUCATION

MAX MARKS: 75 (Theory: 75)

Total no. of Lectures: Theory: 45 hrs.

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Course Learning Outcomes:

- *To Understand the Common concepts in Physical Education*
- *To Understand and analyze the history of Physical Education*
- *To Understand Biological Foundations of Physical Education*
- *To learn about National Awards in Sports*

Theory Course

Unit- I: Introduction

- 1.1. Meaning and definition of Physical Education.
- 1.2. Aim and objectives of Physical Education.
- 1.3. Importance of Physical Education.

Unit- II: History of Physical Education

- 2.1 Historical development of Physical Education and Sports in India- Pre-Independence Period.
- 2.2. Post-Independence period.
- 2.3 Historical development of Physical Education and Sports in J&K

Unit- III: Biological Foundation of Physical Education

- 3.1 Biological foundation-Meaning and Definition of growth and development.
- 3.2 Factors affecting growth and development
- 3.3 Principles of growth and development

Unit- IV: National Awards and Olympic Games

- 4.1 Brief History of Olympic Games
- 4.2 Achievement of India in Olympics
- 4.3 National Sports Awards

The bottom of the page features several handwritten signatures and initials in blue ink. On the left, there is a large, stylized 'F' or 'P' shape. To its right are several smaller, more complex signatures, including one that appears to be 'ms', another that looks like 'Hisham', and others that are less legible. On the far right, there is a signature that looks like 'Hisham' and another that looks like 'Hisham'.

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-I
SUBJECT: PHYSICAL EDUCATION
MULTIDICIPLINARY COURSE

The examination is to be held in the year Dec.2022, 2023 &2024

MULTIDICIPLINARY COURSE -UMDPET-103

CREDITS: 03

COURSE TITLE: INTRODUCTION TO PHYSICAL EDUCATION

MAX MARKS: 75 (Theory: 75)

Total no. of Lectures: Theory: 45 hrs.

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
2. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).
3. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

Midterm assessment test shall be conducted by the course coordinator as per the following pattern.

The duration of test shall be 1 and a half hours.

SECTION A: Eight (08) short answer questions (Five to be attempted) covering 50% syllabus (two units) i.e. four questions from each unit. Each Question shall be of 01 mark.

SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

The midterm assessment marks awarded to the students in the course shall be displayed on the notice board at least one week before the commencement of end semester examination.

EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

The external end semester university examination in theory to be conducted by university shall consist of the following:

SECTION A: Four (04) short answer questions having one question from each unit. The students are required to attempt all questions. Each Question shall be of 03 marks.

SECTION B: Eight (08) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each Question shall be of 12 marks.

The Duration of Exam shall be of 03 hours.

The bottom of the page features several handwritten signatures in blue ink. From left to right, there is a small signature, a larger one, a signature that appears to be 'Anand', a signature that appears to be 'Bij', and a signature that appears to be 'Hali'. There are also some scribbles and lines around these signatures.

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION
MULTIDICIPLINARY COURSE

The examination is to be held in the year Dec.2022, 2023 &2024

MULTIDICIPLINARY COURSE -UMDPET-103

CREDITS: 03

COURSE TITLE: INTRODUCTION TO PHYSICAL EDUCATION

MAX MARKS: 75 (Theory: 75)

Total no. of Lectures: Theory: 45 hrs.

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

SUGGESTED READINGS

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5. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
6. Shaffer, D.R. (2002) Development Psychology: Childhood and Adolescence. Thomson, Sydney, Australia.
7. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.
8. Singh, A. et al. (2000) Essential of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION
SKILL ENHANCEMENT COURSE

The examination is to be held in the year Dec.2022, 2023 &2024

SKILL ENHANCEMENT COURSE -USEPET-104
COURSE TITLE: FIRST AID AND SPORTS INJURIES
MAX MARKS: 50

CREDITS: 02

Total no. of Hours: 30 hrs.

1) External (University exam): 40

2) Internal assessment: 10

Duration of Examination: 2^{1/2} hrs

Course Learning Outcomes:

- *To Understand First-Aid and Sports Injuries*
- *To gain skill of Providing First-Aid*
- *To Analyze Sports Injuries and its management*
- *To learn about the Rehabilitative Process*

Unit- I: Introduction of First-Aid

- 1.1. Meaning, definition and importance of First Aid.
- 1.2. First Aid Techniques and Equipment
- 1.3. Technique of CPR
- 1.4. PRICER

Unit- II: Introduction of Sports Injuries

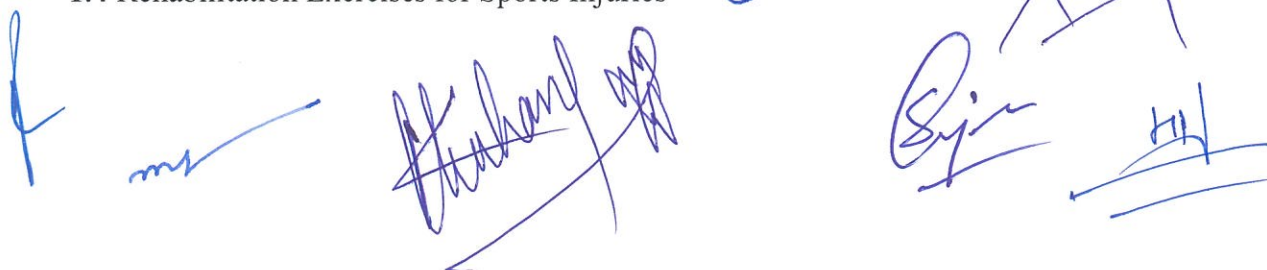
- 1.1. Brief Introduction of Sports Injuries.
- 1.2. Common Sports Injuries and their Classification.
- 1.3. Sprain Strain Fracture and Dislocation.

UNIT-III: Management of Sports Injuries

- 1.1 Cause and management of Sports Injuries
- 1.2 Prevention of Sports Injuries and Techniques of Massage
- 1.3 Rehabilitation Exercises for Sports Injuries

Note: To enhance Skill Practical Experience to students of the following is recommended

- 1.1 First Aid Techniques and Equipment**
- 1.2 Technique of CPR**
- 1.3 Techniques of Massage**
- 1.4 Rehabilitation Exercises for Sports Injuries**



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION
SKILL ENHANCEMENT COURSE

The examination is to be held in the year Dec.2022, 2023 &2024

SKILL ENHANCEMENT COURSE -USEPET-104

CREDITS: 02

COURSE

TITLE: FIRST AID AND SPORTS INJURIES

MAX MARKS: 50

Total no. of Hours: 30 hrs.

1) External (University exam): 40

2) Internal assessment: 10

Duration of Examination: 2^{1/2}hrs

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

END SEMESTER UNIVERSITY EXAMINATION (TOTAL MARKS: 20; SYLLABUS TO BE COVERED: 100%)

The question paper will have 2 sections. Section 'I' will be compulsory having four questions of 2½ marks each and spread over the entire theory syllabus (two from each unit i.e., Units I and II). The questions will be short answer type having answers not exceeding 30 to 60 words. Section 'II' will have four long answer type questions, two from each unit. Each question will be of 5 marks. The candidates will be required to answer one question from each unit.

MID SEMESTER ASSESSMENT TEST (TOTAL MARKS: 5; SYLLABUS TO BE COVERED: UP TO 50%)

Five (5) marks for theory paper in a subject reserved for internal assessment shall have ten (10) short or multiple choice or one word answer type questions. All the questions are compulsory and each question carries ½ mark.

NOTE FOR DISTRIBUTION OF 25 MARKS IN PRACTICAL EXAMINATION.

1. Internal Assessment (Total Marks:05)

Marks

- | | | |
|------|--|----|
| i. | Attendance | 01 |
| ii. | Practical Test | 02 |
| iii. | Daily Performance based on practical work done | 02 |

2. External Assessment (Total Marks:20)

Marks

- | | | |
|-----|--------------------------------|----|
| i. | External Practical Examination | 15 |
| ii. | Viva-voce | 15 |

UNIVERSITY OF JAMMU
("A+" Grade University-Accredited by NAAC)

COURSE SCHEME & SYLLABUS

For

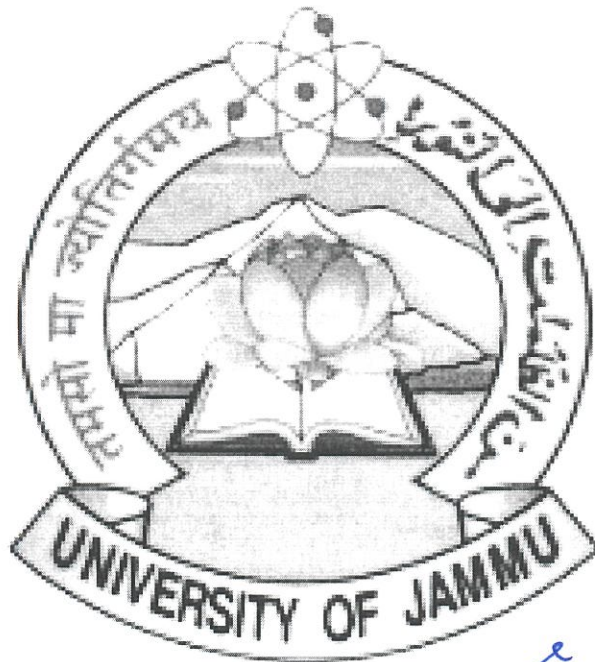
Under Graduate Programme

With

PHYSICAL EDUCATION

(Semester II)

(The Examination is to be held in the year May 2023, 2024 & 2025)



Dr. Mandeep Singh
Asst. Prof.
DSPE, JU
ms

Vinay Kishor
Asst. Prof.
DSPE, JU

Dr. [Signature]

Dr. [Signature]

Dr. [Signature]

Semester-II

In Case of Four Credits

S. No.	CourseT ype	Course No.	CourseT itle	Credits	Marks				Total Marks
					Theory		Practical		
1	Major	201	Health and Physical Education	3Th+1P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
2.	Minor	202	Basics of Health Education	3Th+1P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100

In Case of Three Credits

S. No.	CourseType	Course No.	CourseT itle	Credits	Marks		Total Marks
					Theory		
1	Multidisciplinary	203	Sports Competitions and Participation	03	Mid semester:15m arks	End Exam:60m arks	75

In Case of Two Credits

S.No.	CourseType	CourseNo.	Course Title	Credits	Marks		Total Marks
					Theory		
1.	SkillEnhancement	204	Physical Fitness and Its Components	02	Mid semester:10marks	End Exam:40marks	50

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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-II
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE

(The Examination is to be held in the year May2023, 2024 &2025)

MAJOR COURSE -UMJPET-201

CREDITS: 4 (3theory+1practical)

COURSE TITLE: HEALTH AND PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75 + Practical: 25)

Total no. of Lectures: Theory: 45 hrs.

Theory

Practical: 30hrs.

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Course Learning Outcomes:

- *To know about the concept of Health education*
- *To Understand and analyze the concept of Nutrition*
- *To Analyze about health problems in India*
- *To learn about Communicable & Non Communicable Diseases.*
- *To learn about Hockey and Kabaddi*

Theory Course

Unit- I: Introduction

- 1.1. Concept, definition and dimension of Health.
- 1.2. Definition, aim, objectives and principles of Health Education.
- 1.3. Personal Hygiene
- 1.4. School Health Program- Health Service, Health Instruction, Health Supervision, and Health Record.

UNIT-II: Nutrition & Obesity

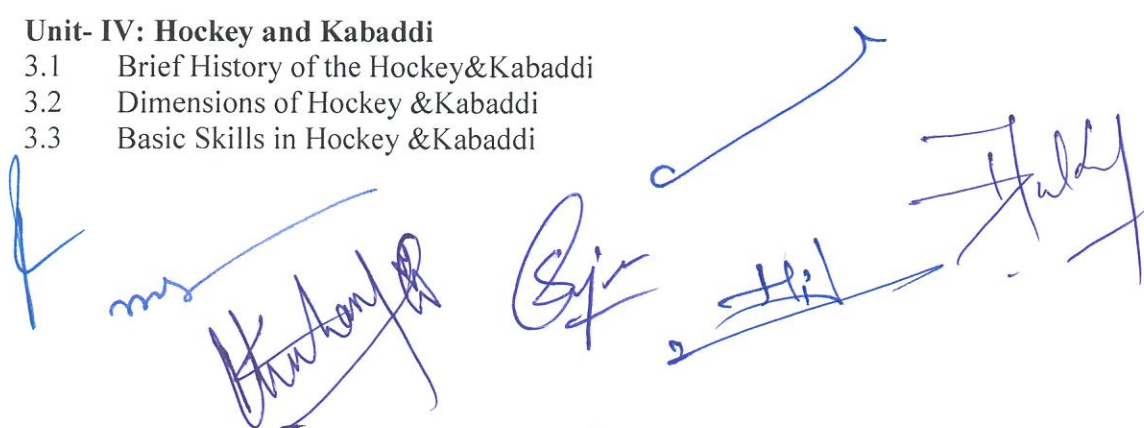
- 2.1 Importance of Nutrition and Balanced Diet
- 2.2 Nutrition in Sports
- 2.3 Balanced Diet
- 2.4 Obesity causes and prevention.

Unit- III: Health Problems in India- Prevention and Control

- 3.1. Communicable Diseases- Malaria, and AIDS
- 3.2. Non-communicable Diseases- Diabetes.
- 3.3. Define Posture and benefits of correct posture
- 3.4 Posture deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot

Unit- IV: Hockey and Kabaddi

- 3.1 Brief History of the Hockey & Kabaddi
- 3.2 Dimensions of Hockey & Kabaddi
- 3.3 Basic Skills in Hockey & Kabaddi

The bottom of the page features several handwritten signatures and marks in blue ink. On the left, there is a large, stylized signature that appears to be 'H. K. Singh'. In the center, there is a signature that looks like 'G. Singh'. To the right of the center, there is a signature that appears to be 'H. Singh'. On the far right, there is a signature that looks like 'H. Singh'. There are also some other smaller marks and initials scattered around these signatures.

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

(The Examination is to be held in the year May2023, 2024 &2025)

MAJOR COURSE -UMJPET-201

CREDITS: 4 (3theory+1practical)

COURSE TITLE: HEALTH AND PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75 + Practical: 25)

Total no. of Lectures: Theory: 45 hrs.
Practical: 30hrs.

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

PRACTICAL COURSE

GAME

i) Hockey / Kabaddi(Anyone)

- I. Equipment required in the game.
- II. Court Marking, Rules and regulations of the game.
- III. Basic skills

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
2. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).
3. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

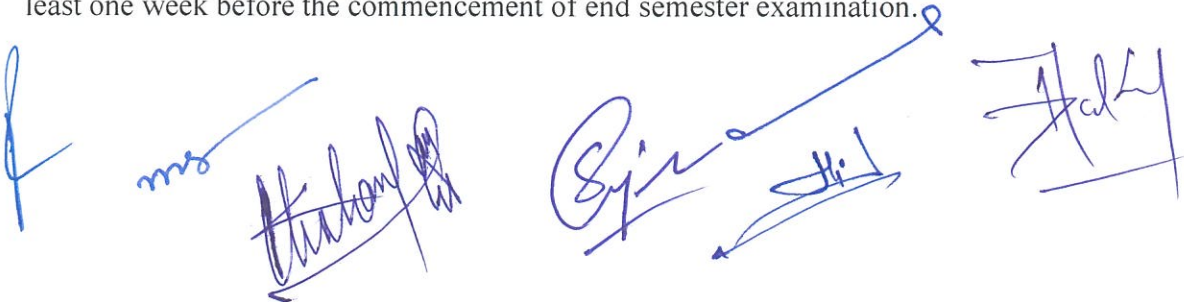
Midterm assessment test shall be conducted by the course coordinator as per the following pattern:

The duration of test shall be 1 and a half hours.

SECTION A: Eight (08) short answer questions (Five to be attempted) covering 50% syllabus (two units) i.e. four questions from each unit. Each Question shall be of 01 mark.

SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

The midterm assessment marks awarded to the students in the course shall be displayed on the notice board at least one week before the commencement of end semester examination.



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

(The Examination is to be held in the year May2023, 2024 &2025)

MAJOR COURSE -UMJPET-201

TITLE: HEALTH AND PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75 + Practical: 25)

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

CREDITS: 4 (3theory+1practical) COURSE

Total no. of Lectures: Theory: 45 hrs.

Practical: 30hrs.

EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

The external end semester university examination in theory to be conducted by university shall consist of the following:

SECTION A: Four (04) short answer questions having one question from each unit. The students are required to attempt all questions. Each Question shall be of 03 marks.

SECTION B: Eight (08) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each Question shall be of 12 marks.

The Duration of Exam shall be of 03 hours.

PRACTICAL (25 MARKS)

Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be as under:

INTERNAL PRACTICAL (10 MARKS):

Internal practical involves Skill test of 07 marks and Viva Voce of 03 marks.

EXTERNAL PRACTICAL (15 MARKS):

External practical involves Skill test of 10 marks and Viva Voce of 05 marks.

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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-II
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE

(The Examination is to be held in the year May2023, 2024 &2025)

MAJOR COURSE -UMJPET-201

COURSE TITLE: HEALTH AND PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75 + Practical: 25)

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

CREDITS: 4 (3theory+1practical)

Total no. of Lectures: Theory: 45 hrs.

Practical: 30hrs.

SUGGESTED READINGS

1. Singh Mandeep. et.al. (2022) Health Education, Vinod Publishing House, J&K (India)
2. Delbert, Oberteuffer, et. al." The School Health Education".
3. Ghosh, B.N. "Treaties of Hygiene and Public Health".
4. Hanlon, John J. "Principles of Public Health Administration" 2003.
5. Turner, C.E. "The School Health and Health Education".
6. Moss et. al. "Health Education" (National Education Association of U.T.A.).
7. Nemir A. "The School Health Education" (Harber and Brothers, New York).
8. Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
9. Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended.
Angus and Robertson.
10. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, JagdishBains and Rachhpal Singh
Brar.



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-II
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE

(The Examination is to be held in the year May2023, 2024 &2025)

MAJOR COURSE -UMIPET-202

CREDITS: 4 (3theory+1practical)

COURSE TITLE: BASICS OF PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75 + Practical: 25)

Total no. of Lectures: Theory: 45 hrs.

Theory

Practical: 30hrs.

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Course Learning Outcomes:

- *To know about the concept of Health education*
- *To Understand Malnutrition and Obesity*
- *To Analyze about health problems in India*
- *To learn about Communicable & Non Communicable Diseases.*
- *To learn about Hockey and Kabaddi*

Theory Course

Unit- I: Introduction

- 1.1. Concept, definition and dimension of Health.
- 1.2. Definition, aim, objectives of Health Education.
- 1.3. Principles of Health Education.
- 1.4. Guiding instructions in personal hygiene

UNIT-II: Malnutrition & Obesity

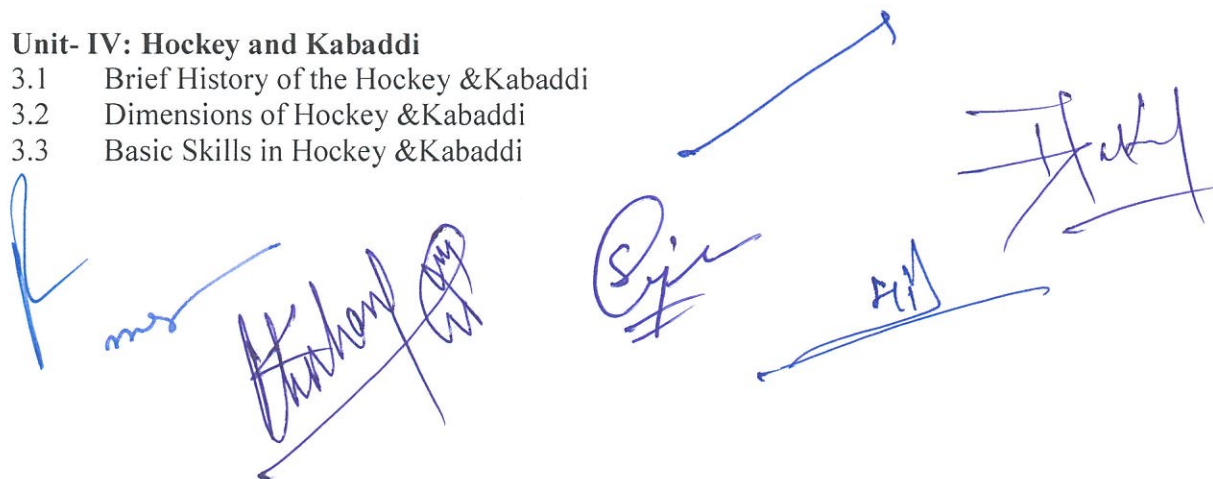
- 2.1 Importance of Nutrition and Balanced Diet
- 2.2 Balanced Diet
- 2.3 Obesity, Malnutrition, Adulteration in food
- 2.4 Obesity causes and prevention.

Unit- III: Health Problems in India- Prevention and Control

- 3.1. Communicable Diseases- Malaria, and AIDS
- 3.2. Non-communicable Diseases- Diabetes.
- 3.3. Define Posture and benefits of correct posture
- 3.4 Posture deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.

Unit- IV: Hockey and Kabaddi

- 3.1 Brief History of the Hockey & Kabaddi
- 3.2 Dimensions of Hockey & Kabaddi
- 3.3 Basic Skills in Hockey & Kabaddi



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION

MINOR COURSE

(The Examination is to be held in the year May2023, 2024 &2025)

MAJOR COURSE -UMIPET-202

CREDITS: 4 (3theory+1practical)

COURSE TITLE: BASICS OF PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75 + Practical: 25)

Total no. of Lectures: Theory: 45 hrs.

Theory

Practical: 30hrs.

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

PRACTICAL COURSE

GAME

i) Hockey / Kabaddi(Anyone)

- I. Equipment required in the game.
- II. Court Marking, Rules and regulations of the game.
- III. Basic skills

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
2. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).
3. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

Midterm assessment test shall be conducted by the course coordinator as per the following pattern:

The duration of test shall be 1 and a half hours.

SECTION A: Eight (08) short answer questions (Five to be attempted) covering 50% syllabus (two units) i.e. four questions from each unit. Each Question shall be of 01 mark.

SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

The midterm assessment marks awarded to the students in the course shall be displayed on the notice board at least one week before the commencement of end semester examination.



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION

MINOR COURSE

(The Examination is to be held in the year May2023, 2024 &2025)

MAJOR COURSE -UMIPET-202

CREDITS: 4 (3theory+1practical)

COURSE TITLE: BASICS OF PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75 + Practical: 25)

Total no. of Lectures: Theory: 45 hrs.

Theory

Practical: 30hrs.

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

The external end semester university examination in theory to be conducted by university shall consist of the following:

SECTION A: Four (04) short answer questions having one question from each unit. The students are required to attempt all questions. Each Question shall be of 03 marks.

SECTION B: Eight (08) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each Question shall be of 12 marks.

The Duration of Exam shall be of 03 hours.

PRACTICAL (25 MARKS)

Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be as under:

INTERNAL PRACTICAL (10 MARKS):

Internal practical involves Skill test of 07 marks and Viva Voce of 03 marks.

EXTERNAL PRACTICAL (15 MARKS):

External practical involves Skill test of 10 marks and Viva Voce of 05 marks.

The bottom of the page features several handwritten signatures in blue ink. On the left, there is a signature that appears to be 'me' followed by a large, stylized signature that looks like 'Ashan'. In the center, there is a signature that looks like 'S. J.' followed by another signature that appears to be 'Jil'. On the right, there is a signature that looks like 'Hali'.

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-II
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE

(The Examination is to be held in the year May2023, 2024 &2025)

MAJOR COURSE -UMIPET-202

CREDITS: 4 (3theory+1practical)

COURSE TITLE: BASICS OF PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75 + Practical: 25)

Total no. of Lectures: Theory: 45 hrs.

Theory

Practical: 30hrs.

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

SUGGESTED READINGS

1. Singh Mandeep. et.al. (2022) Health Education, Vinod Publishing House, J&K (India)
2. Delbert, Oberteuffer, et. al." The School Health Education".
3. Ghosh, B.N. "Treaties of Hygiene and Public Health".
4. Hanlon, John J. "Principles of Public Health Administration" 2003.
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9. Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended.
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10. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, JagdishBains and Rachhpal Singh
Brar.

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION
MULTIDICIPLINARY COURSE

(The Examination is to be held in the year May2023, 2024 &2025)

MULTIDICIPLINARY COURSE -UMDPET-203

CREDITS: 03

COURSE TITLE: SPORTS COMPETITIONS AND PARTICIPATION

MAX MARKS: 75 (Theory: 75)

Total no. of Lectures: Theory: 45 hrs.

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Course Learning Outcomes:

- *To Understand International Sports Competitions*
- *To Understand Sports Organization*
- *To Analyze about Tournaments.*
- *To understand Games and Sports as Cultural Heritage*

Unit- I: Tournaments and Competitions

- 1.1 Meaning, Definition and Types of Tournaments
- 1.2 Importance of Tournaments
- 1.3 Intramural and Extramural
- 1.1 Importance of Intramural and Extramural

Unit- II: Participation

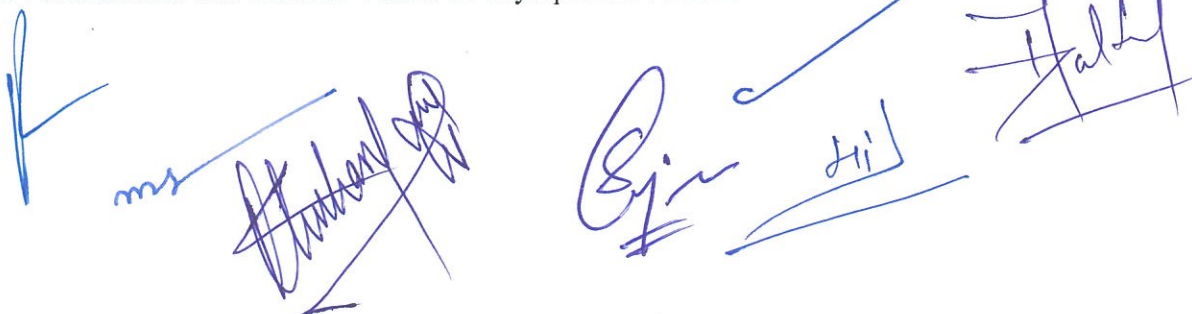
- 2.1 Importance of Participation in Sports
- 2.2 Role of Players
- 2.3 Role of Coaches
- 2.4 Role of Educational Institutions and Social Organisations in Promotion of Sports

Unit- III: Commonwealth Games, Asian Games and Olympics

- 3.1 Origin and Brief History
- 3.2 Participating Countries and Moto
- 3.3 Achievement of India
- 3.4 Achievements of J&K at International level

Unit – IV Games and Sports

- 4.1 Games and Sports as man's Cultural Heritage
- 4.2 Role of Games and Sports as in National and International Integration
- 4.3 Traditional or Indigenous Games of India
- 4.4 Educational and Cultural Values of Olympic Movement

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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION

MULTIDICIPLINARY COURSE

(The Examination is to be held in the year May2023, 2024 &2025)

MULTIDICIPLINARY COURSE -UMDPET-203

CREDITS: 03

COURSE

TITLE: SPORTS COMPETITIONS AND PARTICIPATION

MAX MARKS: 75 (Theory: 75)

Total no. of Lectures: Theory: 45 hrs.

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
2. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).
3. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

Midterm assessment test shall be conducted by the course coordinator as per the following pattern:

The duration of test shall be 1 and a half hours.

SECTION A: Eight (08) short answer questions (Five to be attempted) covering 50% syllabus (two units) i.e. four questions from each unit. Each Question shall be of 01 mark.

SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

The midterm assessment marks awarded to the students in the course shall be displayed on the notice board at least one week before the commencement of end semester examination.

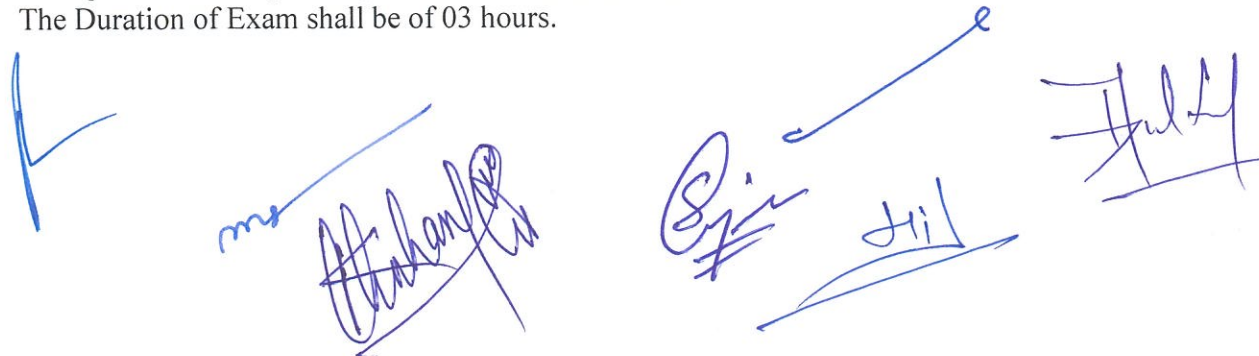
EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

The external end semester university examination in theory to be conducted by university shall consist of the following:

SECTION A: Four (04) short answer questions having one question from each unit. The students are required to attempt all questions. Each Question shall be of 03 marks.

SECTION B: Eight (08) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each Question shall be of 12 marks.

The Duration of Exam shall be of 03 hours.



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION
MULTIDICIPLINARY COURSE

(The Examination is to be held in the year May2023, 2024 &2025)

MULTIDICIPLINARY COURSE -UMDPET-203

CREDITS: 03

COURSE

TITLE: SPORTS COMPETITIONS AND PARTICIPATION

MAX MARKS: 75 (Theory: 75)

Total no. of Lectures: Theory: 45 hrs.

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

SUGGESTED READINGS

1. Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: PoompugarPathipagam.
2. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
3. Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
4. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
5. SandhyaTiwaji. (1999). Exercise Physiology. Sports Publishers.
6. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
7. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
8. William, D. McAradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.
9. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, JagdishBains and Rachhpal Singh Brar.

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION
SKILL ENHANCEMENT COURSE

(The Examination is to be held in the year May 2023, 2024 & 2025)

SKILL ENHANCEMENT COURSE -USEPET-204

CREDITS: 02

COURSE TITLE: PHYSICAL FITNESS AND ITS COMPONENTS

MAX MARKS: 50

Total no. of Hours: 30 hrs.

1) External (University exam): 40

2) Internal assessment: 10

Duration of Examination: 2^{1/2} hrs

Course Learning Outcomes:

- *To Understand Fitness and components*
- *To gain skill of improving components of Fitness*
- *To Analyze Health and its Dimensions*
- *To learn about the Health Organizations and its functions*

Unit- I:

- 1.1. Brief Introduction of Physical Fitness.
- 1.2. Endurance Meaning types and methods of endurance development.
- 1.3. Speed -Meaning types and methods of Speed development

Unit- II:

- 1.1. Strength-Meaning types and methods of Strength development
- 1.2. Flexibility & Coordination- Meaning types and methods of Flexibility development.
- 1.3. General Fitness Tests: Standing Broad Jump and Vertical Jump; Shuttle Run 6x10 and Zig-zag Run; Cooper Test; Sit and Reach Test and Bend and Reach..

UNIT-III:

- 1.1 Meaning, definition and dimension of Health.
- 1.2 Meaning definition and importance of Balance Diet.
- 1.3 World Health Organization- Origin, Purpose and Structure & Functions

Note: To enhance Skill, Practical Experience to students of the following is recommended

Test for General Motor Fitness and Organic Functions

- 1.1 Standing Broad Jump and Vertical Jump
- 1.2 Shuttle Run 6x10 and Zig-zag Run
- 1.3 Cooper Test
- 1.4 Sit and Reach Test and Bend and Reach.



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION
SKILL ENHANCEMENT COURSE

(The Examination is to be held in the year May2023, 2024 &2025)

SKILL ENHANCEMENT COURSE -USEPET-204

CREDITS: 02

COURSE TITLE: PHYSICAL FITNESS AND ITS COMPONENTS

MAX MARKS: 50

Total no. of Hours: 30 hrs.

1) External (University exam): 40

2) Internal assessment: 10

Duration of Examination: 2^{1/2}hrs

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

END SEMESTER UNIVERSITY EXAMINATION (TOTAL MARKS: 20; SYLLABUS TO BE COVERED: 100%)

The question paper will have 2 sections. Section 'I' will be compulsory having four questions of 2½ marks each and spread over the entire theory syllabus (two from each unit i.e., Units I and II). The questions will be short answer type having answers not exceeding 30 to 60 words. Section 'II' will have four long answer type questions, two from each unit. Each question will be of 5 marks. The candidates will be required to answer one question from each unit.

MID SEMESTER ASSESSMENT TEST (TOTAL MARKS: 5; SYLLABUS TO BE COVERED: UP TO 50%)

Five (5) marks for theory paper in a subject reserved for internal assessment shall have ten (10) short or multiple choice or one word answer type questions. All the questions are compulsory and each question carries ½ mark.

NOTE FOR DISTRIBUTION OF 25 MARKS IN PRACTICAL EXAMINATION.

1. Internal Assessment (Total Marks:05)

Marks

- | | | |
|------|--|----|
| i. | Attendance | 01 |
| ii. | Practical Test | 02 |
| iii. | Daily Performance based on practical work done | 02 |

2. External Assessment (Total Marks:20)

Marks

- | | | |
|-----|--------------------------------|----|
| i. | External Practical Examination | 15 |
| ii. | Viva-voce | 15 |



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SUGGESTED READING

1. AuthorsGuide(2013)ACSM'sHealthRelatedPhysicalFitnessAssessmentManual,USA: ACSM Publications
2. Collins,R.D.,&HodgesP.B.(2001)AComprehensiveGuidetoSportsSkillsTestsand Measurement (2nd edition) Lanham: Scarecrow Press
3. CuretonT.K (1947)PhysicalFitnessAppraisalandGuidance,St Louis:TheC MosbyCompa ny
4. GetchellB(1979)PhysicalFitnessA WayofLife,2ndEditionNewYork,JohnWileyand Sons, Inc
5. Jenson,ClayneRandCyntha,C.Hirst(1980)MeasurementinPhysicalEducationand Athletics, New York, Macmillan Publisg Co. Inc
6. KansalD.K.(1996),"TestandMeasurementinSportsandPhysicalEducation,NewDelhi : DVS Publications
7. Krishnamurthy (2007) Evaluation in Physical Education andSports,New Delhi; Ajay Verma Publication
8. VivianH.Heyward(2005)AdvanceFitnessAssessmentandExercisePrescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research ChampaignIL:HumanKinetics
9. Yobu,A(2010),Test,MeasurementandEvaluationinPhysicalEducationinPhysical Education and Sports. New Delhi; Friends Publications

[Handwritten signatures and initials in blue ink, including names like Anand, Harish, and others, along with dates like 24/07/24]