



UNIVERSITY OF JAMMU

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

Academic Section

Email: academicsectionju14@gmail.com

NOTIFICATION (25/Sept/Adp./25)

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 I, II, III and IV for **Four Year Under Graduate Programme** under 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	Existing Course Code	New Course Code	For the examinations to be held in the year	%age Change
Physical Education	Semester-I	UMJPET-101	UMJPET-110	Dec. 2026, 2027 and 2028	27%
		UMIPET-102	UMIPET-112	Dec. 2026, 2027 and 2028	100%
		UMDPET-103	UMDPET-103	Dec. 2026, 2027 and 2028	25%
		USEPET-104	USEPET-111	Dec. 2026, 2027 and 2028	50%
	Semester-II	UMJPET-201	UMJPET-210	May 2027, 2028 and 2029	40%
		UMIPET-202	UMIPET-212	May 2027, 2028 and 2029	100%
		UMDPET-203	UMDPET-213	May 2027, 2028 and 2029	100%
		USEPET-204	USEPET-211	May 2027, 2028 and 2029	50%
	Semester-III	UMJPET-301	UMJBAT-301	Dec. 2027, 2028 and 2029	100%
		UMJPET-302	UMJBAT-302	Dec. 2027, 2028 and 2029	15%
		UMIPET-303	UMIBAT-313	Dec. 2027, 2028 and 2029	100%
		UMDPET-304	UMDBAT-314	Dec. 2027, 2028 and 2029	100%
		USEPET-305	USEBAT-311	Dec. 2027, 2028 and 2029	50%

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

Sd/-
DEAN ACADEMIC AFFAIRS

No. F. Acd/H/25/10306-317

Dated: 25/9/25

Copy for information and necessary action to:

1. Dean, Faculty of Education
2. Convener, Board of Studies in Education
3. Director, Physical Education
4. All members of the Board of Studies
5. Sr. P.A. to the Controller of Examinations
6. Director, CITES&M, University of Jammu for directing the concerned to upload the notification on University Website.
7. C.A. to the Controller of Examinations
8. Director, Computer Centre, University of Jammu.
9. Joint Registrar/Deputy Registrar/Asst. Registrar (Confidential/Exam UG/Exam. Non Prof.)

Shraddha
24/9/25
Joint Registrar (Academic)

BS
24/9

JS
24/9/25

Syllabus for Under Graduate Level of Physical Education

UNIVERSITY OF JAMMU

("A++" Grade University-Accredited by NAAC)

**COURSE SCHEME & SYLLABUS
For
Four Year Under Graduate Programme
With
PHYSICAL EDUCATION**

(SEMESTER-I)

(Effective from academic session 2025-2026 onwards)



**Directorate of Sports and Physical Education University of
Jammu**

Mahabak

DIRECTORATE OF SPORTS AND PHYSICAL EDUCATION
UNIVERSITY OF JAMMU

Following Courses of Study are prescribed for
Semester- I

**FOUR YEAR UNDER GRADUATE PROGRAMME (FYUGP) IN THE SUBJECT OF
 PHYSICAL EDUCATION**

SEMESTER-I

S. No	Course Type	Course Code	Course Title	Credits	Marks				Total Marks	Percentage of Change
					Theory		Practical			
1	Major	UMPET-110	Foundation of Physical Education	03Th+01P	Mid semester: 15 marks	End Exam :60 marks	Assessment: 10 marks	Exam :15marks	100	27%
2	Minor	UMIPET-112	Foundation of Physical Education	03Th+01P	Mid semester: 15 marks	End Exam :60 marks	Assessment: 10 marks	Exam :15marks	100	100%
3	Multidisciplinary	UMDPET-103	Introduction to Physical Education	03Th	Mid semester: 15 marks	Exam: 60 marks	-	-	75	25%
4	Skill Enhancement	USEPET-111	First Aid & Sports Injuries	01Th + 02 P	Mid Semester: 25 marks	-	Assessment: 20 marks	Exam : 30	75	50%




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DIRECTORATE OF SPORTS AND PHYSICAL EDUCATION
UNIVERSITY OF JAMMU

Following Courses of Study are prescribed for
Semester- II

**FOUR YEAR UNDER GRADUATE PROGRAMME (FYUGP) IN THE SUBJECT OF
 PHYSICAL EDUCATION
SEMESTER-II**

S. No	Course Type	Course Code	Course Title	Credits	Marks				Total Marks	Percent age of Change
					Theory		Practical			
1	Major	UMJPET - 210	Health & Physical Education	03Th+01P	Mid semester: 15 marks	End Exam :60 marks	Assessment: 10 marks	Exam: 15marks	100	40%
2	Minor	UMIPET - 212	Health & Physical Education	03Th+01P	Mid semester: 15 marks	End Exam :60 marks	Assessment: 10 marks	Exam :15marks	100	100%
3	Multidisciplinary	UMDPET -213	Introduction to Physical Education	03Th	Mid semester: 15 marks	Exam: 60 marks	-	-	75	100%
4	Skill Enhancement	USEPET -211	Physical Fitness & its Components	01Th - 02 P	Mid Semester: 25 marks	-	Assessment: 20 marks	Exam : 30 marks	75	50%

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DIRECTORATE OF SPORTS AND PHYSICAL EDUCATION
UNIVERSITY OF JAMMU

Following Courses of Study are prescribed for
Semester- III

**FOUR YEAR UNDER GRADUATE PROGRAMME (FYUGP) IN THE SUBJECT OF
 PHYSICAL EDUCATION
SEMESTER-III**

S. No	Course Type	Course Code	Course Title	Credits	Marks				Total Marks	Percent age of Change
					Theory		Practical			
1	Major	UMJPET-301	Modern Concepts of Physical Education	03Th+01P	Mid semester:15 marks	End Exam :60 marks	Assessment: 10 marks	Exam :15marks	100	10%
2	Major	UMJPET-302	Basics of Yoga	03Th+01P	Mid semester:15 marks	End Exam :60 marks	Assessment: 10 marks	Exam :15marks	100	15%
3	Minor	UMIPET-313	Basics of Yoga	03Th+01P	Mid semester:15 marks	End Exam :60 marks	Assessment: 10 marks	Exam :15marks	100	100%
4	Multidisciplinary	UMDPET-314	Introduction to Physical Education	03Th	Mid semester:15 marks	Exam: 60 marks	-	-	75	100%
5	Skill Enhancement	USEPET-311	Yogic Science	01Th + 02 P	Mid Semester: 25 marks	-	Assessment: 20 marks	Exam : 30 marks	75	50%

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The Examination is to be held in the year Dec.2025, 2026 &2027

MAJOR COURSE-UMJPET-110

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

COURSE TITLE: FOUNDATION OF PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **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-
 - a). Pre-Independence Period
 - b). Post-Independence period.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The Examination is to be held in the year Dec.2025, 2026 &2027

MAJOR COURSE-UMJPET-110

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

COURSE TITLE: FOUNDATION OF PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. Duration of Examination: 03hrs**

2.2. Historical development of Physical Education and Sports in J&K-

a). History, development and hierarchical organizational set up of J&K Sports Council

b). History, development and hierarchical organizational set up of J&K Youth Services and Sports Department.

2.3. National Sports Awards.

Unit- III: Asian Games and Olympic Games

3.1 Brief History of Asian Games.

3.2 Achievement of India in Asian Games.

3.3 Brief History of Olympic Games.

3.4 Achievement of India in Olympic Games.

3.5 Brief Introduction to Common Wealth Games.

Unit- IV: Kabaddi & Kho-Kho (Anyone)

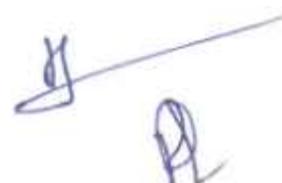
4.1. Equipment required in the game.

4.2. Court Marking, Rules and regulations of the game.

4.3. Basic skills.


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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The Examination is to be held in the year Dec.2025, 2026 &2027

MAJOR COURSE-UMJPET-110

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

COURSE TITLE: FOUNDATION OF PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

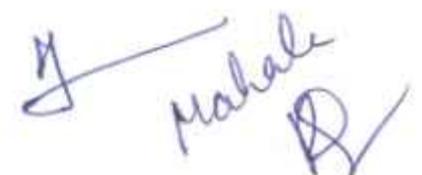
1. External (University exam): 60
2. Internal assessment: 15
3. Duration of Examination: 03hrs

PRACTICAL COURSE

GAME

Kabaddi & Kho-Kho (Anyone)

1. Equipment required in the game.
2. Court Marking, Rules and regulations of the game.
3. Basic skills.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The Examination is to be held in the year Dec.2025, 2026 &2027

MAJOR COURSE-UMJPET-110

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

COURSE TITLE: FOUNDATION OF PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. 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.

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The Examination is to be held in the year Dec.2025, 2026 &2027

MAJOR COURSE-UMJPET-110

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

COURSE TITLE: FOUNDATION OF PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. 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 asunder:

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.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The Examination is to be held in the year Dec.2025, 2026 &2027

MAJOR COURSE-UMJPET-110

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

COURSE TITLE: FOUNDATION OF PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. 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 Till, New York, USA.
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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.
9. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science, andSports. McGraw Hill Companies Inc.; New York, USA.
10. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rachhpal Singh Brar.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

MINOR COURSE

The Examination is to be held in the year Dec.2025, 2026 &2027

MINOR COURSE-UMIPET-112

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

COURSE TITLE: FOUNDATION OF PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **Duration of Examination: 03hrs**

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, 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-
 - a). Pre-Independence Period
 - b). Post-Independence period.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

MINOR COURSE

The Examination is to be held in the year Dec.2025, 2026 &2027

MINOR COURSE- UMIPET-112

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

COURSE TITLE: FOUNDATION OF PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **Duration of Examination: 03hrs**

2.2. Historical development of Physical Education and Sports in J&K-

a). History, development and hierarchical organizational set up of J&K Sports Council

b). History, development and hierarchical organizational set up of J&K Youth Services and Sports Department.

2.3. National Sports Awards.

Unit- III: Asian Games and Olympic Games

3.1 Brief History of Asian Games.

3.2 Achievement of India in Asian Games.

3.3 Brief History of Olympic Games.

3.4 Achievement of India in Olympic Games.

3.5 Brief Introduction to Common Wealth Games.

Unit- IV: Kabaddi & Kho-Kho (Anyone)

4.1. Equipment required in the game.

4.2. Court Marking, Rules and regulations of the game.

4.3. Basic skills.


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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

MINOR COURSE

The Examination is to be held in the year Dec.2025, 2026 &2027

MINOR COURSE- UMIPET-112

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

COURSE TITLE: FOUNDATION OF PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. Duration of Examination: 03hrs**

Practical Course

GAME

Kabaddi & Kho-Kho (Anyone)

1. Equipment required in the game.
2. Court Marking, Rules and regulations of the game.
3. Basic skills.



A handwritten signature in blue ink, appearing to read "Mahesh R.", is located in the bottom right corner of the page.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-I
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

The Examination is to be held in the year Dec.2025, 2026 &2027

MINOR COURSE- UMIPET-112

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

COURSE TITLE: FOUNDATION OF PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
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- 3. Duration of Examination: 03hrs**

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

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1. Theory Paper shall be of 75 Marks.
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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:

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

MINOR COURSE

The Examination is to be held in the year Dec.2025, 2026 &2027

MINOR COURSE- UMIPET-112

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

COURSE TITLE: FOUNDATION OF PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. Duration of Examination: 03hrs**

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)

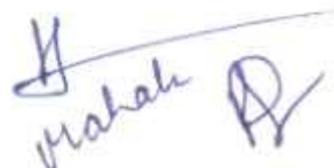
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INTERNAL PRACTICAL (10 MARKS):

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.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

MINOR COURSE

The Examination is to be held in the year Dec.2025, 2026 &2027

MINOR COURSE- UMIPET-112

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

COURSE TITLE: FOUNDATION OF PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. 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
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7. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.
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10. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rachhpal Singh Brar.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

**SUBJECT: PHYSICAL EDUCATION
MULTIDICIPLINARY COURSE**

The Examination is to be held in the year Dec.2025, 2026 &2027

MULTIDICIPLINARY COURSE-UMDPET-103

MAX MARKS THEORY: 75

COURSE TITLE: INTRODUCTION TO PHYSICAL EDUCATION

CREDITS: 03 (03-Theory)

Total no. of Lectures (Th): 45

Theory: 45 hrs.

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **Duration of Examination: 03 hrs**

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

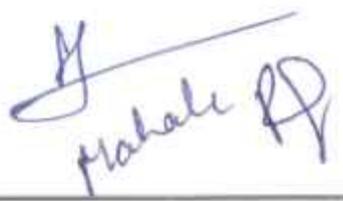
- 1.1. Meaning and definition of Physical Education.
- 1.2. Aim, objectives and Importance of Physical Education.
- 1.3. Career prospects in Physical Education

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
- 3.4 Brief Introduction to Common Wealth Games



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

**SUBJECT: PHYSICAL EDUCATION
MULTIDICIPLINARY COURSE**

The Examination is to be held in the year Dec.2025, 2026 &2027

MULTIDICIPLINARY COURSE-UMDPET-103

MAX MARKS THEORY: 75

COURSE TITLE: INTRODUCTION TO PHYSICAL EDUCATION

CREDITS: 03 (03-Theory)

Total no. of Lectures (Th): 45

Theory: 45 hrs.

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **Duration of Examination: 03 hrs**

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:



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

**SUBJECT: PHYSICAL EDUCATION
MULTIDICIPLINARY COURSE**

The Examination is to be held in the year Dec.2025, 2026 &2027

MULTIDICIPLINARY COURSE-UMDPET-103

MAX MARKS THEORY: 75

COURSE TITLE: INTRODUCTION TO PHYSICAL EDUCATION

CREDITS: 03 (03-Theory)

Total no. of Lectures (Th): 45

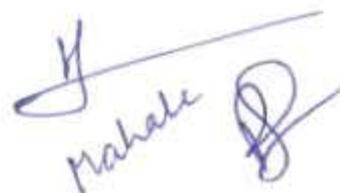
Theory: 45 hrs.

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **Duration of Examination: 03 hrs**

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 FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

**SUBJECT: PHYSICAL EDUCATION
MULTIDICIPLINARY COURSE**

The Examination is to be held in the year Dec,2025, 2026 &2027

MULTIDICIPLINARY COURSE-UMDPET-103

MAX MARKS THEORY: 75

COURSE TITLE: INTRODUCTION TO PHYSICAL EDUCATION

CREDITS: 03 (03-Theory)

Total no. of Lectures (Th): 45

Theory: 45 hrs.

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **Duration of Examination: 03 hrs**

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 Till, 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.
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.
9. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science, andSports. McGraw Hill Companies Inc.; New York, USA.
10. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rachhpal Singh Brar.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

SKILL ENHANCEMENT

The Examination is to be held in the year Dec.2025, 2026 &2027

SKILL ENHANCEMENT-USEPET-111

MAX MARKS: 75 (Theory: 25+ Practical: 50)

COURSE TITLE: FIRST AID AND SPORTS INJURIES

CREDITS: 03 (01-Theory+02 practical)

Total no. of Hours: 45 hrs.

Total no. of Lectures: 60

Theory: 20 Lectures (45-min/lecture).

Practical: 40 Lectures (45-min/lecture).

- 1. Theory (University Exam): 25**
- 2. Practical Assessment: 50**
- 3. Duration of Examination:
(Practical: 2hr. + Theory: 01hr)**

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

- 3.1 Brief Introduction of Sports Injuries.
- 3.2 Common Sports Injuries and their Classification.
- 3.3 Sprain Strain Fracture and Dislocation.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

SKILL ENHANCEMENT

The Examination is to be held in the year Dec.2025, 2026 &2027

SKILL ENHANCEMENT-USEPET-111

MAX MARKS: 75 (Theory: 25+ Practical: 50)

COURSE TITLE: FIRST AID AND SPORTS INJURIES

CREDITS: 03 (01-Theory+02 practical)

Total no. of Hours: 45 hrs.

Total no. of Lectures: 60

Theory: 20 Lectures (45-min/lecture).

Practical: 40 Lectures (45-min/lecture).

- 1. Theory (University Exam): 25**
- 2. Practical Assessment: 50**
- 3. Duration of Examination:**
(Practical: 2hr. + Theory: 01hr)

UNIT-III: Management of Sports Injuries

- 3.1 Cause and management of Sports Injuries
- 3.2 Prevention of Sports Injuries and Techniques of Massage
- 3.3 Rehabilitation Exercises for Sports Injuries
- 3.4 Measurement of Heart Rate and Blood Pressure

****Note: To enhance Skill Practical Experience of students 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

 Mahabadi





**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

SKILL ENHANCEMENT

The Examination is to be held in the year Dec.2025, 2026 &2027

SKILL ENHANCEMENT-USEPET-111

MAX MARKS: 75 (Theory: 25+ Practical: 50)

COURSE TITLE: FIRST AID AND SPORTS INJURIES

CREDITS: 03 (01-Theory+02 practical)

Total no. of Hours: 45 hrs.

Total no. of Lectures: 60

Theory: 20 Lectures (45-min/lecture).

Practical: 40 Lectures (45-min/lecture).

- 1. Theory (University Exam): 25**
- 2. Practical Assessment: 50**
- 3. Duration of Examination:
(Practical: 2hr. + Theory: 01hr)**

Practical Course

GAME

Kabaddi & Kho-Kho (Anyone)

1. Equipment required in the game.
2. Court Marking, Rules and regulations of the game.
3. Basic skills.

Badminton/ Table Tennis (Anyone)

1. Equipment required in the game.
2. Court Marking, Rules and regulations of the game.
3. Basic skills.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

SKILL ENHANCEMENT

The Examination is to be held in the year Dec.2025, 2026 &2027

SKILL ENHANCEMENT-USEPET-111

MAX MARKS: 75 (Theory: 25+ Practical: 50)

COURSE TITLE: FIRST AID AND SPORTS INJURIES

CREDITS: 03 (01-Theory+02 practical)

Total no. of Hours: 45 hrs.

Total no. of Lectures: 60

Theory: 20 Lectures (45-min/lecture).

Practical: 40 Lectures (45-min/lecture).

- 1. Theory (University Exam): 25**
- 2. Practical Assessment: 50**
- 3. Duration of Examination:
(Practical: 2hr. + Theory: 01hr)**

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

Note for paper setter for Mid Term Examination: Part-1

The question paper will be of **25 marks**. There shall be 2 Sections in the question paper with pattern as follows:

Section-A shall comprise of **4** short answer type questions of (2½ marks each) covering all three units with at least one question from each unit. The students have to attempt all the **4** questions from Section-A.

Section-B shall comprise of a total of **6** questions with two questions selected from each unit. Each question shall be of **5 marks**. The students have to attempt **3** questions selecting only one question from each unit.

Evaluation of skills: Final Examination Part-2

The Evaluation of Skills will be internal. The Examination of Skills shall be of **50** marks. The evaluation of skills will be done internally through the Board of three Members (including the trainer of the Course).

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-I

SUBJECT: PHYSICAL EDUCATION

SKILL ENHANCEMENT

The Examination is to be held in the year Dec.2025, 2026 &2027

SKILL ENHANCEMENT-USEPET-111

MAX MARKS: 75 (Theory: 25+ Practical: 50)

COURSE TITLE: FIRST AID AND SPORTS INJURIES

CREDITS: 03 (01-Theory+02 practical)

Total no. of Hours: 45 hrs.

Total no. of Lectures: 60

Theory: 20 Lectures (45-min/lecture).

Practical: 40 Lectures (45-min/lecture).

1. Theory (University Exam): 25
2. Practical Assessment: 50
3. Duration of Examination:
(Practical: 2hr. + Theory: 01hr)

Suggested readings

1. Doherty, J. Meno. Weth, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal
2. Inc. Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
3. McOoyand Young (1954) Tests and Measurement, New York: Appleton Century.
4. Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd. Rathbone, J.I. (1965)
5. Corrective Physical education, London: W.B. Saunders & Co. Stafford and Kelly, (1968) Preventive and
6. Corrective Physical Education, New York Publications, 2017.



Syllabus for Under Graduate Level of Physical Education

UNIVERSITY OF JAMMU

("A++" Grade University-Accredited by NAAC)

**COURSE SCHEME & SYLLABUS
For
Four Year Under Graduate Programme
With
PHYSICAL EDUCATION**

(SEMESTER-II)

(Effective from academic session 2025-2026 onwards)



**Directorate of Sports and Physical Education University of
Jammu**

Mahabadi J

J R

DIRECTORATE OF SPORTS AND PHYSICAL EDUCATION
UNIVERSITY OF JAMMU

Following Courses of Study are prescribed for
Semester- II

**FOUR YEAR UNDER GRADUATE PROGRAMME (FYUGP) IN THE SUBJECT OF
 PHYSICAL EDUCATION**

SEMESTER-II

S. No	Course Type	Course Code	Course Title	Credits	Marks				Total Marks	Percent age of Change
					Theory		Practical			
1	Major	UMJPET - 210	Health & Physical Education	03Th+01P	Mid semester: 15 marks	End Exam: 60 marks	Assessment: 10 marks	Exam: 15 marks	100	40%
2	Minor	UMIPET - 212	Health & Physical Education	03Th+01P	Mid semester: 15 marks	End Exam: 60 marks	Assessment: 10 marks	Exam: 15 marks	100	100%
3	Multidisciplinary	UMDPET - 213	Introduction to Physical Education	03Th	Mid semester: 15 marks	Exam: 60 marks	-	-	75	100%
4	Skill Enhancement	USEPET - 211	Physical Fitness & its Components	01Th + 02 P	Mid Semester: 25 marks	-	Assessment: 20 marks	Exam : 30 marks	75	50%

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The Examination is to be held in the year May 2026, 2027 &2028

MAJOR COURSE- UMJPET- 210

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

COURSE TITLE: HEALTH AND PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **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 know about the Communicable and Non Communicable Diseases.

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. General Health Program- Health Service, health instruction, Health Supervision and Health Record.

Unit- II: Nutrition & Obesity

- 3.1 Importance of Nutrition
- 3.2 Nutrition in Sports
- 3.3 Balanced Diet

3.4 Obesity causes and prevention.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The Examination is to be held in the year May 2026, 2027 & 2028

MAJOR COURSE- UMJPET- 210

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

COURSE TITLE: HEALTH AND PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **Duration of Examination: 03hrs**

Unit- III: Health problems in India- prevention and Control

- 3.1 Communicable Diseases
- 3.2 Non-Communicable Diseases- Hypo kinetic Diseases
- 3.3 Define posture and Postural Deformities-
- 3.4 Causes and corrective exercise of kyphosis, Lordosis, Scoliosis, Knock Knees & flat Foot

Unit- IV: Football and Volleyball

- 4.1 Brief History of Football & Volleyball
- 4.2 Dimensions of Football & Volleyball
- 4.3 Basic Skills in Football & Volleyball

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The Examination is to be held in the year May 2026, 2027 &2028

MAJOR COURSE- UMJPET- 210

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

COURSE TITLE: HEALTH AND PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **Duration of Examination: 03hrs**

PRACTICAL COURSE

Football and Volleyball (Anyone)

- 1.1. **Brief History of Football & Volleyball**
- 1.2. **Dimensions of Football & Volleyball**
- 1.3. **Basic Skills in Football & Volleyball**



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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-II
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The Examination is to be held in the year May 2026, 2027 &2028

MAJOR COURSE- UMJPET- 210

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

COURSE TITLE: HEALTH AND PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. 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.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-II
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The Examination is to be held in the year May 2026, 2027 &2028

MAJOR COURSE- UMJPET- 210

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

COURSE TITLE: HEALTH AND PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **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 asunder:

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 FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The Examination is to be held in the year May 2026, 2027 & 2028

MAJOR COURSE- UMJPET- 210

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

COURSE TITLE: HEALTH AND PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **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.
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.
11. Kumar, D., & Kumar, M.(2024). Fundamentals of Sports Biomechanics. New Delhi, India: Khel Sahitya Kendra. ISBN 978-9358777505


Mahesh PS

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-II
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

The Examination is to be held in the year May 2026, 2027 &2028

MINOR COURSE-UMIPET-212

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

COURSE TITLE: HEALTH AND PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **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 know about the Communicable and Non Communicable Diseases.

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. General Health Program- Health Service, health instruction, Health Supervision and Health Record.

Unit- II: Nutrition & Obesity

- 3.1 Importance of Nutrition
- 3.2 Nutrition in Sports
- 3.3 Balanced Diet
- 3.4 Obesity causes and prevention.

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-II
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

The Examination is to be held in the year May 2026, 2027 & 2028

MINOR COURSE-UMIPET-212

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

COURSE TITLE: HEALTH AND PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **Duration of Examination: 03hrs**

Unit- III: Health problems in India- prevention and Control

- 3.1 Communicable Diseases
- 3.2 Non-Communicable Diseases- Hypo kinetic Diseases
- 3.3 Define posture and Postural Deformities-
- 3.4 Causes and corrective exercise of kyphosis, Lordosis, Scoliosis, Knock Knees & flat Foot

Unit- IV: Football and Volleyball

- 4.1 Brief History of Football & Volleyball
- 4.2 Dimensions of Football & Volleyball
- 4.3 Basic Skills in Football & Volleyball



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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION

MINOR COURSE

The Examination is to be held in the year May 2026, 2027 & 2028

MINOR COURSE-UMIPET-212

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

COURSE TITLE: HEALTH AND PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **Duration of Examination: 03hrs**

PRACTICAL COURSE

Football and Volleyball (Anyone)

- i. **Brief History of Football & Volleyball**
- ii. **Dimensions of Football & Volleyball**
- iii. **Basic Skills in Football & Volleyball**


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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION

MINOR COURSE

The Examination is to be held in the year May 2026, 2027 &2028

MINOR COURSE-UMIPET-212

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

COURSE TITLE: HEALTH AND PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **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.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-II
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

The Examination is to be held in the year May 2026, 2027 &2028

MINOR COURSE-UMIPET-212

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

COURSE TITLE: HEALTH AND PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **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)

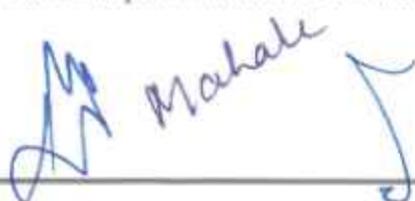
Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be as under:

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.

 Mahale



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION

MINOR COURSE

The Examination is to be held in the year May 2026, 2027 &2028

MINOR COURSE-UMIPET-212

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

COURSE TITLE: HEALTH AND PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **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.
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 FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-II
SUBJECT: PHYSICAL EDUCATION
MULTIDICIPLINARY COURSE**

The Examination is to be held in the year May 2026, 2027 &2028

MULTIDICIPLINARY COURSE-UMDPET-213

MAX MARKS THEORY: 75

COURSE TITLE: INTRODUCTION TO PHYSICAL EDUCATION

CREDITS: 03 (03-Theory)

**Total no. of Lectures (Th): 45
Theory: 45 hrs.**

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **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




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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION
MULTIDICIPLINARY COURSE

The Examination is to be held in the year May 2026, 2027 &2028

MULTIDICIPLINARY COURSE- UMDPET-213

MAX MARKS THEORY: 75

COURSE TITLE: INTRODUCTION TO PHYSICAL EDUCATION

CREDITS: 03 (03-Theory)

Total no. of Lectures (Th): 45
Theory: 45 hrs.

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **Duration of Examination: 03hrs**

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
- 3.4 Brief Introduction to Common Wealth Games



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-II

**SUBJECT: PHYSICAL EDUCATION
MULTIDICIPLINARY COURSE**

The Examination is to be held in the year May 2026, 2027 &2028

MULTIDICIPLINARY COURSE- UMDPET-213

MAX MARKS THEORY: 75

COURSE TITLE: INTRODUCTION TO PHYSICAL EDUCATION

CREDITS: 03 (03-Theory)

**Total no. of Lectures (Th): 45
Theory: 45 hrs.**

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **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.

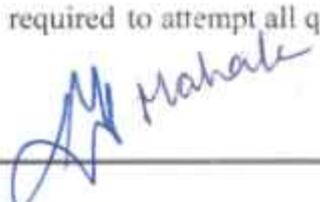
SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

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.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-II

SUBJECT: PHYSICAL EDUCATION
MULTIDICIPLINARY COURSE

The Examination is to be held in the year May 2026, 2027 &2028

MULTIDICIPLINARY COURSE- UMDPET-213

MAX MARKS THEORY: 75

COURSE TITLE: INTRODUCTION TO PHYSICAL EDUCATION

CREDITS: 03 (03-Theory)

Total no. of Lectures (Th): 45
Theory: 45 hrs.

Theory

1. **External (University exam): 60**
2. **Internal assessment: 15**
3. **Duration of Examination: 03hrs**

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 FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-II
SUBJECT: PHYSICAL EDUCATION
MULTIDICIPLINARY COURSE**

The Examination is to be held in the year May 2026, 2027 &2028

MULTIDICIPLINARY COURSE- UMDPET-213

MAX MARKS THEORY: 75

COURSE TITLE: INTRODUCTION TO PHYSICAL EDUCATION

CREDITS: 03 (03-Theory)

**Total no. of Lectures (Th): 45
Theory: 45 hrs.**

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 Till, 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.
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.
9. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science, andSports. McGraw Hill Companies Inc.; New York, USA.
10. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rachhpal Singh Brar.
11. Singh. J., Manhas. V., & Manhas. R (2023) Helpline Series in Multidisciplinary, Physical Education: Malhotra Brothers Publication

 *Manhas*





**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-II

**SUBJECT: PHYSICAL EDUCATION
SKILL ENHANCEMENT COURSE**

The Examination is to be held in the year May 2026, 2027 &2028

SKILL ENHANCEMENT-USEPET-211

MAX MARKS: 75 (Theory: 25+ Practical: 50)

COURSE TITLE: PHYSICAL FITNESS AND ITS COMPONENTS

CREDITS: 03 (01-Theory+02 practical)

Total no. of Lectures: 45

Theory: 20 Lectures (45-min/lecture).

Practical: 40 Lectures (45-min/lecture).

- 1. Theory (University Exam): 25**
- 2. Practical Assessment: 50**
- 3. Duration of Examination: (Practical: 2hr + Theory 01hr.)**

Course Learning Outcomes:

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

THEORY COURSE

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

- 2.1. Strength-Meaning types.
- 2.2. Flexibility& Coordination- Meaning types.
- 2.3 Methods of improving Strength & Flexibility.
- 2.4 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.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-II

**SUBJECT: PHYSICAL EDUCATION
SKILL ENHANCEMENT COURSE**

The Examination is to be held in the year May 2026, 2027 &2028

SKILL ENHANCEMENT-USEPET-211

MAX MARKS: 75 (Theory: 25+ Practical: 50)

COURSE TITLE: PHYSICAL FITNESS AND ITS COMPONENTS

CREDITS: 03 (01-Theory+02 practical)

Total no. of Lectures: 45

Theory: 20 Lectures (45-min/lecture).

Practical: 40 Lectures (45-min/lecture).

- 1. Theory (University Exam): 25**
- 2. Practical Assessment: 50**
- 3. Duration of Examination: (Practical: 2hr + Theory 01hr.)**

Unit-III

- 3.1 Meaning, definition and dimension of Health.
- 3.2 Meaning definition and importance of Balance Diet.
- 3.3 World Health Organization & AYUSH - Origin, Purpose and Structure & Functions
- 3.4 Blood Pressure & Heart Rate Monitoring

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

- 1.1. Test for General Motor Fitness and Organic Functions.
- 1.2. Standing Broad Jump and Vertical Jump.
- 1.3. Shuttle Run 6x10 and Zig-zag Run.
- 1.4. Cooper's Test .
- 1.5. Sit and Reach Test and Bend and Reach.


Mahab





**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-II

**SUBJECT: PHYSICAL EDUCATION
SKILL ENHANCEMENT COURSE**

The Examination is to be held in the year May 2026, 2027 &2028

SKILL ENHANCEMENT-USEPET-211

MAX MARKS: 75 (Theory: 25+ Practical: 50)

COURSE TITLE: PHYSICAL FITNESS AND ITS COMPONENTS

CREDITS: 03 (01-Theory+02 practical)

Total no. of Lectures: 45

Theory: 20 Lectures (45-min/lecture).

Practical: 40 Lectures (45-min/lecture).

1. Theory (University Exam): 25
2. Practical Assessment: 50
3. Duration of Examination: (Practical: 2hr + Theory 01hr.)

PRACTICAL COURSE

GAME

Kabaddi & Kho-Kho (Anyone)

1. Equipment required in the game.
2. Court Marking, Rules and regulations of the game.
3. Basic skills.

Badminton/ Table Tennis (Anyone)

1. Equipment required in the game.
2. Court Marking, Rules and regulations of the game.
3. Basic skills.

Prabha R

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-II

**SUBJECT: PHYSICAL EDUCATION
SKILL ENHANCEMENT COURSE**

The Examination is to be held in the year May 2026, 2027 & 2028

SKILL ENHANCEMENT-USEPET-211

MAX MARKS: 75 (Theory: 25+ Practical: 50)

COURSE TITLE: PHYSICAL FITNESS AND ITS COMPONENTS

CREDITS: 03 (01-Theory+02 practical)

Total no. of Lectures: 45

Theory: 20 Lectures (45-min/lecture).

Practical: 40 Lectures (45-min/lecture).

- 1. Theory (University Exam): 25**
- 2. Practical Assessment: 50**
- 3. Duration of Examination: (Practical: 2hr + Theory 01hr.)**

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

Note for paper setter for Mid Term Examination: Part-1

The question paper will be of **25 marks**. There shall be 2 Sections in the question paper with pattern as follows:

Section-A shall comprise of **4** short answer type questions of (2½ marks each) covering all three units with at least one question from each unit. The students have to attempt all the **4** questions from Section-A.

Section-B shall comprise of a total of **6** questions with two questions selected from each unit. Each question shall be of **5 marks**. The students have to attempt **3** questions selecting only one question from each unit.

EVALUATION OF SKILLS: Final Examination Part-2

The Evaluation of Skills will be internal. The Examination of Skills shall be of **50** marks.

The evaluation of skills will be done internally through the Board of three Members (including the trainer of the Course).


Malak







**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-II

**SUBJECT: PHYSICAL EDUCATION
SKILL ENHANCEMENT COURSE**

The Examination is to be held in the year May 2026, 2027 & 2028

SKILL ENHANCEMENT-USEPET-211

MAX MARKS: 75 (Theory: 25+ Practical: 50)

COURSE TITLE: PHYSICAL FITNESS AND ITS COMPONENTS

CREDITS: 03 (01-Theory+02 practical)

Total no. of Lectures: 45

Theory: 20 Lectures (45-min/lecture).

Practical: 40 Lectures (45-min/lecture).

- 1. Theory (University Exam): 25**
- 2. Practical Assessment: 50**
- 3. Duration of Examination: (Practical: 2hr + Theory 01hr.)**

Suggested Readings

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)Physical Fitness Appraisal and Guidance,St louis TheC MosbyCompa ny
4. GetchellB(1979)PhysicalFitnessAWayofLife,2ndEditionNewYork, John Wileyand Sons, Inc
5. Jenson,ClayneRandCyntha,C.Hirst(1980)MeasurementinPhysicalEducationand Athletics, New York,
Macmillan Publishing Co. Inc
6. KansalD.K.(1996),"TestandMeasurementinSportsandPhysicalEducation,NewDelhi : DVS Publications
7. Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication
8. VivianH.Heyward(2005)AdvanceFitnessAssessmentandExercisePrescription, 3rd Edition, Dallas TX: The
Cooper Institute for Aerobics Research Champaign mIL: Human Kinetics
9. Yobu,A(2010),Test, Measurement and Evaluation in Physical Education in Physical Education and Sports.
New Delhi; Friends Publications



Syllabus for Under Graduate Level of Physical Education

UNIVERSITY OF JAMMU

("A++" Grade University-Accredited by NAAC)

**COURSE SCHEME & SYLLABUS
For
Four Year Under Graduate Programme
With
PHYSICAL EDUCATION**

(SEMESTER-III)

(Effective from academic session 2025-2026 onwards)



**Directorate of Sports and Physical Education University of
Jammu**

Mahabadi

J *J* *R*

**DIRECTORATE OF SPORTS AND PHYSICAL
EDUCATION UNIVERSITY OF JAMMU**

**Following Courses of Study are prescribed for
Semester- III**

FYUG PROGRAM IN THE SUBJECT OF PHYSICAL EDUCATION UNDER CBCS

AS PER NEP-2020

SEMESTER-III

S. No	Course Type	Course Code	Course Title	Credits	Marks				Total Marks	Percent age of Change
					Theory		Practical			
1	Major	UMJPET-301	Modern Conceptso f Physical Education	03Th+01P	Mid semester: 15 marks	End Exam :60 marks	Assessme nt: 10 marks	Exam :15marks	100	10%
2	Major	UMJPET-302	Basics of Yoga	03Th+01P	Mid semester: 15 marks	End Exam :60 marks	Assessment: 10 marks	Exam :15marks	100	15%
3	Minor	UMIPET-313	Basics of Yoga	03Th+01P	Mid semester: 15 marks	End Exam :60 marks	Assessment: 10 marks	Exam :15marks	100	100%
4	Multidisciplinary	UMDPET-314	Introduction to Physical Education	03Th	Mid semester: 15 marks	Exam: 60 marks	-	-	75	100%
5	Skill Enhancement	USEPET-311	Yogic Science	01Th+02P	Mid Semester: 25 marks	-	Assessment: 20 marks	Exam : 30 marks	75	50%

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-III

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The Examination is to be held in the year Dec. 2026, 2027 & 2028

MAJOR COURSE-UMJPET-301

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

COURSE TITLE: MODERN CONCEPTS IN PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. Duration of Examination: 03hrs**

Course Learning Outcomes:

- To Understand the Modern Concept of Physical Education.
- To Understand Teaching Methods in Trends in Physical education.
- To interpret Social Aspects of Physical Education.
- To learn Psychological Aspects in Physical education.

THEORY COURSE

Unit-I: Modern Concept of Physical Education

- 1.1. Modern Concept of Physical Education
- 1.2. Problem existing while organizing Physical Education programs in schools and colleges
- 1.3. Audio-Visual Aids in Physical Education

Unit-II: Teaching Methods

- 2.1 Teaching methods: Command, Demonstration and Imitation method.
- 2.2 Class management: techniques, formation, command (types/techniques)
- 2.3 Factors effecting class management

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-III

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The Examination is to be held in the year Dec. 2026, 2027 & 2028

MAJOR COURSE-UMJPET-301

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

COURSE TITLE: MODERN CONCEPTS IN PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. Duration of Examination: 03 hrs**

Unit-III: Sociological Aspects

- 3.1 Definition of Sports Sociology and Importance of Sociology in the field of Physical Education
- 3.2 Physical Education, Games & Sports as Man's Cultural Heritage
- 3.3 Development of Leadership Qualities in Sports and Physical Education
- 3.4 Sociological approach and value education through physical Education Programme.

Unit-IV: Psychological Aspects

- 4.1 Meaning, Definition and Importance of Psychology and Sports Psychology
- 4.2 Motivation and Types of Motivation
- 4.3 Sportsmanship and Sports ethics
- 4.4 Definition and management techniques of Stress & Anxiety

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-III

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The Examination is to be held in the year Dec. 2026, 2027 & 2028

MAJOR COURSE-UMJPET-301

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

COURSE TITLE: MODERN CONCEPTS IN PHYSICAL EDUCATION

CREDITS: 04 (03-Theory + 01 practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. Duration of Examination: 03 hrs**

PRACTICAL COURSE

1. Athletic Events (Discuss & Shotput):

- (a) Introduction of event and brief history.
- (b) Basic skills and techniques.
- (c) IAAF rules and regulations.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MAJOR COURSE- UMJPET-301

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

COURSE TITLE: MODERN CONCEPTS IN PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

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Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. 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.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MAJOR COURSE- UMJPET-301

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

COURSE TITLE: MODERN CONCEPTS IN PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. 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 asunder:

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.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MAJOR COURSE- UMJPET-301

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

COURSE TITLE: MODERN CONCEPTS IN PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. Duration of Examination: 03hrs**

Suggested Readings

1. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication).
2. Singh Mandeep, et.al. (2022) Physical Education, Vinod Publishing House, India
3. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, USA.
4. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
5. Shaffer, D.R. (2002) Development 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. (2000) Essential of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
8. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science, and Sports. McGraw Hill Companies Inc.; New York, USA.
9. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, JagdishBains and Rachhpal Singh Brar.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-III

**SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MAJOR COURSE- UMJPET-302

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

COURSE TITLE: BASICS OF YOGA

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. Duration of Examination: 03hrs**

Course Learning Outcomes:

- To Understand the Basic of Yoga
- To Understand and analyze the Importance of Yoga
- To Analyze the Components of Yoga
- To learn about the types of yoga

THEORY COURSE

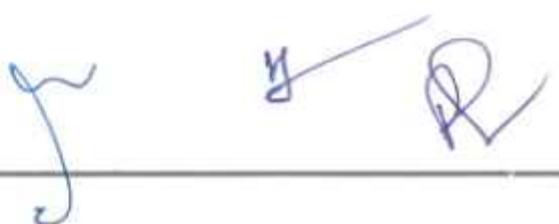
UNIT I: INTRODUCTION

- 1.1 Meaning and Definition of Yoga
- 1.2 Aim and Objectives of Yoga.
- 1.3 Need and Importance of Yoga in Physical Education and Sports.

UNIT II: Foundation of YOGA

- 2.1 The Astanga Yoga: Yama, Niyama, Asana, Pranayama
- 2.2 The Astanga Yoga: Pratyahara, Dharana, Dhyana and Samadhi
- 2.3 Yoga in the Bhagavadgita- Karma Yoga, Raja Yoga, Jnana, Yoga and Bhakti Yoga





**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MAJOR COURSE- UMJPET-302

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

COURSE TITLE: BASICS OF YOGA

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. Duration of Examination: 03hrs**

UNIT III: ASANAS & PRANAYAMA

- 3.1 Effect of Asanas & Pranayama on various Systems of the body.
- 3.2 Benefits of Meditation
- 3.3 Types of Bandhas and Mudras
- 3.4 Benefits of Asanas

UNIT IV: YOGA EDUCATION

- 4.1 Yoga Education Canters in India and Abroad
- 4.2 Difference between Yogic Practices and Physical Exercises.
- 4.3 Competitions in Yoga Asanas



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MAJOR COURSE-UMJPET-302

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

COURSE TITLE: BASICS OF YOGA

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. Duration of Examination: 03hrs**

PRACTICAL COURSE

1. YOGA ASANAS:

- 1.1 Surya Namaskar
- 1.2 Sitting Asanas: Bhadrasana, Vakrasana, Sukhasana, Padamasana and Vajrasan
- 1.3 Standing Asanas: Tadasana Vrksasana (the tree pose), Pada-hastasana(the hands to feets pose)Ardha-Chakra Asana, Trikon Asana
- 1.4 Prone Postures: Bhujang Asana (The cobra pose)Salabhasana(the loctus pose) Makrasana(the crocodilepose)
- 1.5 Supine poses: Setuband asasna, Pavanmuktasana, Savasana

2. PRANAYAMA:

- 2.1. Bhramri
- 2.2. Sheetali
- 2.3. Chander Bhedi

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MAJOR COURSE-UMJPET-302

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

COURSE TITLE: BASICS OF YOGA

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. External (University exam): 60

2. Internal assessment: 15

3. 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.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MAJOR COURSE-UMJPET-302

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

COURSE TITLE: BASICS OF YOGA

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. 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 asunder:

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.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MAJOR COURSE-UMJPET-302

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

COURSE TITLE: BASICS OF YOGA

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. External (University exam): 60
2. Internal assessment: 15
3. Duration of Examination: 03hrs

Suggested Readings

1. Swami StayanadaSarawswati: Asna, Pranayama, Nindra&Bandas, Bihar School of Yoga Munger 2004
2. Swami Vida Bharti: Yoga Polity Economy and Family RishikeshSadnanaMandir Trust, 2000
3. Yogeshwar Text Book of Yoga (2004) Penguin Book
4. Singh Mandeep. et.al. (2022) Yoga, Vinod Publishing House, J&K(India)
5. BediYashpal: Social & Preventive Medicine, New Delhi Atmaram& Sons, 1985
6. Kumar Amresh (Prof) Yoga for Helath& Body, Publisher by KhelSahitya Kendra, Delhi 2007
7. Kuvalayananda " Asana" Popular Prakashna, Bombay
8. Harvey Paul " All you wanted to know about Yoga (1991) Sterling Publisher Pvt. Ltd.
9. Debnath, Monica " Basic Care Fitness through Yoga and Natureopathy (2001-07) Sports Publication
G- 6,23/23/B EMCA MargAnsar Road, Darya Ganj, New Delhi
10. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, JagdishBains and Rachhpal Singh Brar.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MINOR COURSE-UMIPET-313

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

COURSE TITLE: BASICS OF YOGA

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. Duration of Examination: 03hrs**

Course Learning Outcomes:

- To Understand the Basic of Yoga
- To Understand and analyze the Importance of Yoga
- To Analyze the Components of Yoga
- To learn about the types of yoga

THEORY COURSE

UNIT I: INTRODUCTION

- 1.1. Meaning and Definition of Yoga.
- 1.2. Aim and Objectives of Yoga.
- 1.3. Need and Importance of Yoga in Physical Education and Sports.

UNIT II: Foundation of YOGA

- 2.1 The Ashtanga Yoga: Yama, Niyama, Asana, Pranayama.
- 2.2 The Ashtanga Yoga: Pratyahara, Dharana, Dhyana and Samadhi.
- 2.3 Yoga in the Bhagavad-Gita- Karma Yoga, Raja Yoga, Jnana, Yoga and Bhakti Yoga

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MINOR COURSE-UMIPET-313

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

COURSE TITLE: BASICS OF YOGA

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. Duration of Examination: 03hrs**

UNIT III: ASANAS & PRANAYAMA

- 3.1 Effect of Asanas & Pranayama on various Systems of the body.
- 3.2 Benefits of Meditation.
- 3.3 Types of Bandhas and Mudras.
- 3.4 Benefits of Asanas.

UNIT IV: YOGA EDUCATION

- 4.1 Yoga Education Canters in India and Abroad.
- 4.2 Difference between Yogic Practices and Physical Exercises.
- 4.3 Competitions in Yoga Asanas.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MINOR COURSE-UMIPET-313

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

COURSE TITLE: BASICS OF YOGA

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. External (University exam): 60
2. Internal assessment: 15
3. Duration of Examination: 03hrs

PRACTICAL COURSE

1 YOGA ASANAS:

- 1.1 Surya Namaskar
- 1.2 Sitting Asanas: Bhadrasana, Vakrasana, Sukhasana, Padamasana and Vajrasan
- 1.3 Standing Asanas: Tadasana Vrksasana (the tree pose), Pada-hastasana(the hands to feets pose)Ardha-Chakra Asana, Trikon Asana
- 1.4 Prone Postures: Bhujang Asana (The cobra pose)Salabhasana(the loctus pose) Makrasana(the crocodilepose)
- 1.5 Supine poses: Setuband asasna, Pavanmuktasana, Savasana

2 PRANAYAMA:

- 2.1. Surya Bhedi
- 2.2. Ujjayi

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MINOR COURSE-UMIPET-313

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

COURSE TITLE: BASICS OF YOGA

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. Duration of Examination: 03hrs**

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

4. Theory Paper shall be of 75 Marks.
5. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).
6. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

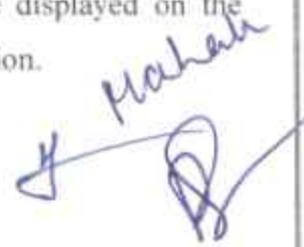
MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

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 FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MINOR COURSE-UMIPET-313

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

COURSE TITLE: BASICS OF YOGA

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. 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)

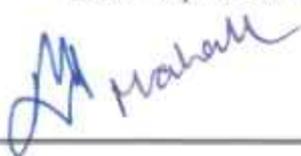
Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be asunder:

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.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

**SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MINOR COURSE-UMIPET-313

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

COURSE TITLE: BASICS OF YOGA

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. Duration of Examination: 03hrs**

Suggested Readings

1. Swami StayanadaSarawswati: Asna, Pranayama, Nindra&Bandas, Bihar School of Yoga Munger 2004
2. Swami Vida Bharti: Yoga Polity Economy and Family RishikeshSadnanaMandir Trust, 2000
3. Yogeshwar Text Book of Yoga (2004) Penguin Book
4. Singh Mandeep. et.al. (2022) Yoga, Vinod Publishing House, J&K(India)
5. BediYashpal: Social & Preventive Medicine, New Delhi Atmaram& Sons, 1985
6. Kumar Amresh (Prof) Yoga for Helath& Body, Publisher by KhelSahitya Kendra, Delhi 2007
7. Kuvalayananda " Asana" Popular Prakashna, Bombay
8. Harvey Paul " All you wanted to know about Yoga (1991) Sterling Publisher Pvt. Ltd.
9. Debnath, Monica " Basic Care Fitness through Yoga and Natureopathy (2001-07) Sports Publication
G- 6,23/23/B EMCA MargAnsar Road, Darya Ganj, New Delhi
10. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, JagdishBains and Rachhpal Singh Brar.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-III

**SUBJECT: PHYSICAL EDUCATION
MULTI DICIPINARY COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MULTI DICIPINARY COURSE -UMDPET-314

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

COURSE TITLE: INTRODUCTION TO PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

1. External (University exam): 60
2. Internal assessment: 15
3. 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

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-III

**SUBJECT: PHYSICAL EDUCATION
MULTI DICIPINARY COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

**MULTI DICIPINARY COURSE -UMDPET-314
Practical: 25)**

MAX MARKS: 100 (Theory: 75+

COURSE TITLE: INTRODUCTION TO PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. Duration of Examination: 03hrs**

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**
- 3.4 Brief Introduction to Common Wealth Games**



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-III

**SUBJECT: PHYSICAL EDUCATION
MULTI DICIPINARY COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MULTI DICIPINARY COURSE -UMDPET-314

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

COURSE TITLE: INTRODUCTION TO PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. Duration of Examination: 03hrs**

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

- II. Theory Paper shall be of 75 Marks.**
- III. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).**
- IV. 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.

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-III

**SUBJECT: PHYSICAL EDUCATION
MULTI DICIPINARY COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MULTI DICIPINARY COURSE -UMDPET-314

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

COURSE TITLE: INTRODUCTION TO PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. 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.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-III

**SUBJECT: PHYSICAL EDUCATION
MULTI DICIPINARY COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

MULTI DICIPINARY COURSE -UMDPET-314

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

COURSE TITLE: INTRODUCTION TO PHYSICAL EDUCATION

CREDITS: 04 (03-Theory+01practical)

Total no. of Lectures (Th): 45

Total no. of Lectures (P): 45

Theory: 45 hrs.

Practical: 30 hrs.

Theory

- 1. External (University exam): 60**
- 2. Internal assessment: 15**
- 3. 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 Till, 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.
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.
9. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science, andSports. McGraw Hill Companies Inc.; New York, USA.
10. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rachhpal Singh Brar.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMM (FYUGP) AS PER NEP-2020**

SEMESTER-III

**SUBJECT: PHYSICAL EDUCATION
SKILL ENHANCEMENT COURSE**

The Examination is to be held in the year Dec.2026, 2027 &2028

SKILL ENHANCEMENT-USEPET-311

MAX MARKS: 75 (Theory: 25+ Practical: 50)

COURSE TITLE: YOGIC SCIENCE

CREDITS: 03 (01-Theory+02 practical)

Total no. of Hours: 45 hrs.

Total no. of Lectures: 45

Theory: 20 Lectures (45-min/lecture).

Practical: 40 Lectures (45-min/lecture).

1. Theory (University Exam): 25
2. Practical Assessment: 50
3. Duration of Examination: 03 hrs
(Practical: 2hrs. + Theory 01hr)

COURSE TITLE: YOGIC SCIENCE

Course Learning Outcomes:

- To Understand and analyze the Importance of Yoga.
- To Analyze the Components of Yoga.
- To Practice Yogic Asanas and Pranayama.

THEORY COURSE

UNIT I INTRODUCTION

- 1.1 Meaning and Definition of Yoga
- 1.2 Aim and Objectives of Yoga.
- 1.3 Need and Importance of Yoga in Physical Education and Sports.

UNIT II ASANAS & PRANAYAMA

- 2.1. Effect of Asanas & Pranayama on various Systems of the body.
- 2.2. Benefits of Meditation.
- 2.3. Types of Bandhas and Mudras



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UNIT III YOGA EDUCATION

- 3.1 Yoga Education Canters in India and Abroad.
- 3.2 Difference between Yogic Practices and Physical Exercises.
- 3.3 Competitions in Yoga Asanas.


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PRACTICAL

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

1. YOGA ASANAS:

1.1 Surya Namaskar.

1.2 Sitting Asanas: Bhadrasana, Vakrasana, Sukhasana, Padamasana and Vajrasana.

1.3 Standing Asanas: Tadasana Vrksasana(the tree pose), Pada-hastasana (the hands to feet pose)
Ardha-Chakra Asana, Trikon Asana.

1.4 Prone Postures: Bhujang Asana (The cobra pose) Salabhasana(the loctus pose) Makrasana
(the crocodile pose).

1.5 Supine poses: Setuband asana, Pavanmuktasana, Savasana

2. PRANAYAMA:

2.1. Nadi Shodhan

2.2. Sheetkari

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INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

Note for paper setter for Mid Term Examination: Part-1

The question paper will be of **25 marks**. There shall be 2 Sections in the question paper with pattern as follows:

Section-A shall comprise of **4** short answer type questions of (2½ marks each) covering all three units with at least one question from each unit. The students have to attempt all the **4** questions from Section-A.

Section-B shall comprise of a total of **6** questions with two questions selected from each unit. Each question shall be of **5 marks**. The students have to attempt **3** questions selecting only one question from each unit.

EVALUATION OF SKILLS: Final Examination Part-2

The Evaluation of Skills will be internal. The Examination of Skills shall be of **50** marks. The evaluation of skills will be done internally through the Board of three Members (including the trainer of the Course).

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Suggested Readings

1. Swami Stayanada Sarawswati: Asna, Pranayama, Nindra & Bandas, Bihar School of Yoga Munger 2004
- 3 Swami Vida Bharti: Yoga Polity Economy and Family Rishikesh SadnanaMandir Trust, 2000
- 4 Yogeshwar Text Book of Yoga (2004) Penguin Book
- 5 Singh Mandeep. et.al. (2022) Yoga, Vinod Publishing House, J&K(India)
- 6 Bedi Yashpal: Social & Preventive Medicine, New Delhi Atmaram & Sons, 1985
- 7 Kumar Amresh (Prof) Yoga for Helath & Body, Publisher by Khel Sahitya Kendra, Delhi 2007
- 8 Kuvalayananda " Asana" Popular Prakashna, Bombay
- 9 Harvey Paul " All you wanted to know about Yoga (1991) Sterling Publisher Pvt. Ltd.
- 10 Debnath, Monica " Basic Care Fitness through Yoga and Natureopathy (2001-07) Sports Publication G- 6,23/23/B EMCA Marg Ansar Road, Darya Ganj, New Delhi
- 11 Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rachhpal Singh Brar.



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