



University of Rajasthan Jaipur

SYLLABUS

**(Three/Four Year under Graduate Program in Arts
(Physical Education))**

Semester - III & IV

Examination- 2025-26

UNIVERSITY OF RAJASTHAN

**Program Name: UG-9101 EIGHT SEMESTER- BACHELOR OF ARTS
(EDUCATION)**

DISCIPLINE: PHYSICAL EDUCATION

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SCHEME OF EXAMINATION FOR UNDERGRADUATE PROGRAMME AS PER UGC FRAMEWORK FOR SESSION 2025-26

1 Credit =25 marks for examination/evaluation

Name of the Degree Program: BA

1. Discipline Core: Physical Education Sports & Yoga BA course Total Credits for the Program (III& IV Semesters): Discipline Core: 12 Credits
2. Open Electives: 06 Credits (BA Course)
3. Skill Enhancement Courses: 03 Credits (BA & all other UG Courses)

Aim of the Course

- The course aims at creating awareness about the fundamentals of Physical Education, Sports and Yoga and to promote Health and wellness through Healthy Lifestyle.

Program Outcomes: By the end of the program the students will be able to:

1. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, etc.) and device appropriate fitness program for different genders and age groups at all level.
2. The curriculum would enable to officiate, supervise various sports events and organize sports events.
3. Students acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development.
4. The student learns to plan, organize and execute sports events.
5. Student will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.
6. Student acquire the knowledge of opted games, sports and yoga and also learn the technical and tactical experience of it.
7. Student will learn to apply the knowledge of managing the fitness equipment.
8. Student will learn to apply knowledge of Physical fitness and exercise management to lead better quality life.
9. The student will learn and contribute on fitness management.
10. Students will understand and learn different dimension of active life style.
11. The student will gain knowledge of professional preparation in Physical Education, Sports and Yoga.
12. Student will learn the knowledge of fitness diet.
13. Students will be able to assess the Physical Fitness in Scientific way.
14. The students will be able to continue professional courses and research in Physical Education, sports and yoga.
15. The activities in the Curriculum shall be modified/redesigned at the BoS level of the university to benefit the physically/ visually Challenged students.

PHYSICAL EDUCATION, SPORTS AND YOGA

Objectives of the Course

- To impart the students with basic concepts of Physical Education, Sports and Yoga for health and wellness.
- To familiarize the students with health-related Exercises, Sports and Yoga for Overall growth & development
- To create a foundation for the professionals in Physical Education, Sports and Yoga.
- To impart the basic knowledge and skills to teach Physical Education, Sports & Yoga activities.

Learning Outcome/Skills:

- Students will be able to understand the basic principles and practices of Physical Education, Sports and Yoga.
- Students will be able to instruct the Physical Activities, Sports and Yoga practices for Healthy Living.
- To develop Professionalism among students to conduct, organize and officiate physical Education, Sports and Yoga events at Schools, Colleges and community.

Employability / Entrepreneurship abilities:

- The candidate will be able to work as Physical Education, Sports and Yoga instructor.
- The Candidate will be able to instruct, organize & officiate Physical Education, Sports and Yoga event.
- The candidate will be able to establish fitness, sports and yoga centers.
- The candidate will be able to conduct Traditional games, Sports and General Yoga classes for rural and community.

WEIGHTAGE FOR ASSESSMENT

Student Progress Evaluation

Type		Paper code and Nomenclature	Duration of Examination	Maximum marks (Midterm+ EoSE)	Minimum marks (Midterm+ EoSE)
Theory	Sem-III	UG-9101-PHE-53T-101 Anatomy and Physiology of Exercise	1 Hr-MT 3 Hrs-EoSE	20 Marks-CA 80 Marks-EoSE	8 Marks-CA 32 Marks-EoSE
Practical		UG-Basic Fitness Two Games and Athletics Event	2 Hr-MT 3 Hrs-EoSE	10 Marks-CA 40 Marks-EoSE	4 Marks-CA 16 Marks-EoSE
Theory	Sem-IV	UG-9101-PHE-54T-101 Management & methods of Physical Education	1 Hr-MT 3 Hrs-EoSE	20 Marks-CA 80 Marks-EoSE	8 Marks-CA 32 Marks-EoSE
Practical		UG-Basic Fitness Two Games and Athletics Event	2 Hr-MT 3 Hrs-EoSE	10 Marks-CA 40 Marks-EoSE	4 Marks-CA 16 Marks-EoSE

Note:-

1. MJR = Major
2. PHE = Physical Education
3. CA = Continuous Assesment
4. EoSE = End of Semester Examination

Semester - III BA				
Discipline Specific Core-1 (402)				
Course	Paper	Credits	No. Of Teaching Hours/Week	Total Marks/Assessment
DSC-1 Theory	Anatomy and Physiology of Exercise.	4	4	100 (80+20)
DSC-1 Practical	Basic Fitness Track and Field. Major Games and Athletics Events	2	4	50 (40+10)
Total		6	8	150

Semester - IV BA				
Discipline Specific Core-1 (402)				
Course	Paper	Credits	No. Of Teaching Hours/Week	Total Marks/Assessment
DSC-1 Theory	Management & methods of Physical Education	4	4	100 (80+20)
DSC-1 Practical	Basic Fitness Track and Field. Major Games and Athletics Events	2	4	50 (40+10)
Total		6	8	150

BA Semester III

Title of the Course Anatomy and Physiology of Exercise

Number of Theory Credits	Number of Lecture hours/Semester	Number of Practical Credits	Number of Practical hours/Semester
4	52-56	2	52-56
Unit I: Introduction			
(A) Meaning and consent of Anatomy: Physiology and Exercise Physiology, its need and importance in Physical Education and Sports. (B). Definition of cell, tissue, organ and systems. Microscopic structure of cell. (C) Effect of exercises on respiratory circulatory muscular system (D) Stich and Cramps			14
Unit II: Skeletal and Muscular System.			
(A) Elementary knowledge of skeleton system, terminology of various movements around joints. (B) Types of muscles (Voluntary, Involuntary and Cardiac) General characteristic (Properties) of Muscles (Elasticity, Contractibility and Irritability)..			14
Unit III: System			
(A) Brief Introduction and structure of various systems of the body. (Cardio-vascular; Respiratory, Digestive, Nervous System) (B) i. Pumping action of heart ii. Mechanism of respiration iii. Role of Glands in growth, development and body function. (C) Obesity and body weight control. (i) Nuro Muscular Co-ordination			14
Unit IV: Physical Fitness and Training			
(A) Physiological Concept of Physical fitness, training warming up, conditioning and fatigué. (B) Physiological aspects of development of strength enhance, skill, speed and agility. (C) Second, wind, Oxygen dept. and binesthetic sense. (A) Physiological Concept of Physical fitness, training warming up, conditioning and fatigué. (B) Physiological aspects of development of strength enhance, skill, speed and agility. (C) Second, wind, Oxygen dept. and binesthetic sense.			14

Semester III

Content of Practical Course 1: Practical's (2 credits/ 56hours)

Basic Fitness, Training and Assessment

1. General warm-up
2. Body Composition (BMI) and Cardio vascular Assessment
3. Training and Assessment for Muscular Endurance, Muscular Strength, Flexibility, Cardio-respiratory Endurance, Body Composition

A. Major Minor Outdoor Games/Track & Field

1. On Major Game & One Individual Sport (Among the list of IOA, AIU, SGFI) *
2. One even teach-Running. Jumping and Throwing Event*

Pedagogy: The course shall be taught through Lecture, Practical's, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramural

Formative Assessment	
Assessment Occasion/Type	Weightage in Marks
Theory	Theory-80 Marks Internal-20 Marks
Practical	Practical-40 Marks Internal-10 Marks
Total	150 Marks

Books for Reference:

1. Morehouse & M Physiology of Exercise: C.V. Mosby Co., St. Louis.
2. Srivastava, etc, Textbook of Practical Physiology, Scientific Book Agency, Calcutta.
3. Cuyton A.C.: Functions of Human Body W.B. Saunders Co. London.
4. Pearce Evelyn C: Anatomy and Physiology of Nurses: Faber & Faber Ltd. London
5. Karpovich and Sinnser: Physiology of Muscular Activity: W.B Saunders Co. London.
6. Pearce JW. Anatomy for students and teacher of physical Education. Edward Arnold & Co., London. 6.
7. Duvel Ellen Neill Kinesiology: The Anatomy of Motion.

BA Semester IV

Title of the Course:
Management and methods of Physical Education

Number of Theory Credits	Number of Lecture hours/Semester	Number of Practicals Credits	Number of Practical hours/Semester
4	52-56	2	52-56
Content of Theory Course			
Unit I: Introduction			
1. Meaning and importance of "Teaching Methods Factors to be considered in: determining the methods of teaching. 2. Types of Teaching Methods, 3. Principles of Teaching.			14
Unit II - Organization			
Organization of Sports and National, State, District and village Level for Educational Institutions, Open tournaments & Annual Sports Meet Physical Education Budget and its preparation, Maintenance of Accounts, Income & Expenditure (Sources).			14
Unit III-Tournaments			
Meaning, types of Tournaments, Method of drawing fixtures, Merits and Demerit of various. types of Tournaments Maintenance of Records, Filing and Office correspondence.			14
Unit IV- Facilities and Equipment's			
1. Need and importance of equipment's, for Physical Education. 2. An ideal list of equipment's for Physical Education. 3. Realistic approach in purchases, purchases procedures. 4. Development of improvised equipment and storekeeper			14

Semester IV

Content of Practical Course 1: Practical's (2credits/56hours)

Basic Fitness, Training and Assessment

1. General warm-up
2. Body Composition (BMI) and Cardio vascular Assessment
3. Training and Assessment for Muscular Endurance, Muscular Strength, Flexibility, Cardio-respiratory Endurance, Body Composition

A. Major Minor Outdoor Games/Track & Field

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Pedagogy: The course shall be taught through Lecture, Practical's, Interactive, Sessions, Materials, Assignments, Seminars, Intramural& Extramural

Formative Assessment	
Assessment Occasion/Type	Weightage in Marks
Theory	Theory-80 Marks Internal-20 Marks
Practical	Practical-40 Marks Internal-10 Marks
Total	150 Marks

Books Recommended :

1. G. Tirunarayanan& S. Hariharan: Methods in Physical Educa- tion, Alagappa College of Physical Education, AlagappauramKaraijudi.
2. Hari Shankar Sharma: Physical Education Organisation. Ad- ministration and Supervision (Hindi).
3. Knapp Clyde and Hagman, E.P.: Teaching Methods for Physi- cal Education, New York: McGraw Hill Book Co. 1984.
4. Bucher C.A.: Administration of Physical Education and AtuleticProgrammes. The C.V. Kosby Company, London, 1983.
5. Zelgler, E.F. And Bowiew G.W.: Management Competency Development in sports and physical education, Lea and Febiger, Philadelphia, 1983: