



University of Rajasthan Jaipur

SYLLABUS

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

Semester - I & II

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/re-designed 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.

Programme 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-I	UG-9101-PHE-56T-101 History 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
Theory	Sem-II	UG-9101-PHE-54T-101 Foundation 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 Assessment 4. EoSE = End of Semester Examination

Semester - I BA				
Discipline Specific Core-1 (402)				
Course	Paper	Credits	No. Of Teaching Hours/Week	Total Marks/Assessment

DSC-1 Theory	History 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

Semester - II BA				
Discipline Specific Core-2 (402)				
Course	Paper	Credits	No. Of Teaching Hours/Week	Total Marks/Assessment
DSC-1 Theory	Foundation 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 - I

Title of the Course

History of Physical Education

Number of Theory Credits	Number of Lecture hours/Semester	Number of Practical Credits	Number of Practical hours/Semester
4	52-56	2	52-56
Content of Theory Course - 1			

Unit-1 Introduction and History Of Physical Education in India	
1. Definition of Physical Education, Need Importance, Misconception about Physical Education. 2. Aims, Objectives and Importance of Physical Education. 3. Scope of Physical Education, Sports and, Yoga. 4. Modern trends of Physical Education, Sports and Yoga. 5. Brief concept of Education in relation to Physical Education, Career option in Physical Education. 6. Physical Education in Ancient India (Before 1947) Physical Education in India after 1947 7. Impact of Britain and U.A.S. on Physical Education in India 8. Physical Education in SPRATA, ATHENES	14
Unit-II Physical Education and Sports Training institutions in India	
1. Physical Education and Sports Training institutions in India 2. Sports Authority of India, Scheme & Functions 3. Rajasthan Sports Council, Function, Admirations, Aim & Objectives. 4. Arjuna Awards, Dronacharya Awards, MAKAT Trophy, National Sports Scholarship, Guru Vashist Award, Major Dhyan Chand and Kheir Ratan. Sports Personalities of Rajasthan & India 5. Khelo India Games, Khelo University Games	14
Unit-III Olympic Games	
1. Modern Olympic Games 2. Objective of Olympic Games, Olympic Mascot, Olympic Motto and Flag 3. Olympic Charter opening and Closing Ceremony 4. Indian Olympic Association, International Olympic Committee. Ancient Olympic, Differentiate Ancient and Modern Olympic.	14
Unit-IV Physical Education Movement	
1. Contribution of the growth of physical education by leader & Movements in India. 2. National Physical Efficiency Drive 3. All India Council of Sports 4. Turnverein Movement, YMCA and its contribution U.S.S.R., the Spartakiad. 5. Contribution in India, G.D Sondhi Rajkumari Amrit Kaur, B.P.De Coubertin, Dr. Pm Joseph Shri H.C. Buck, Prof. Karan Singh, Prof. Ajmer Singh Asian Games, SAF Games, National Games, Winter Olympic Games, Para Olympic. Rajasthan Olympic Games	14

BA Semester - I
Semester I

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

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

Reference Books :

1. Bucher, C.A. (n. d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.
2. Deshpande, S. H. (2014).
3. Physical Education in Ancient India. Amravati: Degree college of Physical education.
4. Mohan, V.M.(1969). Principles of physical education. Delhi: Metropolitan Book Dep.
5. Nixon, E.E.& Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
6. William, J.F.(1964). The principles of physical education. Philadelphia: W.B. Saunders Co.
7. Charles & Bucher, Foundations of Physical Education.
8. Harold M. Barrow, Man & His Movement Principles of Physical Education.
9. J.F. Williams, Principles of Physical Education.
10. Cowel & France, Philosophy and Principles of Physical Education.
11. D.G. Wakhakar, Manual of Physical Education
12. M.L.Kamlesh & M.S. Sangral, Principles & History of Physical Education.
13. Upadyke Johnson, Principles of Modern Physical Education, Health & Recreation.
14. Ajmer Singh etc. Basics of Physical Education, Health & Sports BA. Part I,II & III, Kalyani Publication Ludhiana.

BA Semester - II

Title of the Course

Foundation 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 - 1			
Unit-1 Biological Foundation of Physical Education			

1. Heredity & Environment & its effect 2. Stages of growth & Development. 3. Principles of growth and development, factor effecting growth & development. 4. Different between growth & development, Different between male & female. 5. Chronological, Anatomical, Physiological and Mental ages of individuals - their implications in developing and implementing Physical Education Programmes, 6. Adolescent problems and their management.	14
Unit-II Psychological Foundations of Physical Education	
1. Meaning of psychology, Importance of Psychology for Teacher. 2. Importance and implications of psychological elements in physical education. 3. Notions about mind and body and psycho-physical unity. 4. Learning, Learning theories, Law of learning, transfer of learning. 5. Psychological factors effecting sports performance. 6. Personality, its dimension and type. Role of sports in personality development.	14
Unit-III Philosophical and Biological Foundations of Physical Education	
1. Idealism and Naturalism in Physical education 2. Pragmatism and Existentialism Physical Education 3. Respiratory system and Circulatory System 4. Muscles & type of Muscles. 5. General benefits of exercises 6. Benefit of exercise to the various systems.	14
Unit-IV Sociological Foundations of Physical Education	
1. Physical Education and Sports as a need of the society 2. Sociological Implications of Physical Education and Sports 3. Physical activities and sports as a man's cultural heritage 4. Role of social institution in development of personality through Participation in games & sports. 5. Role of leadership in personality.	14

BA Semester II

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

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4. J.F. Williams, Principles of Physical Education.
5. Cowel & France, Philosophy and Principles of Physical Education.
6. D.G. Wakhakar, Manual of Physical Education
7. M.L. Kamlesh & M.S. Sangral, Principles & History of Physical Education.
8. Upadyke Johnson, Principles of Modern Physical Education, Health & Recreation.
9. Ajmer Singh etc. Basics of Physical Education, Health & Sports BA. Part I,II & III, Kalyani Publication Ludhiyana.