

**DR. BABASAHEB AMBEDKAR MARATHWADA
UNIVERSITY, AURANGABAD**



**PHYSICAL EDUCATION
(U.G. LEVEL)**

**UNDER THE FACULTY OF
SOCIAL SCIENCE
(THREE YEARS DEGREE)**

B.A. SECOND YEAR

**PHYSICAL EDUCATION
SYLLABUS (SEMESTER WISE)**

EFFECTIVE FROM JUNE-2010

B.A. Second Year

(Theory) Physical Education -107 (Semester-III)

Title: History Modern Trends in Physical Education in India.

Time: 2 Hours

Per week: 4 Periods per 50 minutes

Marks: 30

Half yearly period-60

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Unit-I

History and modern trends in physical education and sports. Physical education and sports in India and Ancient times period.

1. Advent of Aryands.2000BC (Early Period)
2. A pic Age 1500 BC to 500RC.
3. Bramahanical and Buddhist period.

Unit-II

1. Status and traditional physical education in India.
2. Rebirth of the Olympics (modern Olympics)
3. Controlling Body.
4. Rules of eligibility for competition.
5. Organization and conducts of the Games.

Unit-III

Pre-realistic and factors in flouncing high sports performance.

1. Training and competitions.
2. Interest and enthusiasm in out door activities and special sports.
3. Report between the trainer and trainee.
4. Anatomical and physiological factors.
5. Materials pre-regalities (facilities and equipments)
6. Environmental factors.

Unit-IV

- a) Sports-minded family, teachers, friends, sports Doctors etc.
- b) Satisfactory in train, studies/work nearness of home to training centers.

Reference Books:

1. Print P.N. Joseph-organization of physical education. The old students associations. I.T.P.E Bombay .
2. Olympic games and India by Saradindu sanyal, metroplitan Book co.Pvt.Ltd. netaji Subhash Marg Delhi.
3. A Brief History of Physical education in India.
4. Sports training method by N.I.S. publication patiyala.

B.A. Second Year

(Theory) Physical Education -108 (Semester-III)

Title: Officiating of Games and Sports.

Time: 2 Hours

Marks: 30

Per week: 4 Periods per 50 minutes

Half yearly period-60



Unit-I The theory of officiating

- i) The qualities and qualifications of a good official (consistency, judgement, knowledge, confidence, organizing committee)
- ii) Relation with management, coaches, captain, players and spectators.
- iii) Improving the standards of officiating (Rules, study, Practice clinics, appretisces ships, ratings etc.)

Unit-II Teaching Aids:

- i) Audio visal aids.
- ii) Observation and reading of sports critics.

Unit-II I Grounds and Equipments.

- i) Construction and maintenance of play ground including 200/400meter track marks officiating systems (position and hand signals) methods of scoring and score sheet.

Unit-IV

- i) Officiating in two selected games.
- ii) Officiating in a sports meet (intramunal/entrmeal)
- iii) Duties of officials.(Before, During and After the match)

Reference Books:

1. The Art of officiating sports by Jon.W Bun.
2. Track and field atheletics by Breshnham, Tuttle cretzner.
3. Modern track and field by Dr. Jenath Degerty.
4. Manual of Atheletic competitions by Jal D. Pardiwarda.

B.A. Second Year

(Practical) Physical Education -109 (Semester-III)

Title: Officiating of Games and Sports.

Per week's per batch 4 Periods per 3 hrs.

20 students per (one batch)

Marks: 40

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Unit-I Track and Field Events:

1) Running events 400mets. (Men and Women) 15

Unit-II Jumping Events-Long Jump. 15

(Approach runm Take off, Air position, Landing.

Unit-III Throwing events: Shot put (16 pounds men, 8 pounds women) 15

(holding, Styles, Delivery and Recovery)

Unit-IV Opted Game (Indian Game: Table Tanice) 15

(Fundamental skill,s knowledge of rules and regulation)

Unit-V (A) Internal Marks and internal assignments. 10

Unit-V (B) Record Book.

All compulsory events/practical events related.

1. History of the game.
2. Various diagraphme.
3. Name of different fundamental skill in the team. Events and athletics events.
4. Officials.

Reference Books:

1. Book of rules of games and sports: "Y.M.C.A. publishing House, jaising Road, New Delhi-110 007.
2. Track Marking: Dr. V.M. Sharma and Dr. Meena Fuuse, Rajednra Gand Tetra Publisher.
3. Play Ground Measurement Mannual: Lokesh Thaani-Sports Publication, W.P. 474 1st Floor, Shiv Market, Ashok Vibaz, Delhi-110 052s.
4. International Encyclopedia Sports and Games: Ashok Kumar Mittal Publication, New Delhi-1100 059 Volume 1 to 4.

N.B.

- 1) Separate heads of passing.
 - a) Theory Paper-Minimum Passing 12 Marks Per paper (Semester)
 - b) Practical paper-Minimum passing 16 marks. (Semester)
- 2) Practical examinations conducted.
 - a) Each batch 20 students.
(Only for B.A.I, II, & III year, 20 students batch)
 - b) Examiners appointed by University.
B.A.I,II,& III year subject teachers only.
 - c) One Peon, Peon for ground marking water supply equipment supply and collecting etc.
3. Practical B.A.I and II year, first batch 20 students, second batch 1/3 of batch first.
4. Private candidates and the candidates of the department of correspondence studies will not be allowed to take the subject.
5. B.A. III year, first batch, 16 students, second batch 1/3 of batch first.
6. Uniform is compulsory for practical periods and examination.

(Dr. K.G. Jadhav)
H.O.D. Physical Education & Sports
Dr. Babasaheb Ambedkar
Marathwada University, Aurangabad.
Chairman
Physical Education

(Dr.. Md. Ataullah Jagirdar)
H.O.D. Physical Education.
Milliya Arts & Science College, Beed
Ad-hoc Board Member
Physical Education

Faculty of Social Sciences
B.A. II Year Examination

Physical Education
Semester I-107 & semester II-108
(107- "History Modern Trands in Physical Education in India")
(108- "Officiating of Games & Sports.")

Time: 2 Hours

Marks: 30



- N.B. 1. Attempt all Questions.
2. All question carry equal marks.

Q.1. Essay Type. 10

Or

Essay Type

Q.2. Essay Type 10

Or

Essay Type

Q.3 Write short answers of any two of the following:

- a)
- b)
- c)
- d)

B.A. Second Year

(Theory) Physical Education -110 (Semester-IV)

Title: Tournaments and Training method in Games and Sports..

Time: 2 Hours

Per week: 4 Periods per 50 minutes

Marks: 30

Half yearly period 60

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Unit-I Meaning, Nature and Scope of theTournaments.

Unit-II Types of Tournaments.

- i) Knock out tournaments.
- ii) League tournaments.
- iii) Combination type tournaments.
- iv) Challenge Tournaments.

Unit.III Systeatisation of Training Programmes.

- i) General basic Traning (Beginers)
- ii) Advance level (promising sports men)
- iii) High performance level(National & International)

Unit-IV Training Methods.

- i) Circuit Training
- ii) Interval Training
- iii) Fortlake Training
- iv) Weight Training.

Reference Book:

1. G.T.M.T. in Sports –Hardyal Singh
2. Sports training methods by – N.S.NIS.patyala Publication
3. Training Methods in physical education by –Mr. Kamlesh and Sangrdil
4. क्रिडा स्पर्धा आणि सामने- श्री.गोडबोले
5. Principles of Training.-J.W. Bunn

B.A. Second Year

(Theory) Physical Education -112 (Semester-IV)

Time: 2 Hours

Marks: 40

Per week: 4 Periods per 50 minutes

20 students per (one batch)

Unit-I	Track and Field Events:	
i)	Running Events 800 mets. (Men and Women)	15
Unit-II	Jumping Events-Triple jump. (Approach run, Take off, Air position, Landing)	15
Unit-III	Throwing Events: Discuss (2kg men, 1 kg women) (Hloding, Styles, Delivery and Recovery)	15
Unit-IV	Opted game of optional game foreign game: Volley Ball. (Advance skill, technique, tactics, knowledge of rules and regulations)	15
Unit-V	(A) Internal marks and internal assignments. (Attendance & Behaviour)	15

Unit-V

(B) Record Book.

All compulsory events/practical events related.

- 1) History of the game.
- 2) Various diagrams.
- 3) Names of different fundamental skill in the team. Events and athletics events.
- 4) Officials.

Reference Books:

- 1) Book of rules of games and sports: "Y.M.C.A. publishing House, jaising Road, New Delhi-1100 007
- 2) Track Marking: Dr. V.M. Sharma and Dr. Meena Fuuse, Rajendra Gand Tetra Publisher, Rajkamal Chowk, Amravati.
- 3) Play Ground measurement Manual: Lokesh Thaani-Sports Publication, W.P. 474 1st floor, Shiv Market, Ashok Vibaz, Delhi – 110 0052.
- 4) International encyclopedia Sports and Games,: Ashok Kumar Mittal Publications, New Delhi – 110-059 Volume. 1 to 4.
- 5) मैदानी खेळ- व्ही.एन. सांगलीकर

N.B.

- 1) Separate Heads of Passing.
 - a) Theory paper – Minimum passing 12 marks. (Semester)
 - b) Practical paper – Minimum Passing 16 Marks. (Semester)

- 2) Practical Examinations Conducted:
 - a) Each batch 16 students.
(Only for B.A.I,II & III year, 20 students batch)
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B.A.I,II, & III year subject teachers only.
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- 3) Practical B.A. I and II year, first batch 20 students, second batch 1/3 of batch first.

- 4) Private candidates and the candidates of the department of correspondence studies will not be allowed to take the subject.

- 5) B.A. III year, first batch, 16 students, second batch 1/3 of batch first.

- 6) Uniform is compulsory for practical periods and examination

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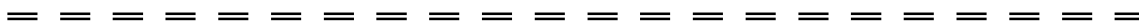
(Dr.. Md. Ataulah Jagirdar)
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Milliya Arts & Science College, Beed
Ad-hoc Board Member
Physical Education

Faculty of Social Sciences
B.A. II Year Examianation

Physical Education
Semester III-110 & semester IV-111
(110- "Tournaments and Training Method in Games & Sports")
(111- "Coaching of Games of Sports")

Time: 2 Hours

Marks: 30



- N.B. 1. Attempt all questions.
2. All questions carry equal marks.

Q.1. Essay Type. 10

Or

Essay Type

Q.2. Essay Type 10

Or

Essay Type

Q.3. Write Short answers of any two of the following:

- a)
- b)
- c)
- d)

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**PHYSICAL EDUCATION
(U.G. LEVEL)**

Syllabus for B.A.II

With effective from 20010-11

B.A. III Semester

Course-I

Unit	Course	Title of the Paper	Credits	Marks
Unit-I	Phy.Edun.107	History, Modern Trends in Physical Education in India	4	30
Unit-II	Phy.Edun.108	Officiating of games and sports	4	30
Unit.I & II	Phy.Edun.109	Practical of Physical Education	5	40

Not:

1. For theory papers 1 credit = 15 periods.
2. For practical's 1 credit = 30 periods.
3. One period comprises 50 minutes duration.

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Syllabus for B.A.II

With effective from 20010-11

B.A. IV Semester

Course-II

Unit	Course	Title of the Paper	Credits	Marks
Unit-I	Phy.Edun.110	Tournaments & Training method in Games of sports	4	30
Unit-II	Phy.Edun.111	Coaching of Games and Sports	4	30
Unit.I & II	Phy.Edun.112	Practical of Physical Education	5	40

Not:

1. For theory papers 1 credit = 15 periods.
2. For practical's 1 credit = 30 periods.
3. One period comprises 50 minutes duration.

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**Physical Education
Curriculum Structure and Schemes of Evaluation for B.A.II
with effect from 2010-11.**

SEMESTER-III									
Sr.No.	Course of the Subject	Name of the Subject	Scheme of Teaching (Periods/Week)				Scheme of Evaluation (Marks)		
1			L	P	Total Periods	Total Credits	Theory	Pract/Viva-voca	Total Marks
1	Phy.Edun .107	History, Modern Trends in Physical Education in India	4	-	4	4	30	-	30
2	Phy.Edun .108	Officiating of games and sports	4	-	4	4	30	-	30
3	Phy.Edun .109	Practical of Physical Education	-	5	4 per batch	5	-	40	40
(A) Total semester-III			8	5	12	13	60	40	100

SEMESTER-IV									
Sr.No.	Course of the Subject	Name of the Subject	Scheme of Teaching (Periods/Week)				Scheme of Evaluation (Marks)		
1			L	P	Total Periods	Total Credits	Theory	Pract/Viva-voca	Total Marks
1	Phy.Edun .110	in Tournaments & Training method Games of sports	4	-	4	4	30	-	30
2	Phy.Edun .111	Coaching of Games and Sports	4	-	4	4	30	-	30
3	Phy.Edun .112	Practical of Physical Education	-	5	4 per batch	5	-	40	40
(A) Total semester-IV			8	5	12	13	60	40	100