

1st Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2023 - 24)
Core Course – 1& Major Core Course – 1

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	1 st Semester		
Name of the Course	History and Foundation of Physical Education		
Course Code	B23-PED-101		
Course Type:	Core Course - 1 Major Core Course - 1		
Level of the Course	100 - 199		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to:		
	1. Describe the Aims, Objectives and scope of Physical Education. 2. Explain the historical development of Physical Education in India 3. Illustrate the basic knowledge of biological aspects of Physical Education 4. Tell the various Career opportunities in Physical Education and Sports. 5. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kho Kho and Badminton.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100 Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks) Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u> The question paper will consist of Five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Physical Education: • Meaning and definition of Physical Education • Relationship of Physical Education with Health and General Education • Aim and Objectives Physical Education • Scope of Physical Education. • Need of Physical Education in modern society. • Misconceptions regarding Physical Education. • Physical Education as Arts or Science		12

II	History of Physical Education in India: - Physical Education during Indus Valley Civilization (3250 BC – 2500 BC) - Physical Education during Vedic period (2500 BC – 600 BC) - Physical Education during Early Hindu Period (600 BC – 320 A.D) - Physical Education during Later Hindu Period (320 A.D – 1000 A.D) - Physical Education during Medieval Period (1000 A.D – 1757 A.D) - Physical Education during British Period (Till 1947) - Physical Education during After Independence	12	
III	Biological Basis of Physical Education: - Meaning of Growth and Development - Meaning of Chronological Age, Anatomical age, Physiological age and Mental age - Principles of Growth and development - Difference between Growth and development - Factor affecting Growth and development - Growth and Development at various Levels of Childhood: Pre - Adolescence – Adolescence – Adulthood.	11	
IV	Career opportunities in Physical Education and Sports: - Qualifications and responsibilities of Physical Education and Sports professionals at various levels of educational institutions. - Qualifications and responsibilities as Coach, Fitness Trainers, Yoga Instructors and others - Qualifications and responsibilities as sports Event Managers, Technical Officials, Researcher and others - Qualifications and responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance & Recreation Clubs in Corporate Sectors and others. - Qualifications and responsibilities Sports Journalists, Commentators, Sports Photographers and Video Analysts - Career opportunities in various Central Govt, State Govt., Private Organizations and others - Career opportunities in Manufacturing and Marketing sectors. - Entrepreneurs opportunities in Physical Education and Sports.	11	
Suggested Evaluation Methods: Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Internal Assessment: 20 Marks Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10		End Term Exam: 50 Marks Time = 3 hrs. One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.	
Part II – Practical (Internal Assessment - 10 Marks + External – 20 Marks)			
Unit	Topics	Marks distribution	Contact Hours
I	Kho - Kho: Court specifications, general rules and basic skills	15 Marks	15
II	Badminton: Court specifications, general rules and basic skills	15 Marks	15

	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each Game)	End Term Exam: 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Game)
Part C-Learning Resources		
• Suggested Readings: • Baljit Singh (2009). Principles of Physical Education. New Delhi: Sports Publication. • Bevinson Perinbaraj. S (2002). History of Physical Education. Karaikudi: Vinsi Publications. Bucher A. • Charles. (1983). Foundations of Physical Education. St. Louis: Mosbyco. • Charles A. Bucher. (1982). Foundations of Physical Education. USA: The C.V. Mosby company. • Charles C. Cowell & William L. France. (1963). Philosophy and Principles of Physical Education. New Jersey: Prentice-Hall. • Singh Ajmer et.al. Modern Text Book of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana, (2010). • Sharma, V.K, Health & Physical Education, Saraswati House Pvt. Ltd . Daryaganj, New Delhi. (2013). • Singh Ajmer et. al. Olympic Movement, Kalyani Publishers, Ludhiana, (2000). • Kamlesh & Sangral, Principles & History of Physical Education, Parkash Brothers, Ludhiana.(2000). • Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. • Deshpande, S. H. (2014). • Mohan, V. M. Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co. • Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore. • Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi • Anand, R.L (1987) Play Field Manual, Patiala: NIS Publication.		