



# UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE UNIVERSITY)

Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

## NOTIFICATION

(19/Aug./Adp/18)

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 Syllabi and Courses of Study in the subject of **Physical Education** for semesters I and II under the **Choice Based Credit System** at the Undergraduate level (as given in the Annexure) for the examinations to be held in the years indicated against each semester as under:-

Subject	Semester	For the examinations to be held in the year
Physical Education	Semester-I	Dec 2019, 2020 and 2021
	Semester-II	May 2020, 2021 and 2022

The Syllabi of the courses is available on the University website: [www.jammuuniversity.in](http://www.jammuuniversity.in)

Sd/-

DEAN ACADEMIC AFFAIRS

No. F.Acd/II/19/4362-4422

Dated: 16-8-19

Copy to:

1. Dean, Faculty of Education
2. HOD/Convener, Board of Studies in Education
3. Director, Physical Education
4. All members of the Board of Studies
5. C.A. to the Controller of Examinations
6. Director, Computer Centre, University of Jammu
7. Asst. Registrar (Conf. /Exams. UG)
8. Incharge University Website for necessary action please

Assistant Registrar (Academic)

**UNIVERSITY OF JAMMU**  
**("A+" Grade University-Accredited by NAAC)**

**COURSE SCHEME & SYLLABUS**

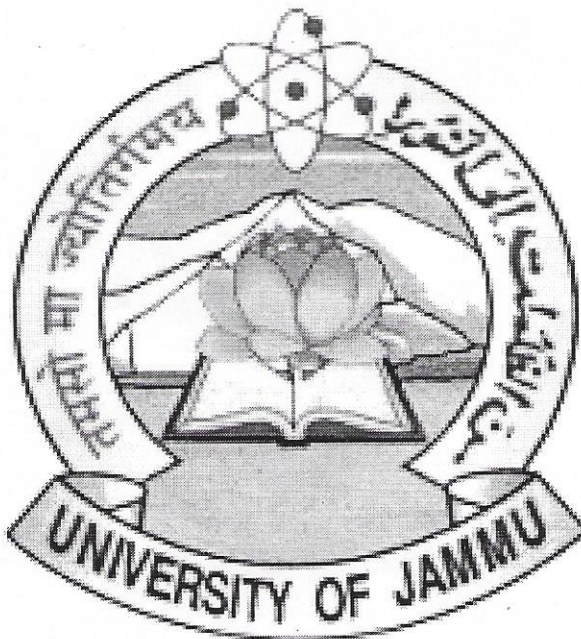
For

**Under Graduate Programme**

**OF**

**PHYSICAL EDUCATION**

**(Effective from Academic Session 2019-20 Onwards)**



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**Scheme for Under Graduate Courses in Physical Education**

**Session 2019-20 & onwards ..**

PART – A	Theory Papers	600 Marks
PART – B	Practical	300 Marks
	Total	900 Marks

**Semester Wise Break-Up  
Semester-I to VI**

**Theoretical Course: 600 Marks**

**Practical Course : 300 Marks**

Semester	Core Course Code	Title of the Paper	External Marks	Internal Marks	Total	Credits
Sem- I	UPETC-101	Foundations and History of Physical Education	80	20	100	4
	UPEPC-102	<b>Practical</b> Athletics Event: Long Jump & Middle Distance Running Game: Badminton/ Table Tennis	25	25	50	2
Sem- II	UPETC-201	Anatomy and Exercise Physiology	80	20	100	4
	UPEPC-202	<b>Practical</b> Athletics Event : Shot Put & Cross Country Games: Hockey / Kabaddi	25	25	50	2

**Details of Practical**

**Classes: 2 classes of 2 hrs. each per week**

<u>Internal Practical = 25 marks</u> a) Performance test- 15 marks b) Viva Voce : 05 marks c) Attendance :05 marks	<u>External Practical = 25 marks</u> a) Performance test- 20 marks b) Viva Voce : 05 marks
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- UPETC (Physical Education Theory Course)
- UPEPC (Physical Education Practical Course)

**SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL**  
**(UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD**  
**IN DECEMBER 2019, 2020, 2021**

**SEMESTER-I**  
**SUBJECT: PHYSICAL EDUCATION**  
**CHOICE BASED CREDIT SYSTEM (CBCS)**

**CORE COURSE -UPETC-101****CREDITS: 4****TITLE: FOUNDATIONS & HISTORY OF PHYSICAL EDUCATION****MAX MARKS: 100****MINIMUM PASS MARKS****1) External (University exam):80****External: 29****2) Internal assessment: 20****Internal: 07****Duration of Exam:****1) External: 2½ hours****2) Internal : 1 hour****Unit- I: Introduction**

- 1.1. Meaning and definition of Physical Education.
- 1.2. Aim and objectives of Physical Education.
- 1.3. Modern concept of Physical Education.
- 1.4. Importance of 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
- 2.4 National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award.

**Unit- III: Biological Foundations of Physical Education**

- 3.1. Biological foundation- Meaning and definition of growth and development.
- 3.2 Factors affecting growth and development.
- 3.3 Difference of growth and development. Principles of growth and development.
- 3.4 Age- Chronological age, anatomical age, physiological age and mental age.

**Unit- IV: Olympic Movement**

- 4.1 Origin of Olympic Games.
- 4.2 Ancient and Modern Olympic Games.
- 4.3 Significance of Olympic Idea, Olympic Rings and Olympic Flags.
- 4.4 Olympic Movement in India.

**UNIT V : Sports Institutions : Constitution & Functions**

- 5.1 Sports Authority of India (SAI)
- 5.2 Neta ji Subash National Institute of Sports(NSNIS)
- 5.3 Indian Olympic Association (IOA)
- 5.4 J&K State Sports Council.

**Note:**

- Each theory paper/ course shall be of 100 marks.
- 20% of which shall be reserved for internal assessment.
- 80% of which shall be reserved for external examinations to be conducted by the University/Colleges
- The External examinations in theory shall consist of the following:

**Note for Paper Setting**

1. Five (5) short answers to the questions representing all units/ syllabi i.e. at least one from each unit (without detail explanation having 70 to 80 words in approximately 6 minutes and having 3 marks for each answer to the question **(All Compulsory)**.)
2. Five (5) medium answers to the questions representing all units/ syllabi i.e. at least one from each unit (with explanation having 250-300 words in approximately 12 minutes and having 7 marks for each answer to the question **(All Compulsory)**.)
3. FIVE (5) long answers to the questions (**two to be attempted**) representing whole of the syllabi with detailed analysis/explanation/critical evaluation/solution to the stated problems within 500-600 words in approximately 30 minutes and having 15 marks each answer to the question.

**SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL**  
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**IN DECEMBER 2019, 2020, 2021**

**SEMESTER-I**  
**SUBJECT: PHYSICAL EDUCATION**  
**CHOICE BASED CREDIT SYSTEM (CBCS)**

**CORE COURSE -UPETC-101**  
**TITLE: FOUNDATIONS & HISTORY OF PHYSICAL EDUCATION**

**SUGGESTED READINGS**

1. Graham, G. (2001) Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication).
3. Lau, S.K. (1999) Great Indian Players, New Delhi, Sports.
4. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, 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, and Sports. McGraw Hill Companies Inc.; New York, USA.
10. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rachhpal Singh Brar.

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 Gunde  
 Anur  
 Anand  
 Ajeet  
 Ajeet  
 Karan  
 Thomas  
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**SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL  
(UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD  
IN DECEMBER 2019, 2020, 2021**

**SEMESTER-I  
SUBJECT: PHYSICAL EDUCATION  
CHOICE BASED CREDIT SYSTEM (CBCS)**

**PRACTICAL COURSE**

**CORE COURSE -UPEPC-102**  
Total Marks: 50

**CREDITS: 2**  
External Practical: 25  
Internal Practical: 25

**ATHLETICS AND GAMES**

1. **Athletics**
  - i) **Event (Long Jump & Distance Running):**
    - (a) Introduction of event and brief history.
    - (b) Basic skills and techniques.
    - (c) IAAF (International Association of Athletics Federations) rules and regulations.
    - (d) Equipment required for the event.
    - (e) Teaching stages of the event
    - (f) Participation in any competition.
2. **Game**
  - ii) **Badminton/ Table Tennis**
    - (a) History of the game.
    - (b) Equipment required in the game.
    - (c) Fundamental skills and lead-up games
    - (d) Techniques, strategies and system of play.
    - (e) Rules and regulations of the game.
    - (f) National and International tournaments associated with the game.
    - (g) Awards associated with the game.
    - (h) Participation in any competition

**Details of Practical**

**Classes: 2 classes of 2 hrs. each per week**

<b><u>Internal Practical = 25 marks</u></b>	<b><u>External Practical = 25 marks</u></b>
a) Performance test- 15 marks	a) Performance test- 20 marks
b) Viva Voce : 05 marks	b) Viva Voce : 05 marks
c) Attendance :05 marks	

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**SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL  
(UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD  
IN MAY 2020, 2021, 2022**

**SEMESTER-II  
SUBJECT: PHYSICAL EDUCATION  
CHOICE BASED CREDIT SYSTEM (CBCS)**

**CORE COURSE -UPETC-202**

**CREDITS: 4**

**TITLE: ANATOMY AND EXERCISE PHYSIOLOGY**

**MAX MARKS: 100**

**MINIMUM PASS MARKS**

**1) External (University exam):80**

**External : 29**

**2) Internal assessment: 20**

**Internal: 07**

**Duration of Exam:**

**1) External: 2½ hours**

**2) Internal : 1 hour**

**Unit- I: Introduction**

- 1.1. Meaning and definitions of Anatomy and Exercise Physiology
- 1.2. Importance of Anatomy and Exercise Physiology in Physical Education.
- 1.3. Human Cell- Structure and functions.
- 1.4. Tissue- Types and functions.

**Unit- II: Musculo-skeletal System**

- 2.1. Skeletal System- Classification of Bones & Joints. Anatomical difference between male and female.
- 2.2. Muscular System- Types, functions and structure of muscle.
- 2.3. Effect of exercise on muscular system.
- 2.4. Effect of exercise on Skeletal System.

**Unit- III: Circulatory System**

- 3.1 Blood- Composition and functions.
- 3.2 Heart- Structure and functions. Mechanism of Blood Circulation through heart.
- 3.3 Blood Pressure, Athletic Heart and Cardiac output.
- 3.4 Effect of exercise on circulatory system.

**Unit- IV: Respiratory System**

- 4.1 Structure and functions of Respiratory organs.
- 4.2 Mechanism of Respiration.
- 4.3 Vital Capacity, O<sub>2</sub> Debt and Second Wind.
- 4.4 Effect of exercise on respiratory system.

**Unit-V: Digestive System**

- 5.1 Structure and functions of Digestive System.
- 5.2 Different organs of the Digestive System.
- 5.3 Concept of Metabolism (Anabolism and Catabolism).
- 5.4 Effects of Games and Sports on Digestive System.

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**(UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD**  
**IN MAY 2020, 2021, 2022**

**SEMESTER-II**  
**SUBJECT: PHYSICAL EDUCATION**  
**CHOICE BASED CREDIT SYSTEM (CBCS)**

**CORE COURSE -UPETC-202**  
**TITLE: ANATOMY AND EXERCISE PHYSIOLOGY**

**SUGGESTED READINGS**

1. Amrit, Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
2. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
3. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
4. Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
5. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
- Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
6. Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
7. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
8. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
9. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.
10. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rachhpal Singh Brar.

*[Handwritten signatures and initials in blue ink, including names like 'Ajmer Singh', 'Jagtar Singh Gill', 'Jagdish Bains', and 'Rachhpal Singh Brar']*



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**PRACTICAL COURSE**

**CORE COURSE -UPEPC-202**  
 Total Marks: 50

**CREDITS: 2**  
 External Practical: 25  
 Internal Practical: 25

**ATHLETICS AND GAMES**

1. Athletics
  - i) Event (Shot Put & Cross Country):
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