



UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE' UNIVERSITY)
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

Academic Section

Email: academicsectionju14@gmail.com

NOTIFICATION

(23/July/Adp./64)

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 the Syllabi and Courses of Studies in the subject of **Physical Education of Semester IIIrd and IVth for Four Year Under Graduate Programme (FYUGP)** under the **Choice Based Credit System** as per NEP-2020 (as given in the annexure) for the examinations to be held in the years as per the details given below:

Subject	Semester	For the examinations to be held in the year
Physical Education	Semester-III Semester-IV	December 2023, 2024 and 2025 May 2024, 2025 and 2026

The Syllabi of the courses is also available on the University website: www.jammuuniversity.ac.in

Sd/-

DEAN ACADEMIC AFFAIRS

No. F.Acd/II/23/6979-7028

Dated: 18-7-2023

Copy to:

- 1) Dean, Faculty of Education
- 2) Directorate, Physical Education, University of Jammu
- 3) HOD/Convener, Board of Studies in 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/ Exam Prof.)
- 8) Incharge University Website for necessary action please

Sumilashamo
18/7/23.
Deputy Registrar (Academic)
18/7/23
18/7/23

UNIVERSITY OF JAMMU
(“A+” Grade University-Accredited by NAAC)

COURSE SCHEME & SYLLABUS

For

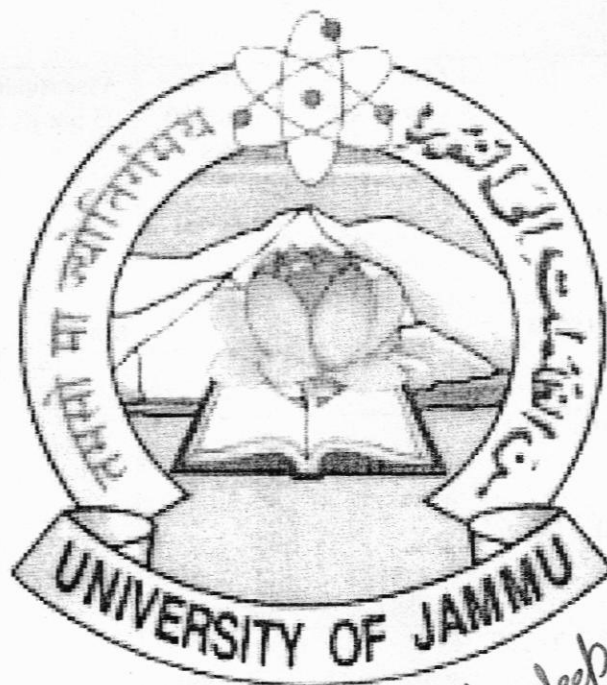
Under Graduate Programme

With

PHYSICAL EDUCATION

(Semester III & IV)

(Effective from Academic Session 2023-24 Onwards)



Approved on the
Recommendation of
the Sept.

Ref. No.
29.05.23.

Mandeep Nathyal

[Signature]

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[Signature]

[Signature]

Directorate of Sports and Physical Education

University of Jammu

**Following Courses of study are prescribed for
3rd and 4th Semester**

**FYUG program in the subject of PHYSICAL EDUCATION
Under CBCS as per NEP-2020**

Semester 3rd

S. No	Course Type	Course Code	Course Title	Credits	Marks				Total Marks
					Theory		Practical		
1.	Major	UMJPET301	Modern Concepts of Physical Education	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
2.	Major	UMJPET302	BASICS OF YOGA	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
3.	Minor	UMIPET303	Modern Concepts of Physical Education	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
4.	Multidisciplinary	UMDPET304	CONCEPT AND TRENDS IN PHYSICAL EDUCATION	03Th	Mid semester:15 marks	End Exam:60 marks	-	-	75
5.	Skill Enhancement Course	USEPET305	YOGIC SCIENCE	02	Mid semester:05 marks	End Exam:20 marks	Assessment 05 marks	Exam :20marks	50

Semester 4th

S.N	Course Type	Course Code	Course Title	Credits	Marks				Total Marks
					Theory		Practical		
1.	Major	UMJPET401	SPORTS TRAINING	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
2.	Major	UMJPET402	SPORTS PSYCHOLOGY	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
3.	Major	UMJPET403	SPORTS MANAGEMENT	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
4.	Major	UMJPET404	ADAPTED PHYSICAL EDUCATION	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
5.	Minor	UMIPET405	SPORTS TRAINING	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100

Mandeep Nathyal

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE

The examination is to be held in the month of Dec. 2023, 2024 & 2025

MAJOR COURSE-UMJPET301

CREDITS: 4 (3theory+1practical)

COURSE TITLE: Modern Concepts of Physical Education

**MAX MARKS: 100 (Theory: 75+ Practical: 25) Total no. of Lectures: Theory: 45 hrs.
Practical: 30hrs.**

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Course Learning Outcomes:

To Understand the Modern Concept of Physical Education

To Understand Teaching Methods in Trends in Physical education

To interpret Social Aspects of Physical Education

To learn Psychological Aspects in Physical education

THEORY COURSE

Unit- I: Modern Concept of Physical Education

- 1.1. Modern Concept of Physical Education
- 1.2. Problems existing while organizing Physical Education programs in schools and colleges
- 1.3. Place of Physical Education in Education Process
- 1.4. Motivational Aspects in the profession of Physical Education

Unit- II: Teaching Methods

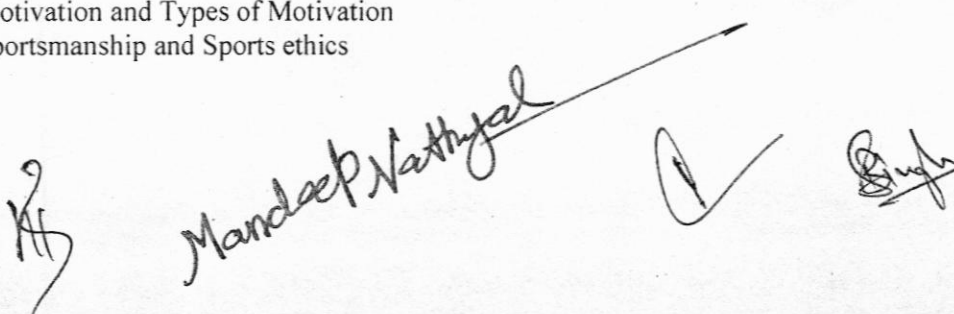
- 2.1. Teaching methods: Command, Demonstration and Imitation method.
- 2.2. Class management: techniques, formation, command (types/techniques)
- 2.3. Factors effecting class management

Unit- III: Sociological Aspects

- 3.1 Definition of Sports Sociology and Importance of Sociology in the field of Physical Education
- 3.2 Physical Education, Games & Sports as Man's Cultural Heritage
- 3.3 Development of Leadership Qualities in Sports and Physical Education
- 3.4 Sociological approach and value education through physical education programme.

Unit- IV: Psychological Aspects

- 4.1 Meaning, Definition and Importance of Psychology and Sports Psychology
- 4.2 Motivation and Types of Motivation
- 4.3 Sportsmanship and Sports ethics



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COURSE TITLE: Modern Concepts of Physical Education

MAX MARKS: 100 (Theory: 75+ Practical: 25) **Total no. of Lectures: Theory: 45 hrs.**
Practical: 30hrs.

PRACTICAL COURSE

1. Athletics

- **Event (Discuss & Shot put):**
 - (a) Introduction of event and brief history.
 - (b) Basic skills and techniques.
 - (c) IAAF rules and regulations.



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COURSE TITLE: Modern Concepts of Physical Education

**MAX MARKS: 100 (Theory: 75+ Practical: 25) Total no. of Lectures: Theory: 45 hrs.
Practical: 30hrs.**

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
2. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).
3. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

Midterm assessment test shall be conducted by the course coordinator as per the following pattern:

The duration of test shall be 1 and a half hours.

SECTION A: Eight (08) short answer questions (Five to be attempted) covering 50% syllabus (two units) i.e. four questions from each unit. Each Question shall be of 01 mark.

SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

The midterm assessment marks awarded to the students in the course shall be displayed on the notice board at least one week before the commencement of end semester examination.

EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

The external end semester university examination in theory to be conducted by university shall consist of the following:

SECTION A: Four (04) short answer questions having one question from each unit. The students are required to attempt all questions. Each Question shall be of 03 marks.

SECTION B: Eight (08) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each Question shall be of 12 marks.

The Duration of Exam shall be of 03 hours.

PRACTICAL (25 MARKS)

Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be asunder:

INTERNAL PRACTICAL (10 MARKS):

Internal practical involves Skill test of 07 marks and Viva Voce of 03 marks.

EXTERNAL PRACTICAL (15 MARKS):

External practical involves Skill test of 10 marks and Viva Voce of 05 marks.

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
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Suggested Readings

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2. Singh Mandeep. et.al. (2022) Physical Education, Vinod Publishing House, India
3. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, USA.
4. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
5. Shaffer, D.R. (2002) Development Psychology: Childhood and Adolescence. Thomson, Sydney, Australia.
6. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.
7. Singh, A. et al. (2000) Essential of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
8. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science, and Sports. McGraw Hill Companies Inc.; New York, USA.
9. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, JagdishBains and Rachhpal Singh Brar.

MS

Mandeep Nathyal

A

Singh

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE

The examination is to be held in the month of Dec. 2023, 2024 & 2025

MAJOR COURSE-UMJPET302

CREDITS: 4 (3theory+1practical)

COURSE TITLE: BASICS OF YOGA

MAX MARKS: 100 (Theory: 75+ Practical: 25)

**Total no. of Lectures: Theory: 45 hrs.
Practical: 30hrs.**

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Course Learning Outcomes:

To Understand the Basic of Yoga

To Understand and analyze the Importance of Yoga

To Analyze the Components of Yoga

To learn about the types of yoga

Theory Course

UNIT 1: INTRODUCTION

- Meaning and Definition of Yoga
- Aim and Objectives of Yoga.
- Need and Importance of Yoga in Physical Education and Sports.

UNIT II: Foundation of YOGA

- The Astanga Yoga: Yama, Niyama, Asana, Pranayama
- The Astanga Yoga: Pratyahara, Dharana, Dhyana and Samadhi
- Yoga in the Bhagavadgita- Karma Yoga, Raja Yoga, Jnana, Yoga and Bhakti Yoga

UNIT III: ASANAS & PRANAYAMA

- Effect of Asanas & Pranayama on various Systems of the body.
- Benefits of Meditation
- Types of Bandhas and Mudras

UNIT IV: YOGA EDUCATION

- Yoga Education Centers in India and Abroad
- Difference between Yogic Practices and Physical Exercises.
- Competitions in Yoga Asanas



Mandeep Nathyal



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MAX MARKS: 100 (Theory: 75+ Practical: 25)

**Total no. of Lectures: Theory: 45 hrs.
Practical: 30hrs.**

Practical Course

YOGA ASANAS

Surya Namaskar

Sitting Asanas:

Bhadrasana, Vakrasana, Sukhasana, Padamasana and Vajrasana

Standing Asanas:

Tadasana Vrksasana(the tree pose), Pada-hastasana(the hands to feets pose) Ardha-Chakra Asana, Trikon Asana

Prone Postures:

Bhujang Asana (The cobra pose) Salabhasana(the loctus pose) Makrasana(the crocodilepose)

Supine poses:

Setuband asana, Pavanmuktasana, Savasana

PRANAYAMA

MS

Mandeep Nathyal

P

Singh

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PRACTICAL (25 MARKS)


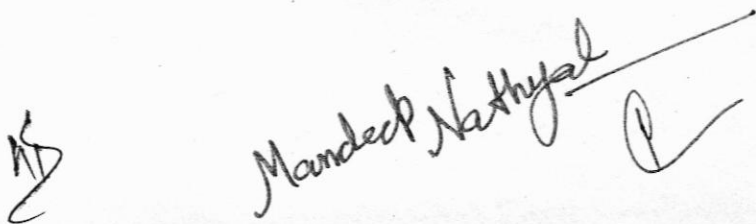
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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE

The examination is to be held in the month of Dec. 2023, 2024 & 2025

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Suggested Readings

1. Swami StayanadaSarawswati: Asna, Pranayama, Nindra&Bandas, Bihar School of Yoga Munger 2004
2. Swami Vida Bharti: Yoga Polity Economy and Family RishikeshSadnanaMandir Trust, 2000
3. Yogeshwar Text Book of Yoga (2004) Penguin Book
4. Singh Mandeep. et.al. (2022) Yoga, Vinod Publishing House, J&K(India)
5. BediYashpal: Social & Preventive Medicine, New Delhi Atmaram& Sons, 1985
6. Kumar Amresh (Prof) Yoga for Helath& Body, Publisher by KhelSahitya Kendra, Delhi 2007
7. Kuvalayananda " Asana" Popular Prakashna, Bombay
8. Harvey Paul " All you wanted to know about Yoga (1991) Sterling Publisher Pvt. Ltd.
9. Debnath, Monica " Basic Care Fitness through Yoga and Natureopathy (2001-07) Sports Publication G-6,23/23/B EMCA MargAnsar Road, Darya Ganj, New Delhi
10. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, JagdishBains and Rachhpal Singh Brar.



Mandeep Nathyal



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE

The examination is to be held in the month of Dec. 2023, 2024 & 2025

MINOR COURSE-UMIPET303

CREDITS: 4 (3theory+1practical)

COURSE TITLE: Modern Concepts of Physical Education

**MAX MARKS: 100 (Theory: 75+ Practical: 25) Total no. of Lectures: Theory: 45 hrs.
Practical: 30hrs.**

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Course Learning Outcomes:

To Understand the Fitness

To Understand and analyze the Components of Physical Fitness

To Analyze the Components of Yoga

To learn about the types of yoga

Unit- I: Modern Concept of Physical Education

- 1.1. Modern Concept of Physical Education
- 1.2. Problems existing while organizing Physical Education programs in schools and colleges
- 1.3. Place of Physical Education in Education Process
- 1.4. Motivational Aspects in the profession of Physical Education

Unit- II: Teaching Methods

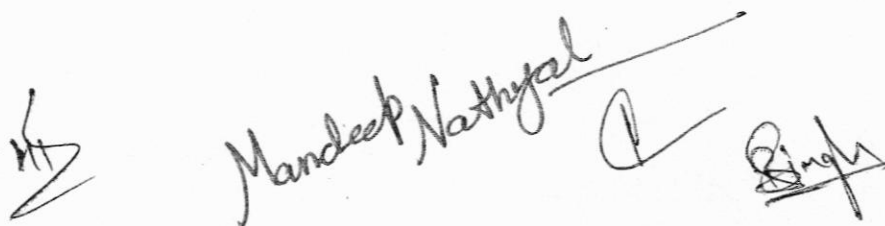
- 2.1. Teaching methods: Command, Demonstration and Imitation method.
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Unit- III: Sociological Aspects

- 3.1 Definition of Sports Sociology and Importance of Sociology in the field of Physical Education
- 3.2 Physical Education, Games & Sports as Man's Cultural Heritage
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- 3.4 Sociological approach and value education through physical education programme.

Unit- IV: Psychological Aspects

- 4.1 Meaning, Definition and Importance of Psychology and Sports Psychology
- 4.2 Motivation and Types of Motivation
- 4.3 Sportsmanship and Sports ethics


The block contains three handwritten signatures in black ink. The central signature is the most legible and appears to read 'Mandeep Nathyal'. To its left is a shorter, more stylized signature, and to its right is another signature that appears to end in 'Singh'.

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE

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PRACTICAL COURSE

1. Athletics

- **Event (Discuss & Shot put):**
 - (a) Introduction of event and brief history.
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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
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The Duration of Exam shall be of 03 hours.

PRACTICAL (25 MARKS)

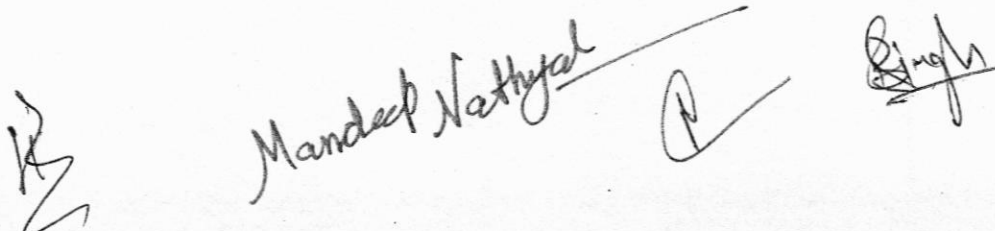
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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-III
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MINOR COURSE

The examination is to be held in the month of Dec. 2023, 2024 & 2025

MINOR COURSE-UMIPET303

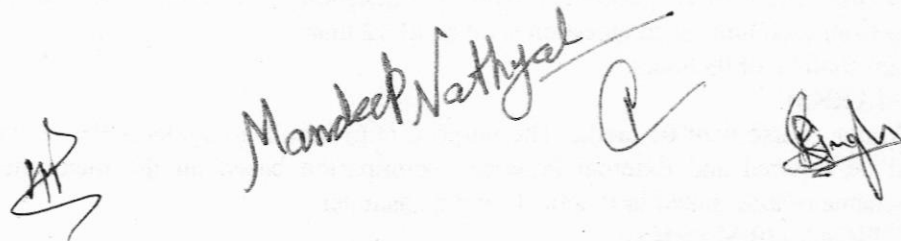
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15. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.
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Mandeep Nathyal

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MULTIDISCIPLINARY COURSE

The examination is to be held in the month of Dec. 2023, 2024 & 2025

MULTIDISCIPLINARY COURSE: UMDPET304

CREDITS: 03

COURSE TITLE: CONCEPT AND TRENDS IN PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75)

**Total no. of Lectures: Theory: 45 hrs.
Theory**

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Course Learning Outcomes:

- To Understand the Modern Concept of Physical Education
- To Understand Teaching Methods in Trends in Physical education
- To interpret Social Aspects of Physical Education
- To interpret Psychological Aspects of Physical Education

THEORY COURSE

Unit- I: Modern Concept of Physical Education

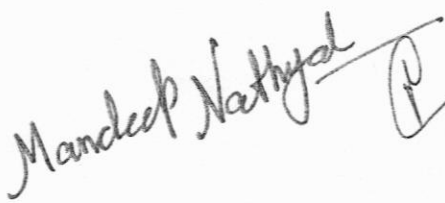

- 1.1. Modern Concept of Physical Education
- 1.2. Problems existing while organizing Physical Education programs in schools and colleges
- 1.3. Place of Physical Education in Education Process
- 1.4. Motivational Aspects in the profession of Physical Education

Unit- II: Sociological Aspects

- 2.1 Definition of Sports Sociology and Importance of Sociology in the field of Physical Education
- 2.2 Physical Education, Games & Sports as Man's Cultural Heritage
- 2.3 Development of Leadership Qualities in Sports and Physical Education
- 2.4 Sociological approach and value education through physical education programme.

Unit- III: Psychological Aspects

- 3.1 Meaning, Definition and Importance of Psychology and Sports Psychology
- 3.2 Motivation and Types of Motivation
- 3.3 Sportsmanship and Sports ethics

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MULTIDISCIPLINARY COURSE

The examination is to be held in the month of Dec. 2023, 2024 & 2025

MULTIDISCIPLINARY COURSE: UMDPET304

CREDITS: 03

COURSE TITLE: CONCEPT AND TRENDS IN PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75)

Total no. of Lectures: Theory: 45 hrs.

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
2. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).
3. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

Midterm assessment test shall be conducted by the course coordinator as per the following pattern:

The duration of test shall be 1 and a half hours.

SECTION A: Eight (08) short answer questions (Five to be attempted) covering 50% syllabus (two units) i.e. four questions from each unit. Each Question shall be of 01 mark.

SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

The midterm assessment marks awarded to the students in the course shall be displayed on the notice board at least one week before the commencement of end semester examination.

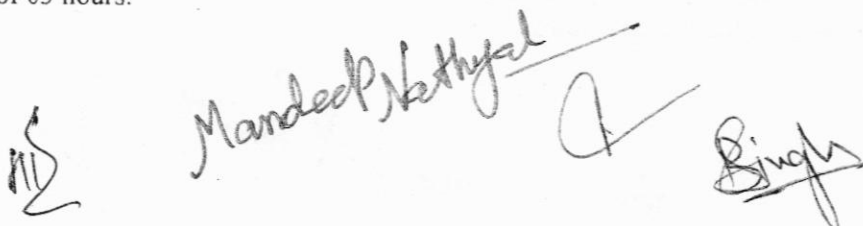
EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

The external end semester university examination in theory to be conducted by university shall consist of the following:

SECTION A: Four (04) short answer questions having one question from each unit. The students are required to attempt all questions. Each Question shall be of 03 marks.

SECTION B: Eight (08) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each Question shall be of 12 marks.

The Duration of Exam shall be of 03 hours.



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
MULTIDISCIPLINARY COURSE

The examination is to be held in the month of Dec. 2023, 2024 & 2025

MULTIDISCIPLINARY COURSE: UMDPET304

CREDITS: 03




COURSE TITLE: CONCEPT AND TRENDS IN PHYSICAL EDUCATION

MAX MARKS: 100 (Theory: 75)

Total no. of Lectures: Theory: 45 hrs.

Suggested Readings

1. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication).
2. Singh Mandeep. et.al. (2023) Physical Education, Vinod Publishing House, J&K, India
3. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, USA.
4. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
5. Shaffer, D.R. (2002) Development Psychology: Childhood and Adolescence. Thomson, Sydney, Australia.
6. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.
7. Singh, A. et al. (2000) Essential of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
8. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science, and Sports. McGraw Hill Companies Inc.; New York, USA.
9. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, JagdishBains and Rachhpal Singh Brar.

 *Mandeep Nathyal*  

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
SKILL ENHANCEMENT COURSE

The examination is to be held in the year Dec.2023, 2024 &2025

SKILL ENHANCEMENT COURSE: USEPET-305

CREDITS: 02

COURSE TITLE: YOG SCIENCE

MAX MARKS: 50

Total no. of Hours: 30 hrs.

1) External (University exam): 40

2) Internal assessment: 10

Duration of Examination: 2 ½ Hrs

Course Learning Outcomes:

To Understand and analyze the Importance of Yoga

To Analyze the Components of Yoga

To Practice Yogic Asanas and Pranayam

Theory Course

UNIT 1: INTRODUCTION

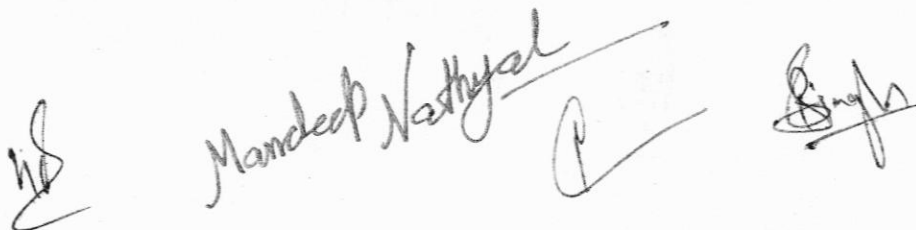
- Meaning and Definition of Yoga
- Aim and Objectives of Yoga.
- Need and Importance of Yoga in Physical Education and Sports.

UNIT II: ASANAS & PRANAYAMA

- Effect of Asanas & Pranayama on various Systems of the body.
- Benefits of Meditation
- Types of Bandhas and Mudras

UNIT III: YOGA EDUCATION

- Yoga Education Centers in India and Abroad
- Difference between Yogic Practices and Physical Exercises.
- Competitions in Yoga Asanas


The first signature on the left is 'NS'. The middle signature is 'Mandeep Nathyal' with a large flourish. The signature on the right is 'Singh'.

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
SKILL ENHANCEMENT COURSE

The examination is to be held in the month of Dec.2023, 2024 &2025

SKILL ENHANCEMENT COURSE: USEPET-305

CREDITS: 02

COURSE TITLE: YOG SCIENCE

MAX MARKS: 50

Total no. of Hours: 30 hrs.

1) External (University exam): 40

2) Internal assessment: 10

Duration of Examination: 2 ½ Hrs

Note: To enhance Skill Practice Experience to students of the following is recomended

YOGA ASANAS

Surya Namaskar

Sitting Asanas:

Bhadrasana, Vakrasana, Sukhasana, Padamasana and Vajrasan

Standing Asanas:

Tadasana Vrksasana(the tree pose), Pada-hastasana(the hands to feets pose) Ardha-Chakra Asana, Trikon Asana

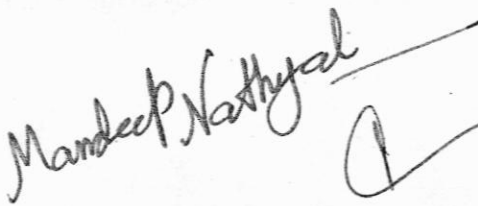



Prone Postures:

Bhujang Asana (The cobra pose) Salabhasana(the loctus pose) Makrasana(the crocodilepose)

Supine poses:

Setuband asana, Pavanmuktasana, Savasana

PRANAYAMA

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
SKILL ENHANCEMENT COURSE

The examination is to be held in the month of Dec.2023, 2024 &2025

SKILL ENHANCEMENT COURSE: USEPET305

CREDITS: 02

COURSE TITLE: YOG SCIENCE

MAX MARKS: 50

Total no. of Hours: 30 hrs.

1) External (University exam): 40

2) Internal assessment: 10

Duration of Examination: 2 ½ Hrs

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

MID-TERM ASSESSMENT TEST (10 MARKS)

Theory (05 marks): Ten (10) short or Multiple Choice or one-word answer type questions question All question are compulsory and eacg question carries half ½ marks. Time allotted ½ hour.

Performance (05 marks): Demonstration proficiency in the acquired skills under simulated conditions covering 50% syllabus. Performance on any topic/concept of subjects from foundational to middle stage.

FINAL END SEMESTER ASSESSMENT (40 MARKS)



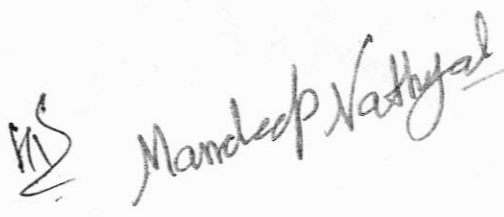
Theory (20 marks):

Section-A: Five (05) short answer type questions of 02 marks selecting at least one from each unit (All compulsory). Each question shall be of 02 marks. The medium of examination shall be English.

Section B: Four (04) long answer type questions (Two to be attempted) covering 100% syllabus. Each question shall be of 05 marks. The examiner will set up four questions selecting at least one from each units. The medium of examination shall be English.

Performance (20 marks)

- Project File (10 marks) in any topic/concept (Suryanamaskar, Asanas and Pranayama)
- Performance Test (05 marks) Demonstrate proficiency in the acquired skills in any topic/concept (Suryanamaskar, Asanas and Pranayama)
- Viva Voce (05 marks)



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
SKILL ENHANCEMENT COURSE

The examination is to be held in the month of Dec.2023, 2024 &2025

SKILL ENHANCEMENT COURSE: USEPET305

CREDITS: 02

COURSE TITLE: YOG SCIENCE

MAX MARKS: 50

Total no. of Hours: 30 hrs.

1) External (University exam): 40

2) Internal assessment: 10

Duration of Examination: 2 ½ Hrs

Suggested Readings

11. Swami Stayanada Sarawswati: Asna, Pranayama, Nindra&Bandas, Bihar School of Yoga Munger 2004
12. Swami Vida Bharti: Yoga Polity Economy and Family Rishikesh Sadnana Mandir Trust, 2000
13. Yogeshwar Text Book of Yoga (2004) Penguin Book
14. Singh Mandeep. et.al. (2022) Yoga, Vinod Publishing House, J&K (India)
15. Bedi Yashpal: Social & Preventive Medicine, New Delhi Atmaram & Sons, 1985
16. Kumar Amresh (Prof) Yoga for Helath & Body, Publisher by Khel Sahitya Kendra, Delhi 2007
17. Kuvalayananda "Asana" Popular Prakashna, Bombay
18. Harvey Paul "All you wanted to know about Yoga (1991) Sterling Publisher Pvt. Ltd.
19. Debnath, Monica "Basic Care Fitness through Yoga and Natureopathy (2001-07) Sports Publication G-6, 23/23/B EMCA Marg Ansar Road, Darya Ganj, New Delhi
20. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rachhpal Singh Brar.

NS

Mandeep Nathyal

Singh

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

COURSE SCHEME & SYLLABUS

For

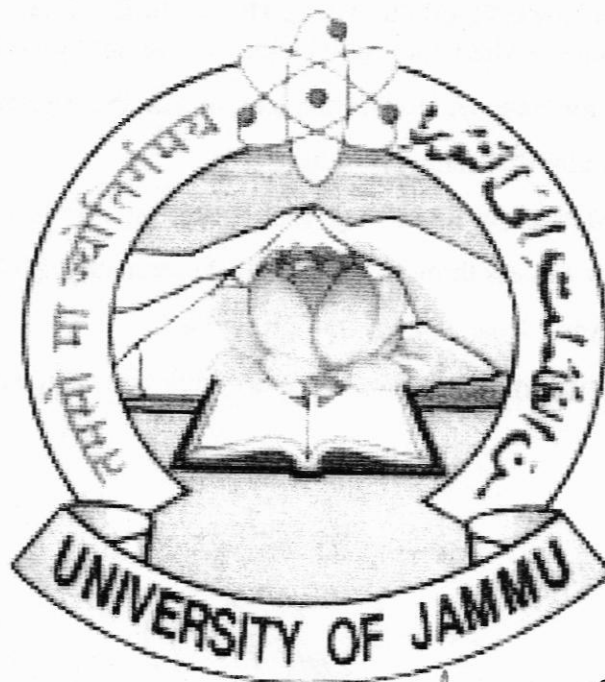
Under Graduate Programme

With

PHYSICAL EDUCATION

(Semester IV)

(Effective from Academic Session 2023-24 Onwards)



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Mandeep Nathyal

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University of Jammu

Following Courses of study are prescribed for
4th Semester

FYUG program in the subject of PHYSICAL EDUCATION

Under CBCS as per NEP-2020

Semester 4th

S.No	Course Type	Course Code	Course Title	Credits	Marks				Total Marks
					Theory		Practical		
1.	Major	UMJPET401	SPORTS TRAINING	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment10 marks	Exam :15marks	100
2.	Major	UMJPET402	SPORTS PSYCHOLOGY	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment10 marks	Exam :15marks	100
3.	Major	UMJPET403	SPORTS MANAGEMENT	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment10 marks	Exam :15marks	100
4.	Major	UMJPET404	ADAPTED PHYSICAL EDUCATION	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment10 marks	Exam :15marks	100
5.	Minor	UMIPET405	SPORTS TRAINING	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment10 marks	Exam :15marks	100

Mandeep Nathyal

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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MAJOR COURSE-UMJPET-401

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS TRAINING

MAX MARKS: 100 (Theory: 75+ Practical: 25)

**Total no. of Lectures: Theory: 45 hrs.
Practical: 30hrs.**

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Course Learning Outcomes:

To Understand the Basic of Sports Training

To Understand and analyze the Significance of Sports Training

To Analyze the Training Components

To learn about own body weight Exercises

Theory Course

UNIT I: INTRODUCTION

- Meaning and definition of sports training
- Aim and objectives of sports training
- Principles of sports training

UNIT II: TRAINING COMPONENT

- Meaning and Definition of Physical Fitness
- Importance of Physical Fitness
- Components of Physical Fitness

UNIT III: TRAINING & Periodization

- Meaning and definition of Training
- Need and Importance of Training Methods
- Periodization (Preparatory period, Competition Period & Transitional Period)

UNIT IV: TRAINING METHODS

- Methods of Strength Development (Isotonic, Isometric and Isokinetic Exercises)
- Methods of Endurance Development (Continuous, Interval and Fartlek Training Method)
- Methods of Speed Development (Acceleration run method and Pace run method)
- Circuit Training



Mandeep Nathyal



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020

(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MAJOR COURSE-UMJPET401

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS TRAINING

MAX MARKS: 100 (Theory: 75+ Practical: 25)

Total no. of Lectures: Theory: 45 hrs.

Practical: 30hrs.

Practical Course

OWN BODY WEIGHT EXERCISES

Chest and Triceps: Pushups (Normal, wide hands, close hands, one hand),

Shoulder and triceps: Hand Stand Hold (with supports of wall, without support), Hand stand pushups.

Upper Back: Pull-ups (over hand and underhand pull ups, one hand pull up), Muscle ups.

Abdomens: Sit-ups (bent legs sit-ups, scissor sit-ups, boat sit-ups, hanging leg raises.

Lower Back: superman exercise (Alternate legs and hands), Superman exercises (both hands and legs), Bridge pose.

Core: planks (front plank and side plank)

Legs: squats (half squats, full squats, one leg squats, squat jumps, side sitting squats (Hanuman Squats).

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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MAJOR COURSE-UMJPET401

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS TRAINING

MAX MARKS: 100 (Theory: 75+ Practical: 25)

Total no. of

Lectures: Theory: 45 hrs.

Practical: 30hrs.

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
2. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).
3. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

Midterm assessment test shall be conducted by the course coordinator as per the following pattern:

The duration of test shall be 1 and a half hours.

SECTION A: Eight (08) short answer questions (Five to be attempted) covering 50% syllabus (two units) i.e. four questions from each unit. Each Question shall be of 01 mark.

SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

The midterm assessment marks awarded to the students in the course shall be displayed on the notice board at least one week before the commencement of end semester examination.

EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

The external end semester university examination in theory to be conducted by university shall consist of the following:

SECTION A: Four (04) short answer questions having one question from each unit. The students are required to attempt all questions. Each Question shall be of 03 marks.

SECTION B: Eight (08) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each Question shall be of 12 marks.

The Duration of Exam shall be of 03 hours.

PRACTICAL (25 MARKS)

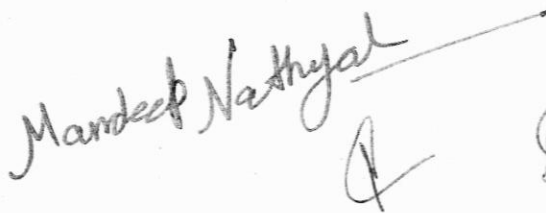
Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be asunder:

INTERNAL PRACTICAL (10 MARKS):

Internal practical involves Skill test of 07 marks and Viva Voce of 03 marks.

EXTERNAL PRACTICAL (15 MARKS):

External practical involves Skill test of 10 marks and Viva Voce of 05 marks.



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020

(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MAJOR COURSE-UMJPET401

COURSE TITLE: SPORTS TRAINING

MAX MARKS: 100 (Theory: 75+ Practical: 25)

CREDITS: 4 (3theory+1practical)

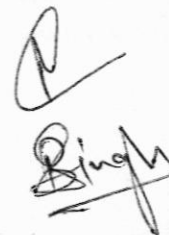
**Total no. of Lectures: Theory: 45 hrs.
Practical: 30hrs.**

Suggested Readings:

1. Beotra Alka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.
2. Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
3. Madeep Singh and others, Vinod Publication, J&K
4. Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book
5. David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
6. Dick, Frank W. Sports training Principles. London: Henry kimpton publishers, 1980.
7. Gary, T. Moran (1997) – Cross Training for Sports, Canada: Human Kinetics
8. Klafs, Carl E. and Daniel D. Arnheim. Modern principles of Athletic training. Saint Louis: The C.V. Mosby Company, 1969.
9. Matveyev, L. Fundamentals of sports training. Moscow: Progress Publishers, 1981.
10. Harre, Dietrich (ed). Principles of sports training. Berlin: Sportverlag, 1982.
11. Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia
12. Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications
13. Singh, Hardayal, Science of Sports training. New Delhi: D.V.S. Publication, 1991.
14. Wilmore, Jack H. Athletic Training and Physical fitness. Boston: Allyn and Bacon, 1977.
15. Yograj Thani (2003), Sports Training, Delhi: Sports Publications



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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MAJOR COURSE-UMJPET402

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS PSYCHOLOGY

MAX MARKS: 100 (Theory: 75+ Practical: 25)

**Total no. of Lectures: Theory: 45 hrs.
Practical: 30hrs.**

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Course Learning Outcomes:

To Understand the Basic of Sports Psychology

To Understand and analyze the Significance of Sports Psychology

To Learn about Psychological Factors

To learn about own body weight Exercises

THEORY COURSE

UNIT I: INTRODUCTION

- Meaning, definition of Sports Psychology.
- Need and Importance of sports Psychology
- Nature and scope of sports Psychology

UNIT II: LEARNING

- Meaning and nature of Learning
- Principles and Laws of Learning, transfer of training
- Factors effecting learning
- Theories of Learning

UNIT III: MOTIVATION

- Meaning and definition of Motivation.
- Types of Motivation and factors influencing motivation
- Role of motivation in Physical Education.

UNIT IV: INTRODUCTION TO ATHLETICS

1. Track Marking and measurements
2. List of Events in athletics:
 - a) Track events: Sprints, Middle distance, Long Distance, Steeplechase, Race walking, Hurdle Races and Relay Races.
 - b) Field events: Jumps and Throws
 - c) Combined Events: Heptathlon and Decathlon.

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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MAJOR COURSE-UMJPET402

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS PSYCHOLOGY

MAX MARKS: 100 (Theory: 75+ Practical: 25)

Total no. of Lectures: Theory: 45 hrs.

Practical: 30hrs.

Practical Course

1. Standard Athletic Track

- a) Starting and Finishing Points of all Track events.
- b) Identification of playing arena of Field events.

2. List of officials of the Track Events.

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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MAJOR COURSE-UMJPET402

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS PSYCHOLOGY

MAX MARKS: 100 (Theory: 75+ Practical: 25)

Total no. of Lectures: Theory: 45 hrs.

Practical: 30hrs.

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.

2. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).

3. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

Midterm assessment test shall be conducted by the course coordinator as per the following pattern:

The duration of test shall be 1 and a half hours.

SECTION A: Eight (08) short answer questions (Five to be attempted) covering 50% syllabus (two units) i.e. four questions from each unit. Each Question shall be of 01 mark.

SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

The midterm assessment marks awarded to the students in the course shall be displayed on the notice board at least one week before the commencement of end semester examination.

EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

The external end semester university examination in theory to be conducted by university shall consist of the following:

SECTION A: Four (04) short answer questions having one question from each unit. The students are required to attempt all questions. Each Question shall be of 03 marks.

SECTION B: Eight (08) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each Question shall be of 12 marks.

The Duration of Exam shall be of 03 hours.

PRACTICAL (25 MARKS)

Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be asunder:

INTERNAL PRACTICAL (10 MARKS):

Internal practical involves Skill test of 07 marks and Viva Voce of 03 marks.

EXTERNAL PRACTICAL (15 MARKS):

External practical involves Skill test of 10 marks and Viva Voce of 05 marks.

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MAJOR COURSE-UMJPET402

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS PSYCHOLOGY

MAX MARKS: 100 (Theory: 75+ Practical: 25)

**Total no. of Lectures: Theory: 45 hrs.
Practical: 30hrs**

Suggested Readings:

1. Mandeep Singh et.al., Vinod Publication, J&K, 2023
2. Alderman, R.B. Psychological Behavior in Sport. Philadelphia: W.B. Saunders Company, 1974.
3. Cox, Richard H. Sports Psychology: Concepts and Application. IOWA: W.M.C. Brown Publishers, 1985.
4. Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.
5. John D Lauther (2000) Psychology of Coaching. Ner Jersey: Prenticce Hall Inc. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
6. Kamlesh, M.L. Psychology in physical education and sports. Delhi: Metropolitan Book Co. Pvt. Ltd., 1988.

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Mandeep Nathyal

B Singh

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MAJOR COURSE-UMJPET403
COURSE TITLE: SPORTS MANAGEMENT
MAX MARKS: 100 (Theory: 75+ Practical: 25)

CREDITS: 4 (3theory+1practical)

Total no. of Lectures: Theory: 45 hrs.
Practical: 30hrs.

Theory

- 1) External (University exam): 60
- 2) Internal assessment: 15
- Duration of Examination: 03hrs

Course Learning Outcomes:

- To Understand the Basic of Sports Management
- To assess the managerial skills
- To Learn about Sports Events
- To learn about organizing Sports Event

THEORY COURSE

Unit- I: Introduction to Sports management

- 1.1. Meaning, definition of Sports Management
- 1.2. Need and Importance of sports management.
- 1.3. Essential skills required for sports management

Unit- II: Leadership and Sports Management

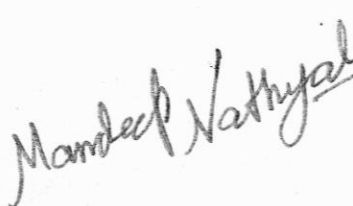
- 2.1. Meaning and definition of leadership.
- 2.2. Basic elements of leadership.
- 2.3. Qualities of good administrative leader.

Unit- III: Planning in Physical Education and Sports.

- 3.1 Event planning in Physical education and sports.
- 3.2 Factors affecting planning in sports events
- 3.3 Preparation of programme report, writing a press note: before, during and post event.

Unit- IV: Financial Management in Physical Education

- 4.1 Need of financial management in sports and physical education
- 4.2 Budget: Meaning, importance of budget making.
- 4.3 Steps of budget making, sources of income and expenditure



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020

(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MAJOR COURSE-UMJPET403

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS MANAGEMENT

MAX MARKS: 100 (Theory: 75+ Practical: 25)

Total no. of Lectures: Theory: 45 hrs.

Practical: 30hrs.

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
2. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).
3. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

Midterm assessment test shall be conducted by the course coordinator as per the following pattern:

The duration of test shall be 1 and a half hours.

SECTION A: Eight (08) short answer questions (Five to be attempted) covering 50% syllabus (two units) i.e. four questions from each unit. Each Question shall be of 01 mark.

SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

The midterm assessment marks awarded to the students in the course shall be displayed on the notice board at least one week before the commencement of end semester examination.

EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

The external end semester university examination in theory to be conducted by university shall consist of the following:

SECTION A: Four (04) short answer questions having one question from each unit. The students are required to attempt all questions. Each Question shall be of 03 marks.

SECTION B: Eight (08) long answer questions having two questions from each unit. The students are required to attempt one question from each unit. Each Question shall be of 12 marks.

The Duration of Exam shall be of 03 hours.

PRACTICAL (25 MARKS)

Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be asunder:

INTERNAL PRACTICAL (10 MARKS):

Internal practical involves Skill test of 07 marks and Viva Voce of 03 marks.

EXTERNAL PRACTICAL (15 MARKS):

External practical involves Skill test of 10 marks and Viva Voce of 05 marks.

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MAJOR COURSE-UMJPET403

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS MANAGEMENT

MAX MARKS: 100 (Theory: 75+ Practical: 25)

Total no. of Lectures: Theory: 45 hrs.

Practical: 30hrs.

Practical Course

1. Role & Responsibility of Officials of Track Events
2. Experience organizing of any Track Event or Game at any level.

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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MAJOR COURSE-UMJPET403

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS MANAGEMENT

MAX MARKS: 100 (Theory: 75+ Practical: 25)

Total no. of Lectures: Theory: 45 hrs.

Practical: 30hrs.

Suggested Readings:

1. Singh Mandeep et. al, Vinod Publication, J&K, 2023
2. Matveyev, L. Fundamentals of sports training. Moscow: Progress Publishers, 1981.
3. Harre, Dietrich (ed). Principles of sports training. Berlin: Sportverlag, 1982.
4. Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia
5. Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications
6. Singh, Hardayal, Science of Sports training. New Delhi: D.V.S. Publication, 1991.
7. Wilmore, Jack H. Athletic Training and Physical fitness. Boston: Allyn and Bacon, 1977.
8. Yograj Thani (2003), Sports Training, Delhi: Sports Publications

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Singh

SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MAJOR COURSE-UMJPET404

CREDITS: 4 (3theory+1practical)

COURSE TITLE: ADAPTED PHYSICAL EDUCATION)

Total no. of Lectures: Theory: 45 hrs.

Practical: 30hrs.

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Course Learning Outcomes:

To Understand the Physical Education for Special People

To implement Physical Education for Adapted Children

To Learn about Disability

To learn about Characteristics of Adapted Children

THEORY COURSE

UNIT-I Introduction to Adapted Physical Education

1.1 Meaning, definitions, Aims and objectives of Adapted Physical Education

1.2 Need and importance of Adapted Physical Education

1.3 Brief historical review of adapted physical education.

UNIT-II Classification of Disability

2.1 Physical disability, Characteristics and Category. Functional limitation, General causes.

2.2 Mental retardation and learning disability, Characteristics, Category, Functional limitation, General causes,

2.3 Hearing and speech impairment. Characteristics, Category, Functional limitation, General causes,

2.4 Visual impairment, Characteristics, Category, Functional limitation, General causes. Other disabled conditions.

UNIT-III Adapted Physical Education Programmes

3.1 Guiding principles for adapted physical education programme (AAHPER Principle).

3.2 Physical education programme for disabled of - Elementary school, Middle school, High school.

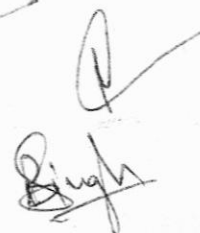
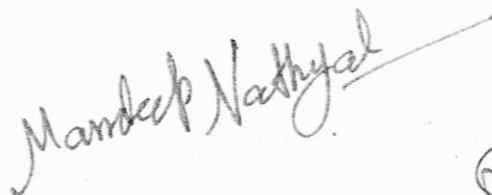
3.3 Special adapted programme for various types and categories of physical disability..

UNIT-IV Activities for Disabled

4.1 Co-curricular activities for disabled

4.2 Various programs for disabled, and adventure based outdoor programme Creative development and hobby & culture development programme.

4.3 Rehabilitation, aims and objectives of rehabilitation,



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MAJOR COURSE-UMJPET404

CREDITS: 4 (3theory+1practical)

COURSE TITLE: Adapted Physical Education

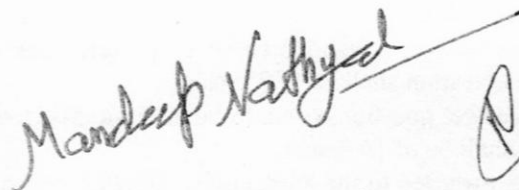
Total no. of Lectures: Theory: 45 hrs.

Practical: 30hrs.

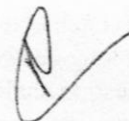
Practical Course

1. Role of physical education Student and Teacher in adapted physical education.
OR
2. Experience organizing of any Track Event or Game at any level for Adopted Children









SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MAJOR COURSE-UMJPET404

CREDITS: 4 (3theory+1practical)

COURSE TITLE: Adapted Physical Education

**Total no. of Lectures: Theory: 45 hrs.
Practical: 30hrs.**

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
2. 20% of which i.e. 15 marks shall be reserved for midterm assessment test (Internal Assessment).
3. 80% of which i.e. 60 marks shall be reserved for end semester university examination to be conducted by the university.

MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

Midterm assessment test shall be conducted by the course coordinator as per the following pattern:

The duration of test shall be 1 and a half hours.

SECTION A: Eight (08) short answer questions (Five to be attempted) covering 50% syllabus (two units) i.e. four questions from each unit. Each Question shall be of 01 mark.

SECTION B: Two (02) long answer questions (One to be attempted) covering 50% syllabus (two units) i.e. one question from each unit. Each Question shall be of 10 marks.

The midterm assessment marks awarded to the students in the course shall be displayed on the notice board at least one week before the commencement of end semester examination.

EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

The external end semester university examination in theory to be conducted by university shall consist of the following:

SECTION A: Four (04) short answer questions having one question from each unit. The students are required to attempt all questions. Each Question shall be of 03 marks.

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The Duration of Exam shall be of 03 hours.

PRACTICAL (25 MARKS)

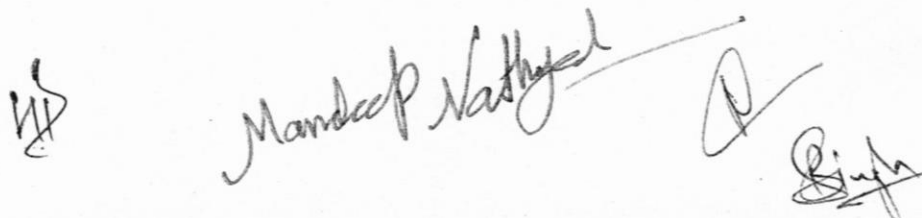
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INTERNAL PRACTICAL (10 MARKS):

Internal practical involves Skill test of 07 marks and Viva Voce of 03 marks.

EXTERNAL PRACTICAL (15 MARKS):

External practical involves Skill test of 10 marks and Viva Voce of 05 marks.



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)
SEMESTER-IV
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MAJOR COURSE-UMJPET404

CREDITS: 4 (3theory+1practical)

COURSE TITLE: Adapted Physical Education **Total no. of Lectures: Theory: 45 hrs.**
Practical: 30hrs.

Suggested Readings:

1. Llewellyn, Jack H. and Judy Blucker. Psychology of coaching: Theory and applications. New Delhi: Surjeeth Publications, 1982.
2. Pate, Russel R. et al., Scientific Foundation of Coaching. New York : CBS College Publishing, 1984.
3. Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
4. Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
5. Robert N. Singer. (1989) The Psychology Domain Movement Behavior. Philadelphia: Lea and Febiger.

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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MINOR COURSE-UMIPET405
COURSE TITLE: SPORTS TRAINING
MAX MARKS: 100 (Theory: 75+ Practical: 25)

CREDITS: 4 (3 Theory+1 practical)

Total no. of Lectures: Theory: 45 hrs.
Practical: 30hrs.

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Course Learning Outcomes:

To Understand the Basic of Sports Training

To Understand and analyze the Significance of Sports Training

To Analyze the Training Components

To learn about own body weight Exercises

Theory Course

UNIT I: INTRODUCTION

- Meaning and definition of sports training
- Aim and objectives of sports training
- Principles of sports training

UNIT II: TRAINING COMPONENT

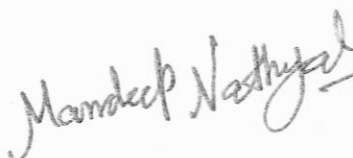
- Meaning and Definition of Physical Fitness
- Importance of Physical Fitness
- Components of Physical Fitness

UNIT III: TRAINING & Periodization

- Meaning and definition of Training
- Need and Importance of Training Methods
- Periodization (Preparatory period, Competition Period & Transitional Period)

UNIT IV: TRAINING METHODS

- Methods of Strength Development (Isotonic, Isometric and Isokinetic Exercises)
- Methods of Endurance Development (Continuous, Interval and Fartlek Training Method)
- Methods of Speed Development (Acceleration run method and Pace run method)
- Circuit Training



SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MINOR COURSE-UMIPET405

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS TRAINING

MAX MARKS: 100 (Theory: 75+ Practical: 25)

Total no. of Lectures: Theory: 45 hrs.

Practical: 30hrs.

Practical Course

OWN BODY WEIGHT EXERCISES

Chest and Triceps: Pushups (Normal, wide hands, close hands, one hand),

Shoulder and triceps: Hand Stand Hold (with supports of wall, without support), Hand stand pushups.

Upper Back: Pull-ups (over hand and underhand pull ups, one hand pull up), Muscle ups.

Abdomens: Sit-ups (bent legs sit-ups, scissor sit-ups, boat sit-ups, hanging leg raises).

Lower Back: superman exercise (Alternate legs and hands), Superman exercises (both hands and legs), Bridge pose.

Core: planks (front plank and side plank)

Legs: squats (half squats, full squats, one leg squats, squat jumps, side sitting squats (Hanuman Squats)).

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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE

The examination is to be held in the month of May 2024, 2025 & 2026

MINOR COURSE-UMIPET401

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS TRAINING

MAX MARKS: 100 (Theory: 75+ Practical: 25)

Total no. of Lectures: Theory: 45 hrs.

Practical: 30hrs.

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

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EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

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SYLLABUS OF PHYSICAL EDUCATION FOR FYUGP AS PER NEP-2020
(UNDER CHOICE BASED CREDIT SYSTEM)

SEMESTER-IV

SUBJECT: PHYSICAL EDUCATION

MINOR COURSE

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MINOR COURSE-UMIPET405

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS TRAINING

MAX MARKS: 100 (Theory: 75+ Practical: 25)

**Total no. of Lectures: Theory: 45 hrs.
Practical: 30hrs.**

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3. Madeep Singh and others, Vinod Publication, J&K
4. Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book
5. David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
6. Dick, Frank W. Sports training Principles. London: Henry kimpton publishers, 1980.
7. Gary, T. Moran (1997) – Cross Training for Sports, Canada: Human Kinetics
8. Klafs, Carl E. and Daniel D. Arnheim. Modern principles of Athletic training. Saint Louis: The C.V. Mosby Company, 1969.
9. Matveyev, L. Fundamentals of sports training. Moscow: Progress Publishers, 1981.
10. Harre, Dietrich (ed). Principles of sports training. Berlin: Sportverlag, 1982.
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