



# UNIVERSITY OF JAMMU

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

Academic Section

Email: [academicsectionju14@gmail.com](mailto: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 | December 2023, 2024 and 2025                |
|                    | Semester-IV  | May 2024, 2025 and 2026                     |

The Syllabi of the courses is also available on the University website: [www.jammuuniversity.ac.in](http://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*  
Deputy Registrar (Academic) 18/7/23.  
*SS* 18/7/23  
*M* 18/7/23

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

*Minutes  
of the  
Meeting  
required.*

**COURSE SCHEME & SYLLABUS**

**For**

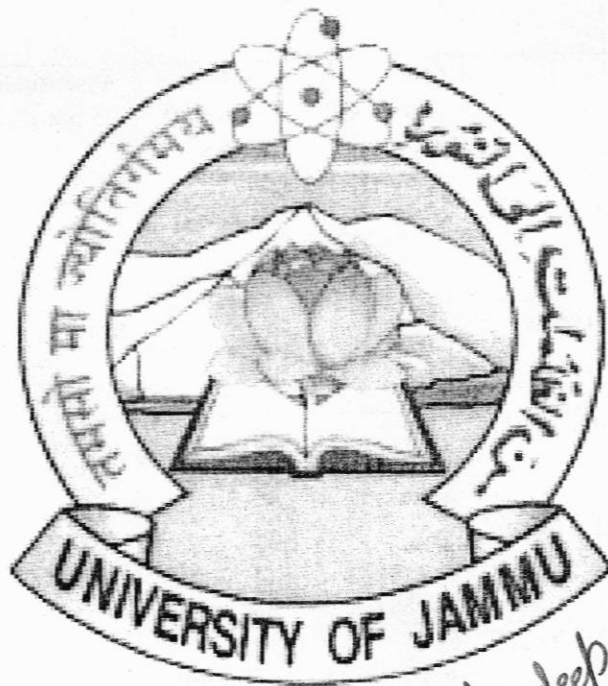
**Under Graduate Programme**

**With**

**PHYSICAL EDUCATION**

**(Semester III & IV)**

**(Effective from Academic Session 2023-24 Onwards)**



*Approved on the  
recommendation of  
the Dept.  
K. Sharma  
29.05.23.*

*Mandeep Nathyal*

*[Signature]*

*[Signature]*

*[Signature]*

*[Signature]*

**Directorate of Sports and Physical Education**

**University of Jammu**

Following Courses of study are prescribed for  
3<sup>rd</sup> and 4<sup>th</sup> 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 4<sup>th</sup>**

| 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 | 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*  
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*P*

*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-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**

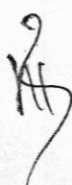
- 2.1. Teaching methods: Command, Demonstration and Imitation method.
- 2.2. Class management: techniques, formation, command (types/techniques)
- 2.3. Factors effecting class management

**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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**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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Practical: 30hrs.**

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**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)**

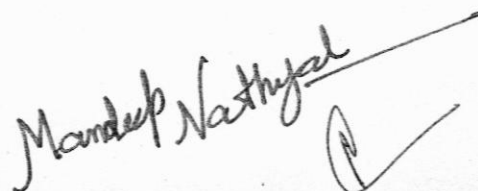
Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be asunder:

**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-III**  
**SUBJECT: PHYSICAL EDUCATION**  
**MAJOR COURSE**

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**COURSE TITLE: Modern Concepts of Physical Education**

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Practical: 30hrs.**

**Suggested Readings**

1. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication).
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

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**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**

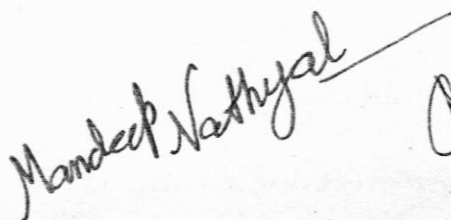
- The Astanga Yoga: Yama, Niyama, Asana, Pranayama
- The Astanga Yoga: Pratyahara, Dharana, Dhyana and Samadhi
- Yoga in the Bhagavadgita- Karma Yoga, Raja Yoga, Jnana, Yoga and Bhakti Yoga

**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 Canters in India and Abroad
- Difference between Yogic Practices and Physical Exercises.
- Competitions in Yoga Asanas





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**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 feet 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

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**SUBJECT: PHYSICAL EDUCATION**  
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**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:

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**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.

*NS*

*Mandeep Nathyal*

*P. Singh*

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**SEMESTER-III**  
**SUBJECT: PHYSICAL EDUCATION**  
**MAJOR COURSE**

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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**  
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**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**

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Practical: 30hrs.**

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

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**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.

2.2. Class management: techniques, formation, command (types/techniques)

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**Unit- III: Sociological Aspects**

3.1. Definition of Sports Sociology and Importance of Sociology in the field of Physical Education

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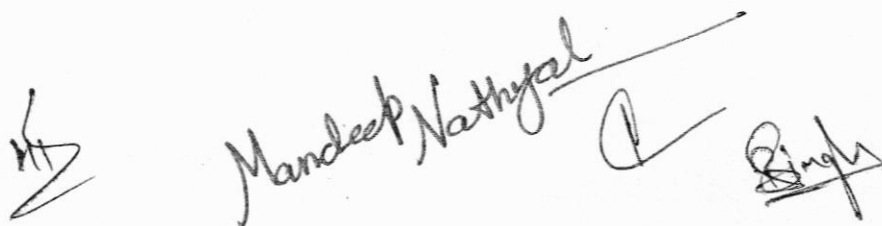
3.4. Sociological approach and value education through physical education programme.

**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

  
Mandeeep Nathyal  
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**PRACTICAL COURSE**

**1. Athletics**

- **Event (Discuss & Shot put):**
  - (a) Introduction of event and brief history.
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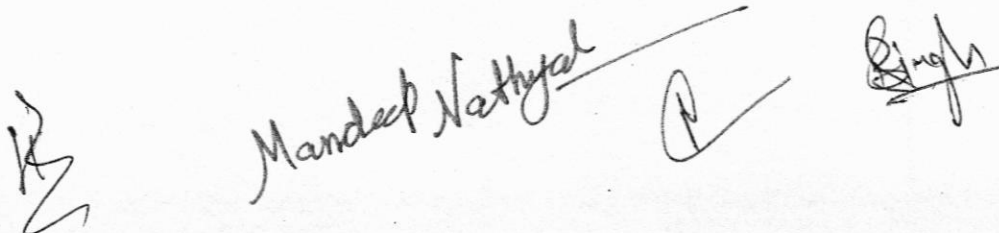
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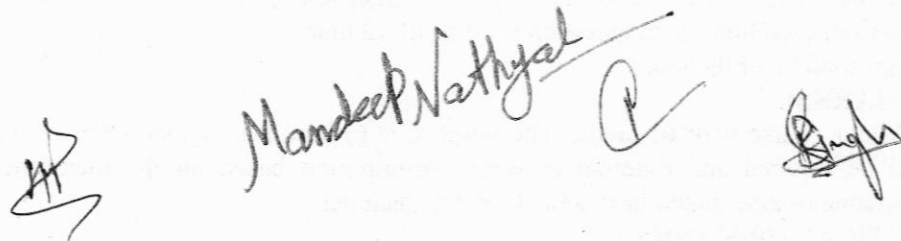
**COURSE TITLE: Modern Concepts of Physical Education**

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

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**Suggested Readings**

10. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication).
11. Singh Mandeep. et.al. (2022) Physical Education, Vinod Publishing House, India
12. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, USA.
13. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
14. Shaffer, D.R. (2002) Development Psychology: Childhood and Adolescence. Thomson, Sydney, Australia.
15. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.
16. Singh, A. et al. (2000) Essential of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
17. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science, and Sports. McGraw Hill Companies Inc.; New York, USA.
18. 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**  
**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**

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**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**

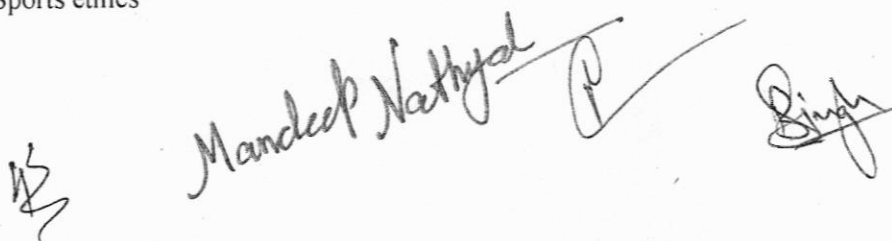
- 1.1. Modern Concept of Physical Education
- 1.2. Problems existing while organizing Physical Education programs in schools and colleges
- 1.3. Place of Physical Education in Education Process
- 1.4. Motivational Aspects in the profession of Physical Education

**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

  
Mandeep Nathyal P Singh