



UNIVERSITY OF JAMMU

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

Academic Section

Email: academicsectionju14@gmail.com

NOTIFICATION **(24/April/Adp./12)**

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 of the subject of **Physical Education** of Semester Vth, VIth, VIIth and VIIIth for Four Year Under Graduate Programme (FYUGP) 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- V	December 2024, 2025 and 2026
	Semester-VI	May 2025, 2026 and 2027
	Semester-VII	December 2025, 2026 and 2027
	Semester- VIII	May 2026, 2027 and 2028

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

Sd/-
DEAN ACADEMIC AFFAIRS

No. F. Acd/II/24/1002-1816

Dated: 1-5-24

Copy for information and necessary action to:

1. Dean, Faculty of Education
2. HOD/Convener, Board of Studies in **Physical Education**
3. Sr. P.A.to the Controller of Examinations
4. All members of the Board of Studies
5. Confidential Assistant to the Controller of Examinations
6. I/C Director, Computer Centre, University of Jammu
7. Deputy Registrar/Asst. Registrar (Conf. /Exams. UG)
8. Incharge, University Website for Uploading of the notification

Sumilasharma
29/4/24
Deputy Registrar (Academic)

SS 29/4/24
Rab. 14 29/4/24
29/4/24

(EXAMINATION TO BE HELD IN DEC 2024, DEC 2025, DEC 2026)



Handwritten notes and signatures:

- Top left: A scribble.
- Top right: "Kishan Sharma" (signature).
- Middle left: A large checkmark.
- Below checkmark: "4-4" (underlined).
- Center: "H. A. B." (underlined) and "Malak." (underlined).
- Right of center: A circled "B" and another "B".

Directorate of Sports and Physical Education

University of Jammu

**Following Courses of study are prescribed for
5th Semester**

Four Year Under Graduate Programme (FYUG) in the subject of PHYSICAL EDUCATION

Semester 5th

S. No	Course Type	Course Code	Course Title	Credits	Marks				Total Marks
					Theory		Practical		
1	Major	UMJPET-501	Organization and Administration	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
2	Major	UMJPET-502	Anatomy & Physiology	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
3	Major	UMJPET-503	Sports Sociology	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
4	Major	UMJPET-504	Sports in J&K	02	Mid semester:10marks	End Exam:40 marks	NA	NA	50
5	Minor	UMIPET-505	Anatomy & Physiology	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
	SEC	USEPEI-506	Summer Internship	02				50	50

Mahab

JS

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Y. Paul

PA

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Ripin Sharma

Directorate of Sports and Physical Education

University of Jammu

Following Courses of study are prescribed for

6th Semester

Four Year Under Graduate Programme (FYUG) in the subject of PHYSICAL EDUCATION

Semester 6th

S. No	Course Type	Course Code	Course Title	Credits	Marks				Total Marks
					Theory		Practical		
1	Major	UMJPET-601	Events Management	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
2	Major	UMJPET-602	Exercise Physiology	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
3	Major	UMJPET-603	Sports Nutrition	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
4	Major	UMJPET-604	Theory of Games and Sports	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
5	Minor	UMIPET-605	Sports Nutrition	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100

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Rishi Sharma
Neha

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Directorate of Sports and Physical Education

University of Jammu

Following Courses of study are prescribed for

7th Semester

Four Year Under Graduate Programme (FYUG) in the subject of PHYSICAL EDUCATION

Semester 7th

S. No	Course Type	Course Code	Course Title	Credits	Marks				Total Marks
					Theory		Practical		
1	Major	UMJPET-701	Test Measurement and Evaluation	03Th+01P	Mid semester: 15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
2	Major	UMJPET-702	Sports Medicine	03Th+01P	Mid semester: 15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
3	Major	UMJPET-703	Research Process In Physical Education	03Th+01P	Mid semester: 15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
4	Major	UMJPET-704	Fundamental Of Athletics	03Th+01P	Mid semester: 15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
5	Minor	UMIPET-705	Fundamental Of Athletics	03Th+01P	Mid semester: 15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100

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Rishu Sharma

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Directorate of Sports and Physical Education

University of Jammu

Following Courses of study are prescribed for
8th Semester

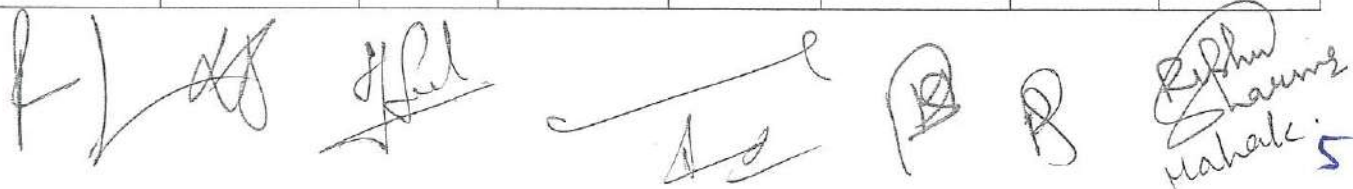
Four Year Under Graduate Programme (FYUG) in the subject of PHYSICAL EDUCATION

Semester 8th (Hounours)

S. No	Course Type	Course Code	Course Title	Credits	Marks				Total Marks
					Theory		Practical		
1	Major	UMJPET-801	Professional Preparation In Physical Education	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
2	Major	UMJPET-802	Athletic Care And Rehabilitation	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
3	Major	UMJPET-803	Sports Biomechanics and kinesiology	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
4	Major	UMJPET-804	Sports Journalism	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
5	Minor	UMIPET-805	Professional Preparation In Physical Education	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100

Semester 8th (Honours with Research)

S. No	Course Type	Course Code	Course Title	Credits	Marks				Total Marks
					Theory		Practical		
1	Major	UMJPET-806	Applied Statistics In Physical Education	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
2	Minor	UMIPET-807	Applied Statistics In Physical Education	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
3	SEC	USEPEP-808	Dissertation	12					300



 P. Sharma
 Mahabadi

Directorate of Sports and Physical Education

University of Jammu

**Following Courses of study are prescribed for
5th Semester**

Four Year Under Graduate Programme (FYUGP) in the subject of PHYSICAL EDUCATION

Semester 5th

Semester 5									
S. No	Course Type	Course Code	Course Title	Credits	Marks				Total Marks
					Theory		Practical		
1	Major	UMJPET-501	Organization and Administration	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
2	Major	UMJPET-502	Anatomy & Physiology	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
3	Major	UMJPET-503	Sports Sociology	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
4	Major	UMJPET-504	Sports in J&K	02	Mid semester:10marks	End Exam:40 marks	NA	NA	50
5	Minor	UMIPET-505	Anatomy & Physiology	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
6.	SEC	USEPEI-506	Summer Internship	02				50	50

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Y. Paul

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Ripha Sharma

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The examination is to be held in the DEC 2024,2025 and 2026

MAJOR COURSE- UMJPET-501

CREDITS: 4 (3theory+1practical)

COURSE TITLE: ORGANIZATION AND ADMINISTRATION

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 Organization and Administration in Physical Education

To Understand the Budget and its Criteria in Physical education

To know about the organizational structure of Athletic Meet.

To learn about the facilities and equipment management in Physical education

THEORY COURSE

UNIT- I: ORGANIZATION AND ADMINISTRATION

1.1. Meaning, definition, and importance of Organization and Administration in physical education

1.2. Qualification and Avenues of Physical Education Teacher

1.3. Importance of Pupil Leader in Physical Education

UNIT- II: OFFICE MANAGEMENT & BUDGET

2.1. Office Management: Meaning, definition, and its functions.

2.2. Kinds of office management

2.3. Budget: Meaning, Importance of Budget Making

UNIT- III: TOURNAMENT

3.1 Tournament and its importance

3.2 Single & double knock out tournament

3.3 League or Round Robin Tournaments.

UNIT-IV: MANAGEMENT

4.1 Command-Its types, command used in different situations.

4.2 Formation-Its types, and situations for using different formations.

4.3 Class Management- Meaning and Principles.

Rishu Sharma

Mahab

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H. B. Singh

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The examination is to be held in the DEC 2024,2025 and 2026

MAJOR COURSE- UMJPET-501

CREDITS: 4 (3theory+1practical)

COURSE TITLE: ORGANIZATION AND ADMINISTRATION

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

PRACTICAL COURSE

1. Students will have to organize matches in College

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[Signatures: R, AS, H. Singh, Rishu Sharma, Mahak, 42, P, A, and a large signature at the bottom left]

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The examination is to be held in the DEC 2024,2025 and 2026

MAJOR COURSE- UMJPET-501

CREDITS: 4 (3theory+1practical)

COURSE TITLE: ORGANIZATION AND ADMINISTRATION

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

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75 MARKS):

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.

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

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The examination is to be held in the DEC 2024,2025 and 2026

MAJOR COURSE- UMJPET-501

CREDITS: 4 (3theory+1practical)

COURSE TITLE: ORGANIZATION AND ADMINISTRATION

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

Total no. of Lectures:

Theory: 45 hrs.

Practical: 30hrs.

Theory

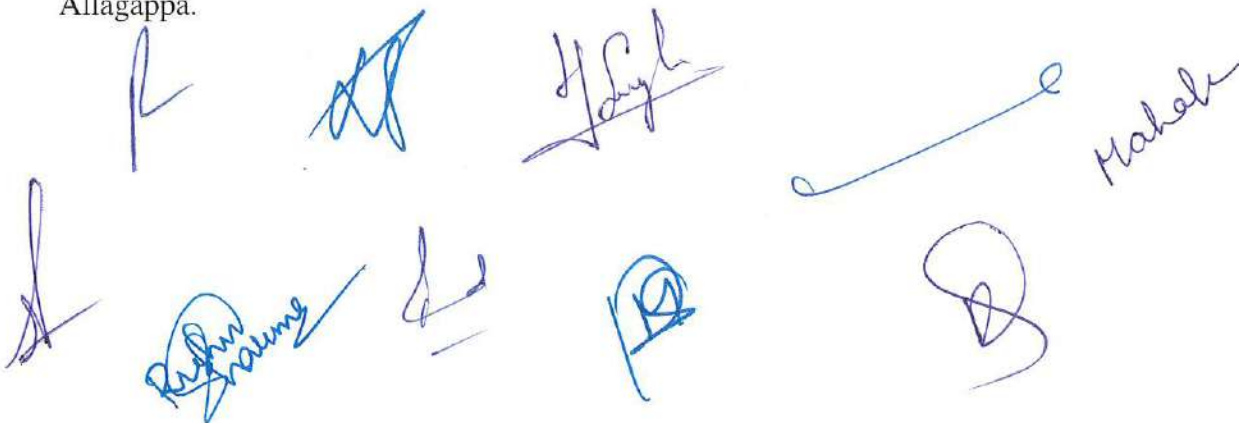
1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Suggested Readings

1. Bucher, C. A. (1985). Administration of Physical Education and Athletic programme. St. Louis: The C.V. Mosby Co.
2. M.L. Kamlesh and M.S. Sangral (1986). Methods in Physical Education, Prakash Brothers, Book Market Ludhiana.
3. Sharma, V.M. & Tiwari, R.H. (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
4. Thomas, J. P. (1967). Organization & Administration of Physical Education. Madras: Gyanodayal Press.
5. Tirunarayan and Hariharan (1985). Methods in Physical Education M.S C.T. & S. H. Allagappa.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The examination is to be held in the DEC 2024,2025 and 2026

MAJOR COURSE- UMJPET-502

CREDITS: 4 (3theory+1practical)

COURSE TITLE: ANATOMY & PHYSIOLOGY

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 Meaning and importance of Anatomy Modern Concept of Physical Education

To Understand Body Systems.

To interpret Mechanism of Different Body systems Social Aspects of Physical Education

To learn Effects of Exercises on Different Body Systems.

THEORY COURSE

Unit- I: INTRODUCTION

1.1 Meaning and Definitions of Human Anatomy.

1.2 Importance of Anatomy 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.

2.2 Muscular System- Types and Functions

2.3 Effect of Exercise on muscular system

UNIT- III: CIRCULATORY SYSTEM & RESPIRATORY SYSTEM

3.1 Blood- Composition and Functions

3.2 Heart- Structure and Effects of Exercise on Circulatory System

3.3 Effect of Exercise on Respiratory system

UNIT- IV: DIGESTIVE SYSTEM

5.1 Function of Digestion System

5.2 Different organs of the Digestive System

5.3 Effects of Games and Sports on Digestive System

Rishu Sharma

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The examination is to be held in the DEC 2024,2025 and 2026

MAJOR COURSE- UMJPET-502

CREDITS: 4 (3theory+1practical)

COURSE TITLE: ANATOMY & PHYSIOLOGY

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

PRACTICAL COURSE

1. Assessment of Human Bones in Body.
2. Assessment of Human Muscles in Body.

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Rishu Sharma

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The examination is to be held in the DEC 2024, 2025 and 2026

MAJOR COURSE- UMJPET-502

CREDITS: 4 (3theory+1practical)

COURSE TITLE: ANATOMY & PHYSIOLOGY

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

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:

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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.

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The examination is to be held in the DEC 2024,2025 and 2026

MAJOR COURSE- UMJPET-502

CREDITS: 4 (3theory+1practical)

COURSE TITLE: ANATOMY & PHYSIOLOGY

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

Suggested Readings

1. Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.
2. Hoeger, Werner W.K, Hoegen, Sharon A. (2004). Principles and Labs for fitness and wellness.
3. Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication,1982.
4. Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.
5. Pearce. E. (1989). Anatomy and Physiology for Nurses, Delhi, Oxford University Press.
6. Richardson, Seano, Anderson, Mark B. (2008). Overtraining Athletes: Personal Journey in Sports.
7. Wilmore, Jack H and Costill, David L. (1994). Physiology of Sports and Exercise. Human Kinetics.
8. Dr. Vikesh Kumar (2023). Health and Wellness. Modern Publication

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The examination is to be held in the DEC 2024, 2025 and 2026

MAJOR COURSE- UMJPET-503

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS SOCIOLOGY

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 Socialization through Physical Education

To Understand the Social Group life,

To know about the Orthodoxy, customs, Tradition and Physical Education.

To learn about the Importance of culture in Physical education

THEORY COURSE

UNIT- I: SPORTS SOCIOLOGY

1.1. Meaning and Definition of Sports Sociology

1.2. Aims and Objectives of Sports Sociology

1.3. Importance of Sports Sociology in Physical Education

UNIT- II: RELATION BETWEEN SOCIAL SCIENCE AND PHYSICAL EDUCATION.

2.1 Orthodoxy, customs, Tradition and Physical Education.

2.2. Socialization through Physical Education

2.3. Festivals and Physical Education,

UNIT- III CULTURE: MEANING AND IMPORTANCE.

3.1 Introduction of culture

3.2 Importance of culture

3.3 Effects of culture on People's Lifestyle

UNIT- IV: SPORTS, GLOBALIZATION AND ITS SOCIAL ASPECTS

4.1 Concept and Characteristics of Global Sports

4.2 Social Group life, Social conglomeration and Social group, Primary group and Remote Group.

4.3 Social Impact of International Sports Events.

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The examination is to be held in the DEC 2024, 2025 and 2026

MAJOR COURSE- UMJPET-503

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS SOCIOLOGY

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:

PRACTICAL COURSE

1. Students will have to write a report on any Sports Event/ Group
OR
2. Students will have to survey at least one Primary group and Remote Group in their society.

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

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Duration of Examination: 03hrs

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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.

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The examination is to be held in the DEC 2024, 2025 and 2026

MAJOR COURSE- UMJPET-503

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS SOCIOLOGY

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

Suggested Readings

1. Ball, D. W. & Loy, J. W. (1975). Sport and social order; Contribution to the sociology of sport. London: Addison Wesley Publishing Co., Inc..
2. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). Sports culture and society. Philadelphia: Lea &Febiger.
3. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system. London: Addison Wesley Publishing Company Inc..
4. William, F. O.& Meyer, F. N. (1979). A handbook of sociology. New Delhi: Eurasia Publishing House Pvt Ltd

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The examination is to be held in the DEC 2024, 2025 and 2026

MAJOR COURSE- UMJPET-504

CREDITS: 2

COURSE TITLE: SPORTS IN J&K

MAX MARKS: 50

Total no. of Hours: 30 hrs

Theory

1) External (University exam): 40

2) Internal assessment: 10

Duration of Examination: 2 ½ hrs

Course Learning Outcomes:

To Understand Sports Bodies in J&K

To Know Sports Personalities of J&K

To interpret Sports and Achievement of J&K in National and International

THEORY COURSE

UNIT- I: INTRODUCTION OF SPORTS ORGANIZATIONS IN J&K

1.1 Department Youth Services and Sports J&K

1.2 J&K Sports Council and Sports Associations in J&K

1.3 J&K Government Sports Schemes for participation and promotion of Sports

UNIT- II: SPORTS PERSONALITIES OF J&K

2.1 International and National Sports personalities of J&K

2.2 Prominent Sports Personalities in J&K and Award Winners of J&K in Sports

2.3 Proficient Coaches of Different Sports in J&K

UNIT- III: COURSES & CAREER PROSPECTS IN J&K

3.1 Physical Education in J&K- Courses and College/Universities.

3.2 Career Prospects in Sports

3.3 Khelo India Scheme and J&K

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The examination is to be held in the DEC 2024, 2025 and 2026

MAJOR COURSE- UMJPET-504

CREDITS: 2

COURSE TITLE: SPORTS IN J&K

MAX MARKS: 50

Total no. of Hours: 30 hrs

Theory

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 (10 marks): Ten (10) short or Multiple Choice or one word answers type questions.

All question are compulsory and each question carries half 1 marks. Time allotted ½ hour.

FINAL END SEMESTER ASSESSMENT (40 MARKS)

Theory (40 marks):

Section-A: Six (06) short answer type questions of 04 marks selecting at least one from each unit (All compulsory). The medium of examination shall be English.

Section B: Three (03) long answer type questions (Two to be attempted) covering 100% syllabus. Each question shall be of 08 marks. The examiner will set up three questions selecting at least one from each units. The medium of examination shall be English.

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020)**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

The examination is to be held in the DEC 2024, 2025 and 2026

MAJOR COURSE- UMJPET-504

CREDITS: 2

COURSE TITLE: SPORTS IN J&K

MAX MARKS: 50

Total no. of Hours: 30 hrs

Theory

1) External (University exam): 40

2) Internal assessment: 10

Duration of Examination: 2 ½ hrs

Suggested Readings

1. Bucher, C.A. (1972). Foundations of Physical Education, St. Louis; C.V. Mosby Co.
2. Kamlesh, M.L. (2004). Principles and History of Physical Education and Sports, Friends Publications (India), New Delhi.
3. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Depot
4. Khan, E.A. (1964). History of Physical Education, Scientific Book Company. Patna















**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

The examination is to be held in the DEC 2024,2025 and 2026

MINOR COURSE- UMIPET-505

CREDITS: 4 (3theory+1practical)

COURSE TITLE: ANATOMY & PHYSIOLOGY

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 Meaning and importance of Anatomy Modern Concept of Physical Education

To Understand Body Systems.

To interpret Mechanism of Different Body systems Social Aspects of Physical Education

To learn Effects of Exercises on Different Body Systems.

THEORY COURSE

Unit- I: INTRODUCTION

1.1 Meaning and Definitions of Human Anatomy.

1.2 Importance of Anatomy 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.

2.2 Muscular System- Types and Functions

2.3 Effect of Exercise on muscular system

UNIT- III: CIRCULATORY SYSTEM & RESPIRATORY SYSTEM

3.1 Blood- Composition and Functions

3.2 Heart- Structure and Effects of Exercise on Circulatory System

3.3 Effect of Exercise on Respiratory system

UNIT- IV: DIGESTIVE SYSTEM

5.1 Function of Digestion System

5.2 Different organs of the Digestive System

5.3 Effects of Games and Sports on Digestive System

Rishin Sharma

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

The examination is to be held in the DEC 2024,2025 and 2026

MINOR COURSE- UMIPET-505

CREDITS: 4 (3theory+1practical)

COURSE TITLE: ANATOMY & PHYSIOLOGY

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

PRACTICAL COURSE

1. Assessment of Human Bones in Body.
2. Assessment of Human Muscles in Body.

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

The examination is to be held in the DEC 2024, 2025 and 2026

MINOR COURSE- UMIPET-505

CREDITS: 4 (3theory+1practical)

COURSE TITLE: ANATOMY & PHYSIOLOGY

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

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.

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

The examination is to be held in the DEC 2024,2025 and 2026

MINOR COURSE- UMIPET-505

CREDITS: 4 (3theory+1practical)

COURSE TITLE: ANATOMY & PHYSIOLOGY

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

Suggested Readings

1. Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.
2. Hoeger, Werner W.K, Hoegen, Sharon A. (2004). Principles and Labs for fitness and wellness.
3. Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication, 1982.
4. Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.
5. Pearce. E. (1989). Anatomy and Physiology for Nurses, Delhi, Oxford University Press.
6. Richardson, Seano, Anderson, Mark B. (2008). Overtraining Athletes: Personal Journey in Sports.
7. Wilmore, Jack H and Costill, David L. (1994). Physiology of Sports and Exercise. Human Kinetics.
8. Dr. Vikesh Kumar (2023). Health and Wellness. Modern Publication

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 5th
SUBJECT: PHYSICAL EDUCATION
SKILL ENHANCEMENT COURSE**

The examination is to be held in the DEC 2024,2025 and 2026

**COURSE CODE- USEPEI-506
COURSE TITLE:SUMMER INTERNSHIP
MAX MARKS: 50**

CREDITS: 2

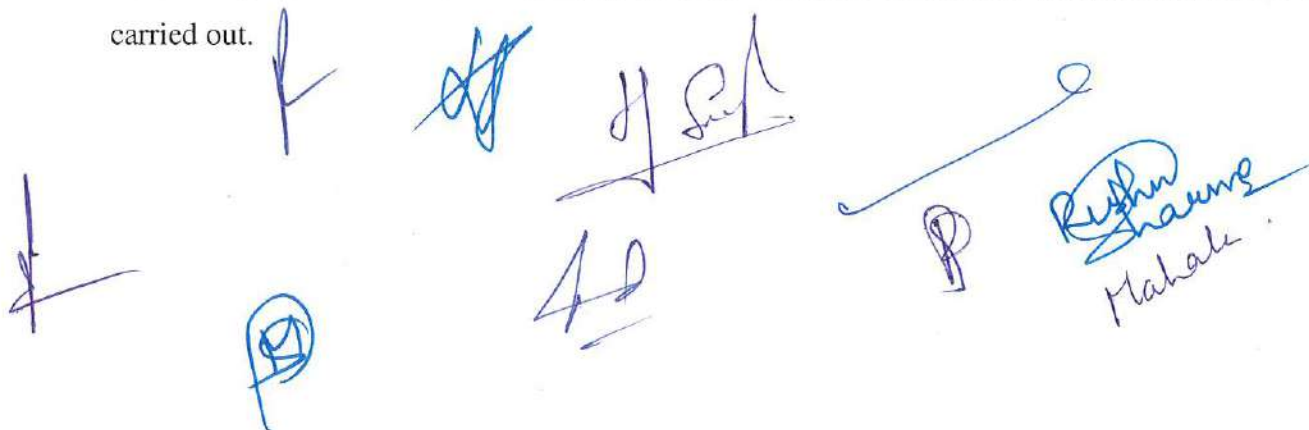
Learning Outcomes

- Critically analyze the administrative activities of education institutions.
- Learn and practice the process of sports activities assessment and intervention.
- Promote student learning by providing responsive instructions.
- Assess different aspects of children's learning without a focus only on achievement.

It will be a short term internship of 15 days duration for job/ professional training in suitable organization or hand on activity training.

All the students are required to undergo internship in a gym, school, summer camp, gym or any organization during summer term. Students will be provided with opportunities for internship in local gym, summer camp or any organization.

The internship shall be under a college teacher who will be designated as internship supervisor. After completion of summer internship students will have to produce a report related the work carried out.

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

SEMESTER - 5th

SUBJECT: PHYSICAL EDUCATION

SKILL ENHANCEMENT COURSE

The examination is to be held in the DEC 2024,2025 and 2026

COURSE CODE- USEPEI-506

CREDITS: 2

COURSE TITLE: SUMMER INTERNSHIP

MAX MARKS: 50

SCHEME FOR EXAMINATION ASSESSMENT:

Each student is required to undergo 02 credit of internship comprising 50 marks in 5th semester. Student will submit internship report signed by internship supervisor and college Principle. The internship report will be evaluated internally by a board of examination set up by the Principle of college.

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Directorate of Sports and Physical Education

University of Jammu





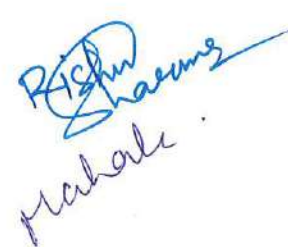
Following Courses of study are prescribed for





6th Semester

Four Year Under Graduate Programme (FYUG) in the subject of PHYSICAL EDUCATION

Semester 6th

S. No	Course Type	Course Code	Course Title	Credits	Marks				Total Marks
					Theory		Practical		
1	Major	UMJPET-601	Events Management	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
2	Major	UMJPET-602	Exercise Physiology	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
3	Major	UMJPET-603	Sports Nutrition	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
4	Major	UMJPET-604	Theory of Games and Sports	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
5	Minor	UMIPET-605	Sports Nutrition	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 6th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027

MAJOR COURSE- UMJPET-601

CREDITS: 4 (3theory+1practical)

COURSE TITLE: EVENT MANAGEMENT

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 know about the concept of management and types of events

Identify the different strategies for venue controlling and risk management in sports events

Learn human resource management, plan for food and beverages management and evaluate the process of an event

Learn to organize an event

THEORY COURSE

UNIT- I: EVENT MANAGEMENT

1.1 Concept of event management and types of events

1.2 Organization of event

1.3 Event impact assessment: environmental, social-cultural impact, psychological, political and administrative impact

UNIT- II: EVENT VENUE MANAGEMENT

2.1 Choosing and developing event site, developing the theme and providing services, managing environment and logistics

2.2 Controlling of events: monitoring and control systems, operational monitoring and control

2.3 Risk management in events: security of staff and audience, occupational safety and health, crowd management plan, major risks and crowd management

UNIT- III: RESOURCE MANAGEMENT

3.1 Human resource management in events: staffing, managing volunteers, managing temporary and diverse teams, time management, planning and managing meetings

3.2 Food and beverages management: food and beverage operations management, food production, operational areas, food and beverage service, equipment and staffing

3.3 Event evaluation : process, evaluating objective, observing technique and application

UNIT- IV: PROPOSING AND ORGANIZING

4.1 Designing an event proposal

4.2 Design an event budget

4.3 Procedure of creating an event

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PROGRAMME (FYUGP) AS PER NEP-2020**SEMESTER - 6th**

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027

MAJOR COURSE- UMJPET-601

CREDITS: 4 (3theory+1practical)

COURSE TITLE: EVENT MANAGEMENT

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

PRACTICAL COURSE

- a) Prepare A Blue Print Of An Event
- b) Prepare A Budget
- c) Prepare a Template

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

SEMESTER - 6th

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027

MAJOR COURSE- UMJPET-601

CREDITS: 4 (3theory+1practical)

COURSE TITLE: EVENT MANAGEMENT

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

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.

Rajin Sharma

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81

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 6th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027

MAJOR COURSE- UMJPET-601

CREDITS: 4 (3theory+1practical)

COURSE TITLE: EVENT MANAGEMENT

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

Suggested Readings

1. Event Management By Ashutosh Chaturvedi, Globe Publication Pvt. Ltd.
2. Event Management By Lynn Van Der Wagen, Brenda R. Carlos, Pearson
3. Successful Event Management: A Practical Handbook By Anton Shone, Bryn
4. Parry, International Thomson Business Press.
5. Strategic Sports Event Management By Guy Masterman, Routledge

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 6th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027
MAJOR COURSE- UMJPET-602 **CREDITS: 4 (3theory+1practical)**

COURSE TITLE: EXERCISE PHYSIOLOGY

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 Energy cost of various sports activities assessing them.

To learn about the Role of Exercise Physiology in the field of Physical Education.

To learn about the Different types of muscles

To learn about the Various changes during muscular contraction

THEORY COURSE

UNIT- I: INTRODUCTION TO EXERCISE PHYSIOLOGY

- 1.1. Definition of Physiology and Exercise Physiology
- 1.2 Importance and Role of Exercise Physiology in the field of Physical Education and Sports
- 1.3 Structure, Function and Different types of muscles

UNIT- II: BIOENERGETICS

- 2.1 Fuel for muscular Work (ATP)
- 2.2 Energy of muscular contraction
- 2.3 Various changes during muscular contraction

UNIT- III: PHYSIOLOGICAL CHANGES DUE TO EXERCISE.

- 3.1 Immediate effect of exercise on various systems of body
- 3.2 Circulatory systems.
- 3.3 Respiratory System

UNIT- IV: ENERGY COST OF VARIOUS SPORTS ACTIVITY, WORK AND ENVIRONMENT

- 4.1 Definition of Energy cost
- 4.2 Energy cost of various sports activities assessing them
- 4.3 Work capacity under different environment Condition (Hot, Humid, cold & High Altitude)

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33

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

SEMESTER - 6th

SUBJECT: PHYSICAL EDUCATION

THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027

MAJOR COURSE- UMJPET-602

CREDITS: 4 (3theory+1practical)

COURSE TITLE: EXERCISE PHYSIOLOGY

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

PRACTICAL COURSE

1. Students will have to assess heart rate, and blood pressure with the help of different equipment

OR

Assessment of strength and vital capacity.

34

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 6th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027

MAJOR COURSE- UMJPET-602

CREDITS: 4 (3theory+1practical)

COURSE TITLE: EXERCISE PHYSIOLOGY

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

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 (InternalAssessment).

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

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 6th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

**THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027
MAJOR COURSE- UMJPET-602 CREDITS: 4 (3theory+1practical)**

COURSE TITLE: EXERCISE PHYSIOLOGY

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

Suggested Readings

1. Adams M. Gene Exercise Physiology: Laboratory Manual, (WCB Mc Grew-Hill Companies, Inc,1998).
2. Astrand, P.O. and Rodahl Karre. Text Book of work Physiology (Tokyo Mc Graw. Hill Xogakusha, Ltd. 1979).
3. Bourne, Geoffery H. The Structure and Function of Muscles (London Academic Press) -1973
4. Katch L. Victor, Katch I. Frank and Mcardle D. William, Exercise Physiology (Williams & Wilkins, A Waverty Company, 1996).
5. Mathew. D.K. and Fox, E.L. Physiological Basis of Physical Education and Athletics (Philadelphia W.B. Saunders Company, 1976).
6. Roberys A. Robert and Robert O. Scott. , Fundamental Principles of Exercise Physiology (Mc. Grew Hill Companies, Inc.2000).
7. Tiwari Sendhya Exercise Physiology (Sports publication Ashok Vihar, Delhi) 1999.
8. Wilmore H. Jack and Costill L. Pavid, Physiology of Sports and Exercise Human Kinetics.

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 6th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027

MAJOR COURSE- UMJPET-603

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS NUTRITION

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 Role of diet and exercise in weight management.

To learn about the Role of Role of nutrition in sports in the field of Physical Education.

To learn about the Role of carbohydrates, Fat and protein during exercise

To learn about the Nutrition Daily calorie intake and expenditure.

THEORY COURSE

UNIT- I: INTRODUCTION TO SPORTS NUTRITION

- 1.1. Meaning and Definition of Sports Nutrition
- 1.2 Basic Nutrition guidelines
- 1.3 Role of nutrition in sports

UNIT- II: NUTRIENTS:

- 2.1 Carbohydrates, Protein, Fat Meaning, classification and its function
- 2.2 Role of carbohydrates, Fat and protein during exercise
- 2.3 Vitamins & Minerals Meaning, classification and its function

UNIT- III: NUTRITION AND WEIGHT MANAGEMENT.

- 3.1 Role of hydration during exercise and water balance
- 3.2 Nutrition daily caloric requirement and expenditure.
- 3.3 Concept of BMI (Body mass index),

UNIT- IV: STEPS OF PLANNING OF SPORTS NUTRITION

- 4.1 Nutrition Daily calorie intake and expenditure
- 4.2 Balanced diet for Indian School Children
- 4.3 Role of diet and exercise in weight management

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 6th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

**THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027
MAJOR COURSE- UMJPET-603**

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS NUTRITION

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

PRACTICAL COURSE

1. Students will have to prepare balance diet chart.

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

SEMESTER - 6th

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027

MAJOR COURSE- UMJPET-603

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS NUTRITION

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

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.

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020)**

**SEMESTER - 6th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

**THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027
MAJOR COURSE- UMJPET-603 CREDITS: 4 (3theory+1practical)**

COURSE TITLE: SPORTS NUTRITION

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

Suggested Readings

1. Bessesen, D. H. (2008). Update on obesity. J ClinEndocrinolMetab.93(6).
2. Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity (Silver Spring). 15(12).
3. Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. Am J ObstetGynecol, 197(3).
4. DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. N Engl J Med, 356(21).
5. Dixon, J.B., & O'Brien, P.E., Playfair, J. (2006). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 6th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027

MAJOR COURSE- UMJPET-604

CREDITS: 4 (3theory+1practical)

COURSE TITLE: THEORY OF GAMES AND SPORTS

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 Ground preparation, dimensions and marking.
- To learn about the History and development of the Game and Sports.
- To learn about the Sequential explanation of skills
- To learn about the System of Play their tactical training.

THEORY COURSE

UNIT- I: GENERAL INTRODUCTION OF SPECIALIZED GAMES AND SPORTS (Football & Kabaddi)

- 1.1. Records/Statistics of the game at World, Olympics, Asia, National.
- 1.2 Main tournament organized at national and international levels
- 1.3 History and development of the Game and Sports

UNIT- II: OFFICIATING

- 2.1 Play area dimensions and marking.
- 2.2 Equipment Specifications
- 2.3 Rules of the Game and their interpretation

UNIT- III: TECHNIQUES (SKILL)

- 3.1 Classification of Skills
- 3.2 Sequential explanation of skills
- 3.3 Various faults in skills, their causes and corrections, types of exercises to develop and consolidate fundamental skills of the game

UNIT- IV: TACTICS AND STRATEGY

- 4.1 Individual, group and team tactics
- 4.2 Recreational and Lead up game
- 4.3 System of Play their tactical training.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 6th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027

MAJOR COURSE- UMJPET-604

CREDITS: 4 (3theory+1practical)

COURSE TITLE: THEORY OF GAMES AND SPORTS

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

Total no. of Lectures:

Theory: 45 hrs.

Practical: 30hrs.

Theory

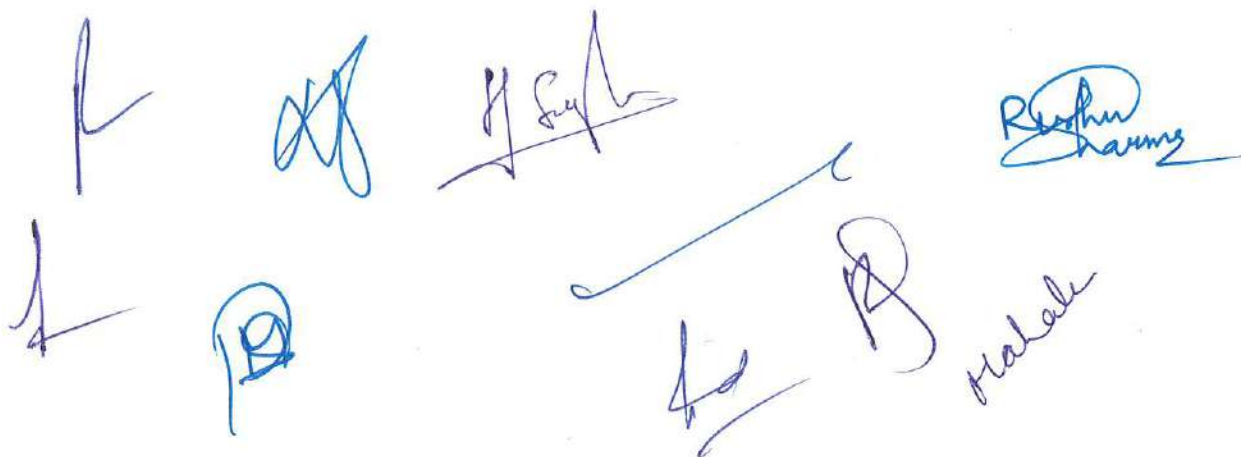
1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

PRACTICAL COURSE

1. Ground Marking and officiating of Cricket, Football, Hockey and Kabbadi



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 6th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027
MAJOR COURSE- UMJPET-604 **CREDITS: 4 (3theory+1practical)**

COURSE TITLE: THEORY OF GAMES AND SPORTS

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

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)

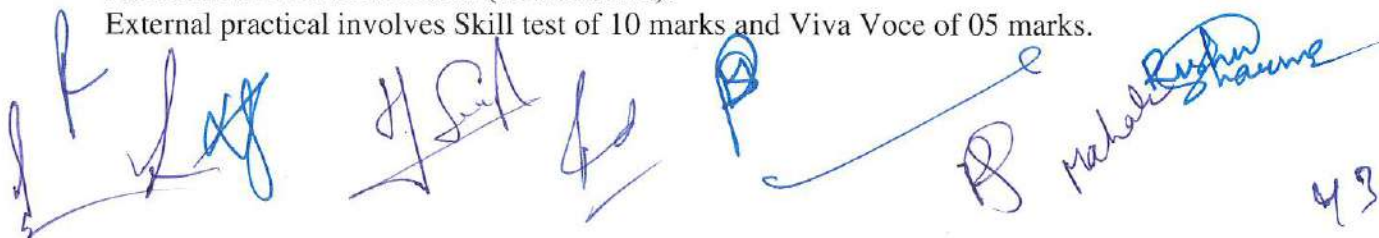
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Internal practical involves Skill test of 07 marks and Viva Voce of 03 marks.

EXTERNAL PRACTICAL (15 MARKS):

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



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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 6th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

**THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027
MAJOR COURSE- UMJPET-604. CREDITS: 4 (3theory+1practical)**

COURSE TITLE: THEORY OF GAMES AND SPORTS

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

Suggested Readings

- 1 Rees, Roy "Coaching Soccer Successfully" Human Kinetics Windsor (1997)
2. Cavendish Marshall "The Sportsman's World of Soccer" Marshal Cavendish, London (1975)
3. Worthington Eric "Teaching Soccer Skill", Lepus Books (1972).
4. Hill-Wood Denis "Bobby Charlton's Book of European Football" Souvenir Press Ltd., London.(1970)
- 5.Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
6. Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall

[Handwritten signatures and initials in blue ink, including "Rajesh Sharma", "H. Sub", "R. Mahale", and others.]

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 6th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027
MINOR COURSE- UMIPET-605 **CREDITS: 4 (3theory+1practical)**

COURSE TITLE: SPORTS NUTRITION

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 Role of diet and exercise in weight management.

To learn about the Role of Role of nutrition in sports in the field of Physical Education.

To learn about the Role of carbohydrates, Fat and protein during exercise

To learn about the Nutrition Daily calorie intake and expenditure.

THEORY COURSE

UNIT- I: INTRODUCTION TO SPORTS NUTRITION

- 1.1. Meaning and Definition of Sports Nutrition
- 1.2 Basic Nutrition guidelines
- 1.3 Role of nutrition in sports

UNIT- II: NUTRIENTS:

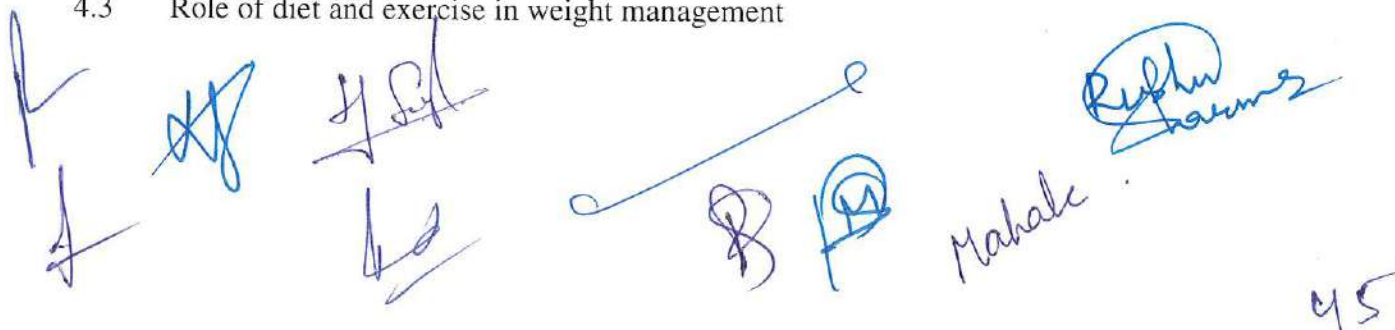
- 2.1 Carbohydrates, Protein, Fat Meaning, classification and its function
- 2.2 Role of carbohydrates, Fat and protein during exercise
- 2.3 Vitamins & Minerals Meaning, classification and its function

UNIT- III: NUTRITION AND WEIGHT MANAGEMENT.

- 3.1 Role of hydration during exercise and water balance
- 3.2 Nutrition daily caloric requirement and expenditure.
- 3.3 Concept of BMI (Body mass index),

UNIT- IV: STEPS OF PLANNING OF SPORTS NUTRITION

- 4.1 Nutrition Daily calorie intake and expenditure
- 4.2 Balanced diet for Indian School Children
- 4.3 Role of diet and exercise in weight management

The bottom of the page features several handwritten signatures and initials in blue ink. On the left, there are three distinct signatures. In the center, there is a long, horizontal, wavy line with a circle at its right end, and below it, two more signatures. On the right side, there is a signature that appears to be 'Rishu' with 'Sharma' written below it, and another signature 'Mahale' written below that. In the bottom right corner, the number '45' is handwritten.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 6th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

THE EXAMINATION IS TO BE HELD IN THE MAY 2025, MAY 2026 and MAY 2027

MINOR COURSE- UMIPET-605

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS NUTRITION

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

PRACTICAL COURSE

1. Students will have to prepare balance diet chart.

[Handwritten signatures and marks in blue ink]

[Signatures: Rishu Sharma, Mahak, and others]

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 6th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

The examination is to be held in the year 2025, 2026 and 2027

MINOR COURSE- UMIPET-605

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS NUTRITION

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

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:

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 6th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

The examination is to be held in the year 2025, 2026 and 2027

MINOR COURSE- UMIPET-605

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS NUTRITION

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

Suggested Readings

1. Bessesen, D. H. (2008). Update on obesity. J ClinEndocrinolMetab.93(6).
2. Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity (Silver Spring). 15(12).
3. Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. Am J ObstetGynecol, 197(3).
4. DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. N Engl J Med, 356(21).
5. Dixon, J.B., & O'Brien, P.E., Playfair, J. (2006). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized

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

COURSE SCHEME & SYLLABUS

For

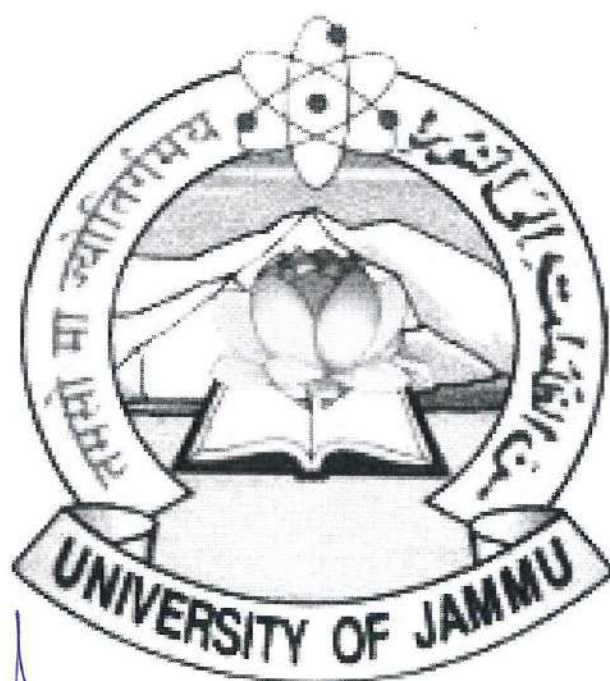
Under Graduate Programme

With

PHYSICAL EDUCATION

(Semester VII)

(Effective from Academic Session 2024-25 Onwards)



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Directorate of Sports and Physical Education

University of Jammu

Following Courses of study are prescribed for

7th Semester

Four Year Under Graduate Programme (FYUG) in the subject of PHYSICAL EDUCATION

Semester 7th

S. No	Course Type	Course Code	Course Title	Credits	Marks				Total Marks
					Theory		Practical		
1	Major	UMJPET-701	Test Measurement and Evaluation	03Th+01P	Mid semester: 15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
2	Major	UMJPET-702	Sports Medicine	03Th+01P	Mid semester: 15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
3	Major	UMJPET-703	Research Process In Physical Education	03Th+01P	Mid semester: 15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
4	Major	UMJPET-704	Fundamental Of Athletics	03Th+01P	Mid semester: 15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
5	Minor	UMIPET-705	Fundamental Of Athletics	03Th+01P	Mid semester: 15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100

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Rishu Sharma

Mahak.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN DEC 2025, DEC 2026 and DEC 2027

MAJOR COURSE- UMJPET-701

CREDITS: 4 (3theory+1practical)

COURSE TITLE: Test Measurement and Evaluation

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:

Explain the basic concept of test, measurement and evaluation

Administer various motor fitness tests.

Employ different physical fitness tests.

Use aerobic and anaerobic tests in sports and games.

Administer sports performance with anthropometric measurement.

Apply various skill tests for fundamental skill assessment

THEORY COURSE

UNIT-I: Introduction

1.1 Meaning and definition of test, measurement and evaluation

1.2 Need and importance of measurement and evaluation

1.3 Criteria for test selection, scientific authenticity: meaning & definition

UNIT-II: Motor fitness tests

2.1 Meaning and definition of motor fitness and test for motor fitness

2.2 Indiana motor fitness test for elementary and high school boys girls and college men

2.3 Jcr test, Barrow motor ability test

UNIT-III: Physical fitness tests

3.1 AAHPERD health related fitness battery revised in 1984

3.2 Rogers physical fitness index

3.3 Harvard step test,

UNIT-IV: Skill tests

4.1 Badminton miller wall volley test

4.2 Basketball Johnson basketball test

4.3 volleyball russel lange volleyball test

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SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE

Duration of Examination: 03hrs

1. Prepare a video of performing any test

A collection of handwritten marks and signatures in blue ink. At the top left is a simple vertical line. To its right is a stylized, looped signature. Further right is the word 'Sylb' written in a cursive script. Below these are several other marks: a vertical line with a small hook, a stylized 'A' or 'H' shape, a circular mark with a cross inside, and a long, thin, curved line. On the right side, there is a signature that appears to be 'Rishu Sharma' and the word 'Prabala' written in a cursive script.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN DEC 2025, DEC 2026 and DEC 2027

MAJOR COURSE- UMJPET-701

CREDITS: 4 (3theory+1practical)

COURSE TITLE: Test Measurement and Evaluation

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

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.

[Handwritten signatures and marks at the bottom of the page]

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN DEC 2025, DEC 2026 and DEC 2027

MAJOR COURSE- UMJPET-701

CREDITS: 4 (3theory+1practical)

COURSE TITLE: Test Measurement and Evaluation

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

Suggested Readings

1. Test, Measurement And Evaluation In Physical Education In Physical Education And Sports By Yubu A, Friends Publications
2. Measurement And Evaluation In Physical Education By K. Chandra Shekar, Khel Sahitya Kendra
3. Evaluation Of Physical Education And Sports By J. Krishna Murthy, Commonwealth Publishers
4. Test And Measurement In Physical Education By Dr. Altaf Hussain Bhatt, Sports Publication

Handwritten signatures and initials in blue ink, including a large 'L' shape, a signature that appears to be 'H. Bhatt', a signature that appears to be 'R. Sharma', and a signature that appears to be 'Mahesh'.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN DEC 2025, DEC 2026 and DEC 2027

MAJOR COURSE- UMJPET-702

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS MEDICINE

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 make them aware about the basic concept of sports medicine

To understand how to treat and manage sports related injuries

To become aware about the age and gender consideration in sports

To understand about the medical problems occur due to environment their symptoms and treatment

THEORY COURSE

UNIT-I: Introduction

1.1 Meaning and definition of related terminologies

- Athlete, fitness, wellness, performance
- Injury
- Rehabilitation
- Sports Medicine

1.2 Aim, objectives of Sports Medicine

1.3 Scope of Sports Medicine.

UNIT-II: Sports Injuries

2.1 Introduction: meaning, definition and various classifications of Sports Injuries

2.2 Causes of sports injuries and Prevention of sports injuries

2.3 Treatment and rehabilitation of sports injuries

UNIT-III: Age And Gender Consideration In Sports

3.1 Biological, chronological age and age determination

3.2 Suitability of sports at various stages of growth

3.3 Problems of female athlete and sports performance

UNIT-IV: Environment & Sports Performance Introduction

4.1 Various types of environmental conditions

4.2 Medical problems due to environment and their symptoms

4.3 Treatment of medical problem and acclimatization in temperature

Mahab
Rohit Sharma
SS

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN DEC 2025, DEC 2026 and DEC 2027

MAJOR COURSE- UMJPET-702

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS MEDICINE

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

PRACTICAL COURSE

1. Prepare a model on any sports related injury
2. Explain the sport related injury with the help of model
3. Explain the causes of sports related injury

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Handwritten signatures: "Rahak", "Rishu Sharma", and others.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN DEC 2025, DEC 2026 and DEC 2027

MAJOR COURSE- UMJPET-702

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS MEDICINE

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

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.

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN DEC 2025, DEC 2026 and DEC 2027

MAJOR COURSE- UMJPET-702

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS MEDICINE

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

Suggested Readings

- 1 Jain, Rachna, Sports Medicine, New Delhi: KSK, 2002.
2. Khanna, G.L & Jayprakash, C.S., Exercise Physiology & Sports Medicine, Lucky, 1990.
3. Khanna, G.L., Exercise Physiology & Sports Medicine, Lucky Enterprises, 1990.
4. Komi, P.V., Encyclopaedia of Sports Medicine, Blackwell, 1992.
5. Pande, P.K., Sports Medicine, ND; Khel Sahitya Kendra, 1998.
6. Pandey, P.K., Outline of Sports Medicine, Delhi: J.P. Brothers, 1987.
7. Prentice, W.E., Therapeutic Modalities in Sports Medicine, Times Mirror, 1990. Renstrom, Encyclopaedia of Sports Medicine, Blackwell, 1993.
8. Roy and Irvin, Sports Medicine, New Jersey: Prentice-Hall, 1983.
9. Shephard and Astrand, Encyclopaedia of Sports Medicine, Blackwell, 1992.
10. Shephard, R.J. & Astrand, P.O., Encyclopedia of Sports Medicine, Blackwell, Sc. Pub., 1992.

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

**THE EXAMINATION IS TO BE HELD IN DEC 2025, DEC 2026 and DEC 2027
MAJOR COURSE- UMJPET-703 CREDITS: 4 (3theory+1practical)
COURSE TITLE: RESEARCH PROCESS IN 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 basic concept of research
- To identify the source of research problems and how to state a research problem
- To become aware of various methods of research
- To know about sampling and techniques of sampling

THEORY COURSE

UNIT-I: Introduction

- 1.1 Meaning of Research and its characteristics
- 1.2 Classification of Research
- 1.3 Qualities of a Researcher

UNIT- II: Research Problem

- 2.1 Research Problem: Sources of Research Problem, Identifying a research problem
- 2.2 Criteria in selecting a research problem
- 2.3 Stating the research problem

UNIT-III: Methods Of Research

- 3.1 Historical Research: Meaning and Sources of historical materials
- 3.2 Survey method: Meaning and types of survey
- 3.3 Experimental Research: Meaning and types of experimental design

UNIT –IV: Population And Sampling

- 4.1 Concept of population and sampling
- 4.2 Importance and characteristics of sampling
- 4.3 Sampling techniques: Probability and Non – Probability

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

**THE EXAMINATION IS TO BE HELD IN DEC 2025, DEC 2026 and DEC 2027
MAJOR COURSE- UMJPET-703 CREDITS: 4 (3theory+1practical)
COURSE TITLE: RESEARCH PROCESS IN 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:

PRACTICAL COURSE

- (i) Prepare a research statement , review literature and Write down minimum 5abstract

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN DEC 2025, DEC 2026 and DEC 2027
MAJOR COURSE- UMJPET-703 **CREDITS: 4 (3theory+1practical)**
COURSE TITLE: RESEARCH PROCESS IN 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

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).
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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.

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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:

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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)

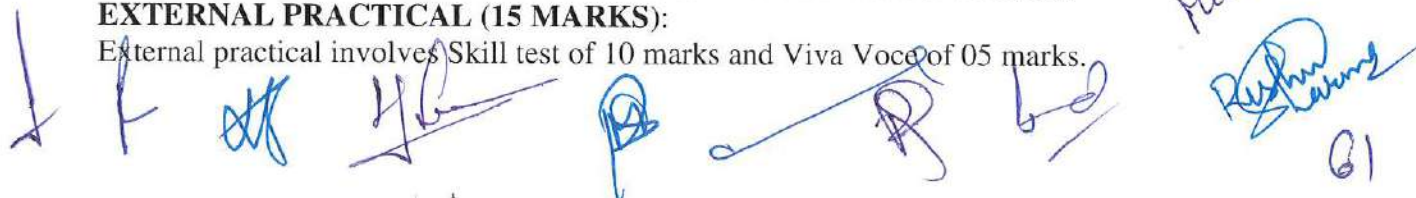
Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be asunder:

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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.



Handwritten signatures and initials in blue ink at the bottom of the page. The signatures are scattered across the bottom, with some appearing to be 'Mahak' and 'Rajesh Kumar'.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN DEC 2025, DEC 2026 and DEC 2027

MAJOR COURSE- UMJPET-703

CREDITS: 4 (3theory+1practical)

COURSE TITLE: RESEARCH PROCESS IN 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

Suggested Readings

1. Best, J.W. Research in Education, Prentice Hall Inc.: Delhi-1982
2. Clarke, H. David., Research Processes in Physical Education, Recreation & Health Prentice Hall Inc. 1985.
3. Kamlesh, M.L, Methodology of Research in Physical Education and Sports, Metropolitan Publication: New Delhi, 1986.
4. Moorthy, A.M, Research Methods in Physical Education, Sports and Exercise Sciences, Friends Publications: New Delhi, 2000.
6. Thomas Jerry R. and Nelson Jack K., Research Methods, Physical Activity. Human Kinetics: Champaign, 1996.
7. Weimer, Jon, Research Techniques in Human Engineering. Prentice Hall: New Jersey. 1994.

[Handwritten signatures and initials in blue ink]

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN DEC 2025, DEC 2026 and DEC 2027

MAJOR COURSE- UMJPET-704

CREDITS: 4 (3theory+1practical)

COURSE TITLE: FUNDAMENTALS OF ATHLETICS

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 Ground preparation, dimensions and marking.
- To learn about the History and development of the Track and Field
- To learn about the Sequential explanation of skills
- To learn about the Technique and Tactical training

THEORY COURSE

Unit- I: Track and Field

- 1.1. Historical development of the concerned track and field event in India
- 1.2 Tournament at national and international levels
- 1.3 Track and Field Events

Unit- II: Marking

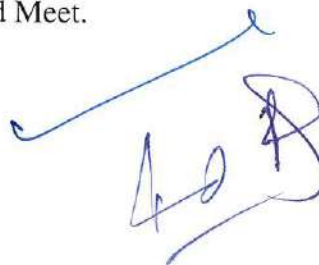
- 2.1 Layout of standard track
- 2.2 Layout and marking of Shot put, Hammer throw.
- 2.3 Layout and marking of Discus throw, Javelin throw.

Unit- III: Relay and Jumps

- 3.1 Relays: techniques, common faults and corrective technique
- 3.2 The High Jump: techniques, advantage of Fosbury Flop, common faults and corrective techniques
- 3.3 The Long Jump: techniques, common faults and corrective techniques

Unit- IV: Throws

- 4.1 The Shot Put: techniques, common faults and corrective techniques
- 4.2 Discus Throw: The techniques, common faults and corrective techniques
- 4.3 Planning and Administration a Track and Field Meet.



Richu Sharma
Mahale

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN DEC 2025, DEC 2026 and DEC 2027

MAJOR COURSE- UMJPET-704

CREDITS: 4 (3theory+1practical)

COURSE TITLE: FUNDAMENTALS OF ATHLETICS

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

PRACTICAL COURSE

Ground Marking and officiating of field event (any one).

A collection of handwritten signatures and initials in blue ink, scattered across the page. The signatures are stylized and vary in complexity, including some that appear to be names like 'Mahab' and 'Rajesh'. There are also several sets of initials, some of which are underlined or circled.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN THE YEAR DEC 2025, DEC 2026 and DEC 2027
MAJOR COURSE- UMJPET-704 **CREDITS: 4 (3theory+1practical)**

COURSE TITLE: FUNDAMENTALS OF ATHLETICS

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

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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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:

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The Duration of Exam shall be of 03 hours.

PRACTICAL (25 MARKS)

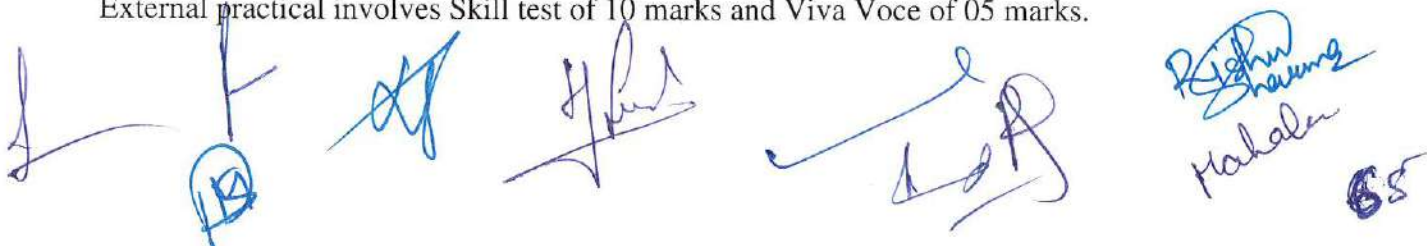
Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be asunder:

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.



Handwritten signatures and initials in blue ink at the bottom of the page, including a large signature on the left, a circular stamp with '14' inside, and a signature on the right that reads 'Rishu Sharma Mahalan' with '65' written below it.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN DEC 2025, DEC 2026 and DEC 2027

MAJOR COURSE- UMJPET-704

CREDITS: 4 (3theory+1practical)

COURSE TITLE: FUNDAMENTALS OF ATHLETICS

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

Total no. of Lectures:

Theory: 45 hrs.

Practical: 30hrs.

Theory

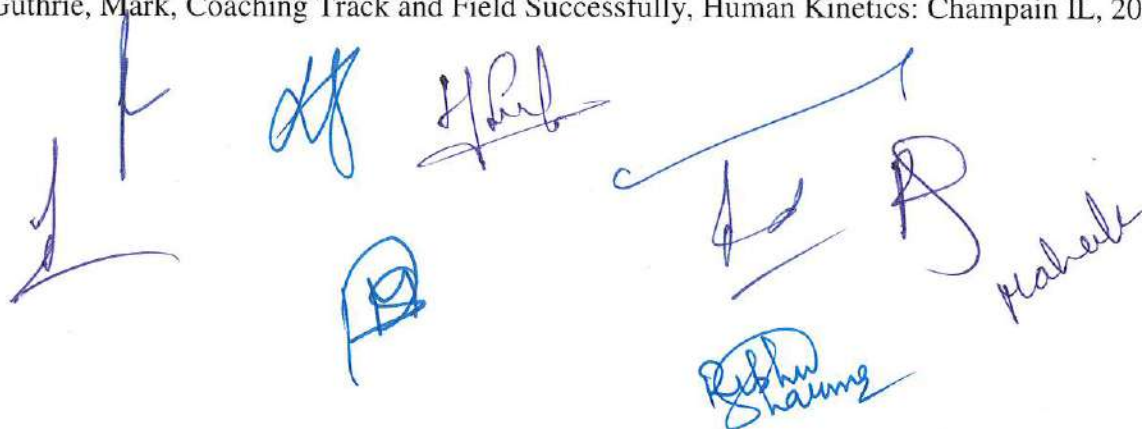
1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Suggested Readings

1. Ackland John, The Complete Guide to Endurance Training, A & C Black: London, 1999.
2. Bowerman, J.W, Freeman, H. W, High Performance Training for Track and Field, Leisure Press: Champaign Illinois, 1989.
Champaign Illinois, 1991.
3. Dunn, G.D Jr., McGill, Kevin, The Throws Manual, Tafnews Press: Mountain View, USA, 1991.
4. Gambetta, Vern, The Athletics Congress's Track and Field Coaching Manual, Leisure Press:
5. Guthrie, Mark, Coaching Track and Field Successfully, Human Kinetics: Champaign IL, 2006

A collection of handwritten signatures in blue ink, including names like 'Rishu Sharma' and 'Rishu', along with various initials and stylized marks.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

THE EXAMINATION IS TO BE HELD IN DEC 2025, DEC 2026 and DEC 2027

MINOR COURSE- UMIPET-705

CREDITS: 4 (3theory+1practical)

COURSE TITLE: FUNDAMENTALS OF ATHLETICS

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 Ground preparation, dimensions and marking.

To learn about the History and development of the Track and Field

To learn about the Sequential explanation of skills

To learn about the Technique and Tactical training

THEORY COURSE

Unit- I: Track and Field

1.1. Historical development of the concerned track and field event in India

1.2 Tournament at national and international levels

1.3 Track and Field Events

Unit- II: Marking

2.1 Layout of standard track

2.2 Layout and marking of Shot put, Hammer throw.

2.3 Layout and marking of Discus throw, Javelin throw.

Unit- III: Relay and Jumps

3.1 Relays: techniques, common faults and corrective technique

3.2 The High Jump: techniques, advantage of Fosbury Flop, common faults and corrective techniques

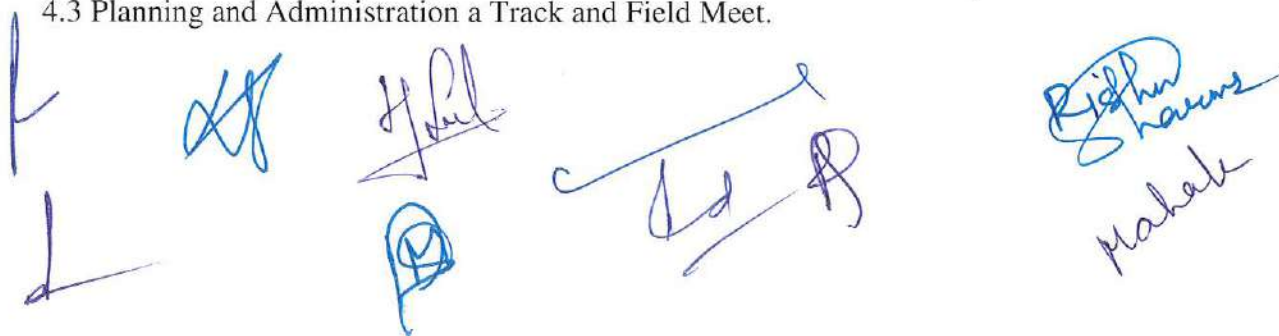
3.3 The Long Jump: techniques, common faults and corrective techniques

Unit- IV: Throws

4.1 The Shot Put: techniques, common faults and corrective techniques

4.2 Discus Throw: The techniques, common faults and corrective techniques

4.3 Planning and Administration a Track and Field Meet.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

**THE EXAMINATION IS TO BE HELD IN DEC 2025, DEC 2026 and DEC 2027
MINOR COURSE- UMIPET-705 CREDITS: 4 (3theory+1practical)**

COURSE TITLE: FUNDAMENTALS OF ATHLETICS

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

Total no. of Lectures:

Theory: 45 hrs.

Practical: 30hrs.

Theory

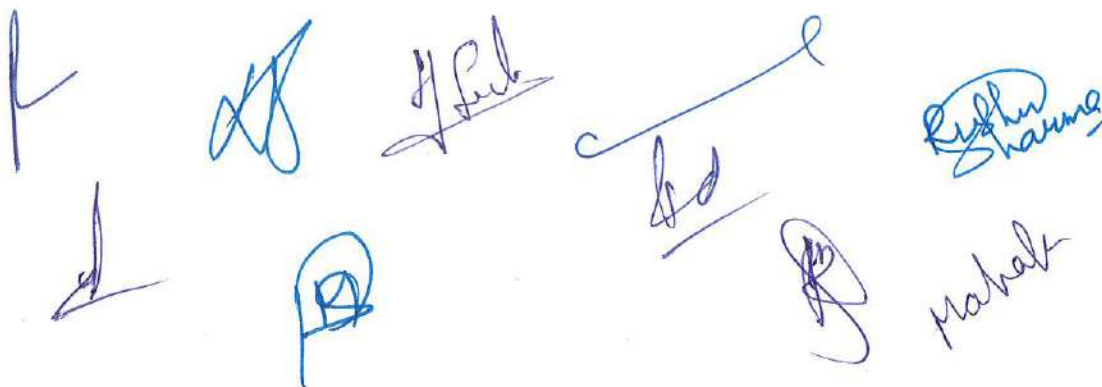
1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination:03hrs

PRACTICAL COURSE

Ground Marking and officiating of Track and Field Events.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

THE EXAMINATION IS TO BE HELD IN DEC 2025, DEC 2026 and DEC 2027

MINOR COURSE- UMIPET-705

CREDITS: 4 (3theory+1practical)

COURSE TITLE: FUNDAMENTALS OF ATHLETICS

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

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)

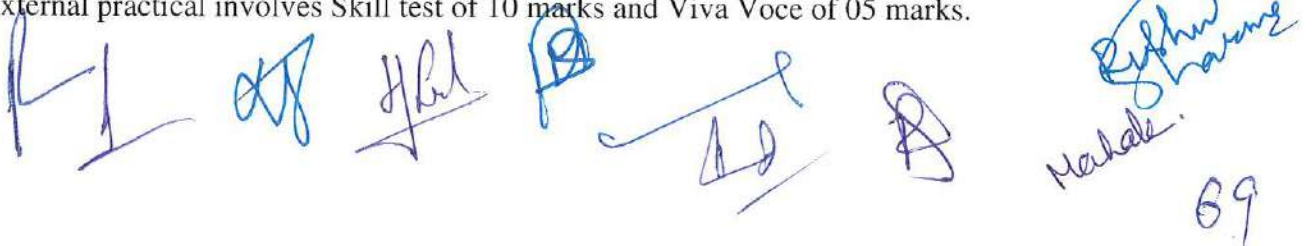
Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be asunder:

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 FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 7th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

THE EXAMINATION IS TO BE HELD IN THE YEAR DEC 2025, DEC 2026 and DEC 2027
MINOR COURSE- UMIPET-705 **CREDITS: 4 (3theory+1practical)**

COURSE TITLE: FUNDAMENTALS OF ATHLETICS

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

Suggested Readings

1. Ackland John, The Complete Guide to Endurance Training, A & C Black: London, 1999.
2. Bowerman, J.W, Freeman, H. W, High Performance Training for Track and Field, Lorisure Press: Champaign Illinois, 1989.
3. Dunn, G.D Jr., McGill, Kevin, The Throws Manual, Tafnews Press: Mountain View, USA, 1991.
4. Gambetta, Vern, The Athletics Congress's Track and Field Coaching Manual, Lorisure Press:
5. Guthrie, Mark, Coaching Track and Field Successfully, Human Kinetics: Champaign IL, 2006

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Right hand Sharma
Mahale

Directorate of Sports and Physical Education
University of Jammu

**Following Courses of study are prescribed for
8th Semester**

Four Year Under Graduate Programme (FYUG) in the subject of PHYSICAL EDUCATION

Semester 8th (Hounours)

S. No	Course Type	Course Code	Course Title	Credits	Marks				Total Marks
					Theory		Practical		
1	Major	UMJPET-801	Professional Preparation In Physical Education	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
2	Major	UMJPET-802	Athletic Care And Rehabilitation	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
3	Major	UMJPET-803	Sports Biomechanics and kinesiology	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
4	Major	UMJPET-804	Sports Journalism	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
5	Minor	UMIPET-805	Professional Preparation In Physical Education	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100

Semester 8th (Honours with Research)

S. No	Course Type	Course Code	Course Title	Credits	Marks				Total Marks
					Theory		Practical		
1	Major	UMJPET-806	Applied Statistics In Physical Education	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
2	Minor	UMIPET-807	Applied Statistics In Physical Education	03Th+01P	Mid semester:15 marks	End Exam:60 marks	Assessment 10 marks	Exam :15marks	100
3	SEC	USEPEP-808	Dissertation	12					300

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028

MAJOR COURSE- UMJPET-801

CREDITS: 4 (3theory+1practical)

COURSE TITLE: Professional Preparation In 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 history of physical education

To know about the role and responsibilities of Centre and State in the implementation of policies in physical education

To know about the various career avenues after under graduation and post graduation and research degrees

To learn about the courses available in physical education and sports.

To learn experience in Laboratory, teaching practice, field work,

THEORY COURSE

UNIT- I: PROFESSIONAL PREPARATION

1.1 Concept and meaning of Profession, Professional and Professionalism.

1.2 Physical education as a profession

1.3 Role and responsibilities of Centre and State in the implementation of policies on physical education.

UNIT- II: PROFESSIONAL PREPARATION PROGRAMMES

2.1 Foundation: need, objectives and characteristic of professional preparation programmes

2.2 Courses available in physical education and sports.

2.3 Laboratory experience, teaching practice, field work,

UNIT- III: CAREER AVENUES & JOB OPPORTUNITIES IN PHYSICAL EDUCATION & SPORTS

3.1 Career avenues after under graduation and post graduation and research degrees.

3.2 Inter-relationship among various careers in physical education and sports

3.3 Planning for a career: self-assessment, motivational dynamics, decision making, counseling and guidance

UNIT-IV: Aspects of organization and management in physical education

4.1 Management: concepts and principles, organization and functions of sports bodies

4.2 Intramurals and extramural, management of equipments

4.3 Techniques of supervision

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

**THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028
MAJOR COURSE- UMJPET-801 CREDITS: 4 (3theory+1practical)
COURSE TITLE: Professional Preparation In 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

PRACTICAL COURSE

1. Equipment required for teaching a lesson
2. Prepare a teaching lesson plan
3. Class room teaching



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
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Theory: 45 hrs.

Practical: 30hrs.

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
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MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

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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:

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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:

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

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028
MAJOR COURSE- UMJPET-801 **CREDITS: 4 (3theory+1practical)**

COURSE TITLE: Professional Preparation In 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

Suggested Readings

1. Adams William C. Foundation of Physical Education Exercise and Sports Sciences, Philadelphia, 1991
2. Gupta Rakesh, Sharma Akhilesh, and Sharma Santosh, Professional Preparation and Curriculum Design in Physical Education & sports Sciences, New Delhi, Friends Publications, 2004.
3. Hoover. Kenneth H., The Professional Teacher's Handbook, Boston, Allyn and Bacocon, 1972
4. Krik David, Physical Education and Curriculum Study, Kent, Croom Helm, 1988
5. Sandhu Kiran, Professional Preparation and Career Development in Physical Education, New Delhi, Friends Publications, 2004.

Several handwritten signatures in blue ink are present below the suggested readings. From left to right, they include: a signature that appears to be 'Rishu Sharma', a signature that appears to be 'A', a signature that appears to be 'H. S.', a signature that appears to be 'S.', and a signature that appears to be 'Mahesh'.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD YEAR MAY 2026, MAY 2027 and MAY 2028
MAJOR COURSE- UMJPET-802 **CREDITS: 4 (3theory+1practical)**

COURSE TITLE: Athletic Care and Rehabilitation

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 concept of posture

To become aware about the common sports injuries and their causes

To know about the different types of therapeutic modalities

To know about the method of application of massage and bandages

THEORY COURSE

UNIT: I- POSTURE

1.1 Posture: definition and values of good posture,

1.2 Draw backs and causes of bad posture

1.3 Meaning and Importance of Corrective Exercises

Unit: II- Common postural deformities

2.1 Deviation in posture: flat back, round shoulder, knock knee, bow legs

2.2 Common sports injuries: Meaning, Types and Causes

2.3 Sprain, Strain, Contusion, Blister, Abrasion, Fracture, Dislocation and Muscle cramps

Unit: III- Therapeutic modalities

3.1 Meaning and principles of therapeutic modalities

3.2 Types of therapeutic modalities: hydrotherapy, hot packs, cold packs, whirlpool, contrast bath.

3.3 Therapeutics exercise: Importance and rules of implementation.

Unit: IV- Massage

4.1 Massage: principles and classification

4.2 Physiological and psychological effects of massage

4.3 Bandages: types, rules and methods of applications.

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020)**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028

MAJOR COURSE- UMJPET-802

CREDITS: 4 (3theory+1practical)

COURSE TITLE: Athletic Care and Rehabilitation

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

PRACTICAL COURSE

Massage and Bandages

1. Equipment required for the application of massage and bandages
2. Learn about the application of different types of massage
3. Learn about the application of different types of bandages

Handwritten signatures and initials in blue ink, including 'H. S. H.', 'Ad', 'D', 'Rishu Sharma', 'Mahesh', and a circled 'P'.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028
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Total no. of Lectures:

Theory: 45 hrs.

Practical: 30hrs.

Theory

1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
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MIDTERM ASSESSMENT TEST (INTERNAL ASSESSMENT TEST): 15 MARKS

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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:

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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:

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

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028

MAJOR COURSE- UMJPET-802

CREDITS: 4 (3theory+1practical)

COURSE TITLE: Athletic Care and Rehabilitation

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

Suggested Readings

1. Athletic Care And Rehabilitation By Dr. Amandeep Singh, Friends Publications
2. Sports Injuries (Self Diagnosis - Treatment - Prevention - Rehabilitation) By Dr. Shweta Suri & Dr. Vikash Kumar, Sports Publication
3. Athletics Care And Rehabilitation By Dr. Ajay Vasantrao Gulhane, Sports Publication

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028
MAJOR COURSE- UMJPET-803 **CREDITS: 4 (3theory+1practical)**
COURSE TITLE: SPORTS BIOMECHANICS AND KINESIOLOGY
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 Management
- To assess the managerial skills
- To Learn about Sports Events
- To learn about organizing Sports Event

THEORY COURSE

UNIT: I- INTRODUCTION TO BIOMECHANICS AND KINESIOLOGY

- 1.1 Meaning of Biomechanics and kinesiology and its importance in Physical Education and Sports
- 1.2 Avenues of sports biomechanics applications
- 1.3 Modern trends in Biomechanics.

UNIT: II- PLANE AND JOINTS

- 3.1 Meaning of plane and axis and plane types: Frontal, median and horizontal plane
- 3.2 Meaning and Types of joint : Fibrous, Cartilaginous and synovial (plane, hinge, pivot, gliding, condyloid, saddle, ball and socket and compound joint)
- 3.3 Types of Joint movement:- Flexion-extension, abduction-adduction, inversion-eversion, Circumduction, rotation, pronation- supination, protraction- retraction, elevation- depression, opposition and reposition, dorsi flexion and planter flexion and lateral excursion- medial excursion.

UNIT: III- MOTION FORCE AND PROJECTILE

- Motion: Meaning, Types (linear and angular) and laws of motion
- Force: Meaning, Types- Centrifugal and centripetal force.
- Projectile: Meaning, Types- Vertical projection, Horizontal projection.

UNIT: IV- LEVERS STABILITY AND FRICTION

- Levers : Definitions, Role and Types- First, second and third class lever.
- Stability : Definition, Role and Types- Static stability, Dynamic stability.
- Friction : Meaning, role and Types- sliding, rolling and Fluid friction.

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Rishi Sharma
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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028

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CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS BIOMECHANICS AND KINESIOLOGY

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

PRACTICAL COURSE

1. Practical applicability of lever
2. Practical applicability of stability



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
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PRACTICAL (25 MARKS)

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Rashmi Sharma

Mahesh
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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

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Duration of Examination: 03hrs

Suggested Readings

1. Burstein, A.H & Wright, T. M., Fundamental of Orthopaedic Biomechanics, Baltimore :Williams &Wilkins, 1994.
2. Gheluwe, B.N. and Atha, J. [Ed], Medicine & Sport Science: Current Research & Sports Biomechanics, London: Karger, 1987.
3. Gowitzke, B.A. and Milner, M. (1988). Scientific Bases of Human Movement. (3rd. Ed.) Baltimore: Williams and Wilkins.
4. Grimshaw, Paul., Lees, Adrian., Flower, Neil.,&Burden, Adrian. Sports and Exercise Biomechanics. Taylor & Francis.
5. Groves, R and Camaine, D. (1983). Concepts in Kinesiology. (2nd. Ed.). Philadelphia: Saunders College Publishing.
6. Hay, J. & Reid, J. (1982). The Anatomical and Mechanical Bases of Human Motion. Englewood Cliffs: Prentice-Hall
7. Hay, J. (1978). The biomechanics of sport techniques. (2nd. Ed.). Englewood Cliffs: Prentice- Hall.

[Handwritten signatures and initials in blue ink]

Rajesh Sharma
Mahele

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028

MAJOR COURSE- UMJPET-804

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS JOURNALISM

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 journalism
- Advertise in sports journalism
- Analyze the role of advertisement in journalism
- Analyze the strategies of sports journalism and marketing
- Establish sports journalism within media and communications
- Discuss about the journalism ethics and sport

THEORY COURSE

Unit I: Introduction

- 1.1 Meaning, Definitions of Sports Journalism
- 1.2 Scope and Purpose of Sports Journalism,
- 1.3 History and Ethics of Sports Journalism

Unit II: Mass media

- 2.1 Concept, Mass Media in Journalism-Radio and T.V.
- 2.2 Commentary- Running Commentary on the Radio, Sports Expert's Comment
- 2.3 Role of Advertisement in Journalism

Unit III Sports Journalism

- 3.1 Relationship of Sport and the Mass Media,
- 3.2 Role of Sports Writers and Commentators
- 3.3 Values of Journalism

Unit IV Edition and evaluation of sport

- 4.1 General News Reporting, Sports Reporting
- 4.2 Methods of Editing a Sports Report, Evaluation of Reported News
- 4.3 Interview with Elite Player and Coach

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84

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028

MAJOR COURSE- UMJPET-804

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS JOURNALISM

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

Total no. of Lectures:

**Theory: 45 hrs.
Practical: 30hrs.**

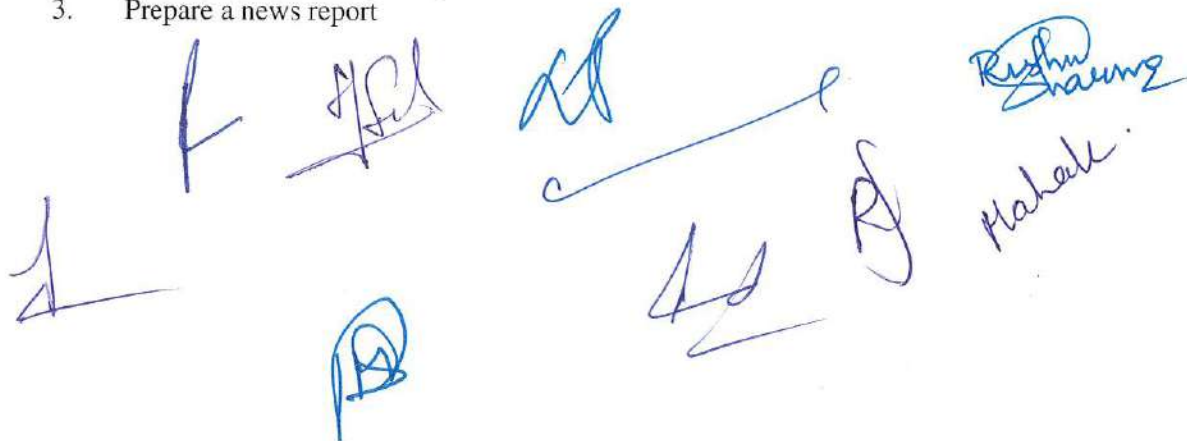
Theory

- 1) External (University exam): 60**
- 2) Internal assessment: 15**

Duration of Examination: 03hrs

PRACTICAL COURSE

- 1. Equipment required for preparing report**
- 2. Interview with elite sports person/ Coach**
- 3. Prepare a news report**

A collection of approximately ten handwritten signatures in blue ink, scattered across the page. Some signatures are stylized and difficult to decipher, while others are more legible, such as 'Rishu Sharma' and 'Mahesh'.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

SEMESTER - 8th

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028

MAJOR COURSE- UMJPET-804

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS JOURNALISM

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

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)

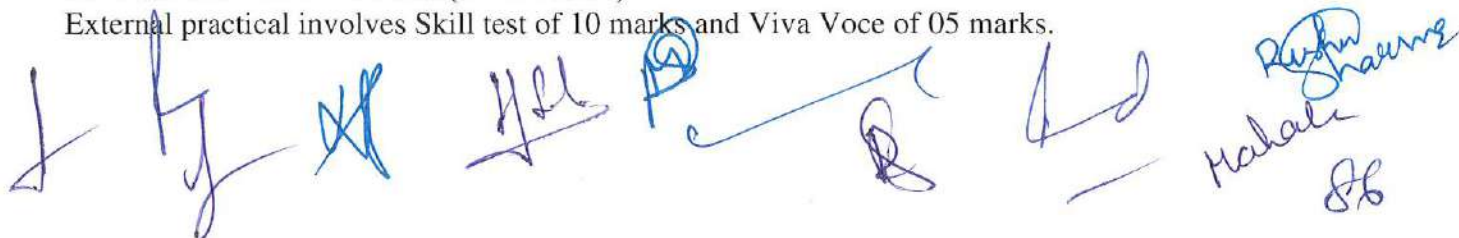
Practical in Major/Minor course is of 01 credit. The purpose is to inbuilt in students the practical knowledge of the Course. There shall be Internal and External Practical examination based on the mentioned components in the Practical part. The scheme of assessment in Practical shall be asunder:

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.



PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE PROGRAMME (FYUGP) AS PER NEP-2020

SEMESTER - 8th

SUBJECT: PHYSICAL EDUCATION

MAJOR COURSE

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028

MAJOR COURSE- UMJPET-804

CREDITS: 4 (3theory+1practical)

COURSE TITLE: SPORTS JOURNALISM

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

Suggested Readings

1. Sports Journalism By Prasad Kumar Mishra, Friends Publications
2. Sports Journalism: A History Of Glory, Fame, And Technology By Patrick S. Washburn, Chris Lamb, University Of Nebraska Cooperative Extension

Handwritten signatures and marks in blue ink, including a large stylized 'A' or 'H' shape, a signature that appears to read 'Rajin Sharma', and the word 'Makadi'.

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028
MINOR COURSE- UMIPET-805 **CREDITS: 4 (3theory+1practical)**
COURSE TITLE: Professional Preparation In 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 history of physical education

To know about the role and responsibilities of Centre and State in the implementation of policies in physical education

To know about the various career avenues after under graduation and post graduation and research degrees

To learn about the courses available in physical education and sports.

To learn experience in Laboratory, teaching practice, field work,

THEORY COURSE

UNIT- I: PROFESSIONAL PREPARATION

1.1 Concept and meaning of Profession, Professional and Professionalism.

1.2 Physical education as a profession

1.3 Role and responsibilities of Centre and State in the implementation of policies on physical education.

UNIT- II: PROFESSIONAL PREPARATION PROGRAMMES

2.1 Foundation: need, objectives and characteristic of professional preparation programmes

2.2 Courses available in physical education and sports.

2.3 Laboratory experience, teaching practice, field work,

UNIT- III: CAREER AVENUES & JOB OPPORTUNITIES IN PHYSICAL EDUCATION & SPORTS

3.1 Career avenues after under graduation and post graduation and research degrees.

3.2 Inter-relationship among various careers in physical education and sports

3.3 Planning for a career: self-assessment, motivational dynamics, decision making, counseling and guidance

UNIT-IV: Aspects of organization and management in physical education

4.1 Management: concepts and principles, organization and functions of sports bodies

4.2 Intramurals and extramural, management of equipments

4.3 Techniques of supervision

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PROGRAMME (FYUGP) AS PER NEP-2020

SUBJECT: PHYSICAL EDUCATION

MINOR COURSE

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028

MINOR COURSE- UMIPET-805

CREDITS: 4 (3theory+1practical)

COURSE TITLE: Professional Preparation In 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

PRACTICAL COURSE

Prepare Teaching Lesson Plan

Equipment required for teaching a lesson

Prepare a teaching lesson plan

Class room teaching

Class room teaching

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028
MINOR COURSE- UMIPET-805 **CREDITS: 4 (3theory+1practical)**

COURSE TITLE: Professional Preparation In 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

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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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:

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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:

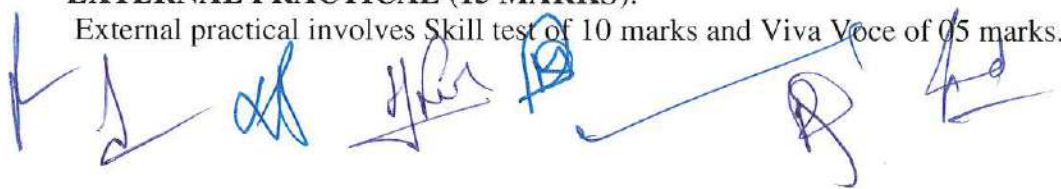
INTERNAL PRACTICAL (10 MARKS):

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.

Nabeela
Rishu Sharma
890



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

**THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028
MINOR COURSE- UMIPET-805 CREDITS: 4 (3theory+1practical)**

COURSE TITLE: Professional Preparation In Physical Education

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

Total no. of Lectures:

Theory: 45 hrs.

Practical: 30hrs.

Theory

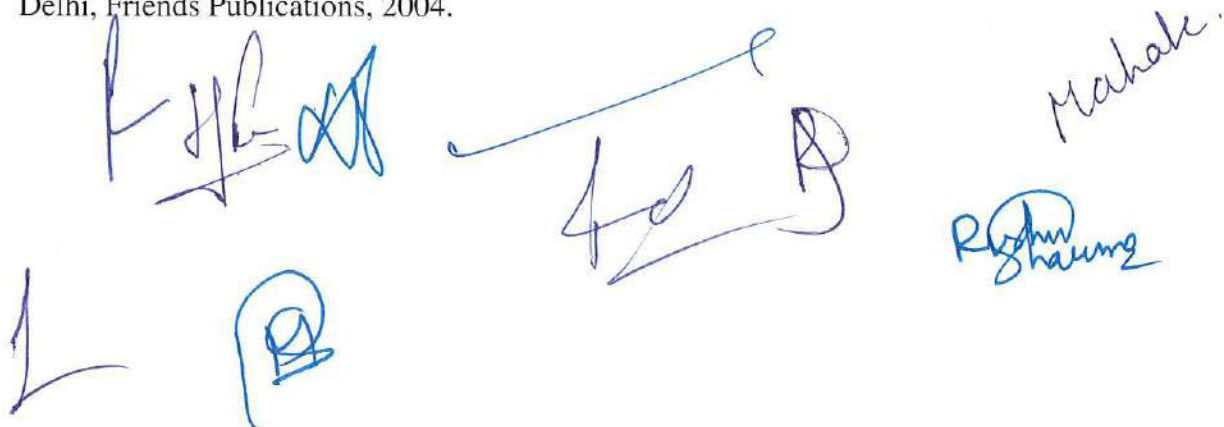
1) External (University exam): 60

2) Internal assessment: 15

Duration of Examination: 03hrs

Suggested Readings

1. Adams William C. Foundation of Physical Education Exercise and Sports Sciences, Philadelphia, 1991
2. Gupta Rakesh, Sharma Akhilesh, and Sharma Santosh, Professional Preparation and Curriculum Design in Physical Education & sports Sciences, New Delhi, Friends Publications, 2004.
3. Hoover. Kenneth H., The Professional Teacher's Handbook, Boston, Allyn and Bacocon, 1972
4. Krik David, Physical Education and Curriculum Study, Kent, Croom Helm, 1988
5. Sandhu Kiran, Professional Preparation and Career Development in Physical Education, New Delhi, Friends Publications, 2004.



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028
MAJOR COURSE- UMJPET-806 **CREDITS: 4 (3theory+1practical)**
COURSE TITLE: Applied Statistics In 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 need of statistics in physical education and sports

To know how to compute mean, median and mode

To know computation of range, quartile deviation, average deviation and standard deviation

To know about normal probability curve, Skewness and kurtosis, Sigma Scores, Z- Scores, Hull Scores

To learn the graphical presentation of data

THEORY COURSE

UNIT- I: Introduction to Statistics and Measures of Central Tendency

1.1 Meaning of Statistics. Need and importance of statistics in Physical Education,.

1.2 Meaning of Data, Methods of organizing Data through Frequency Distribution.

1.3 Meaning of the Measures of Central Tendency, Computation of Measures of Central Tendency i.e. Mean, Median and Mode.

UNIT- II: Introduction of Variability

2.1 Meaning of Variability, Meaning of Measures of variability: Range, Quartile Deviation, Average Deviation and Standard Deviation

2.2 Computation of Range, Quartile Deviation, Average Deviation and Standard Deviation

2.3 Meaning of term Percentile, Computation of Percentile & Quartiles.

UNIT- III: Introduction to Normal Probability Curve and Correlation

3.1 Meaning of Normal Probability Curve, Properties of Normal Curve

3.2 Meaning and types of Skewness and kurtosis, Sigma Scores, Z- Scores, Hull Scores

3.3 Meaning and Types of Linear Correlation.

UNIT-IV: Graphical representation of data and testing of Hypothesis

4.1 Meaning and advantage of Graphical Representation of Data, Principle of Graphical Representation of Data

4.2 Types of Bar Diagrams, Method of preparing Histogram, Frequency Polygon, Cumulative-Frequency Graph, Bar-Diagram and Pie Diagram

4.3 Meaning of two – tailed and one tailed test of significance

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Mahele
Rishi Sharma

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028

MAJOR COURSE- UMJPET-806

CREDITS: 4 (3theory+1practical)

COURSE TITLE: Applied Statistics In 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

PRACTICAL COURSE

Graphical presentation of Histogram, Frequency Polygon, Cumulative-Frequency Graph, Bar-Diagram and Pie Diagram

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028
MAJOR COURSE- UMJPET-806 **CREDITS: 4 (3theory+1practical)**

COURSE TITLE: Applied Statistics In 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

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.

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EXTERNAL END SEMESTER UNIVERSITY EXAMINATION: 60 MARKS

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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:

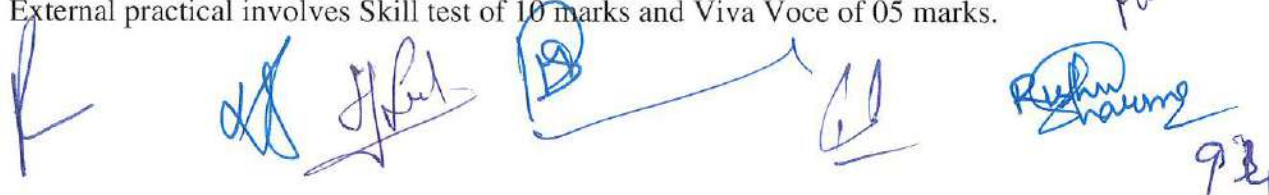
INTERNAL PRACTICAL (10 MARKS):

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.

Mahak
Rishu Sharma
93



**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MAJOR COURSE**

**THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028
MAJOR COURSE- UMJPET-806 CREDITS: 4 (3theory+1practical)**

COURSE TITLE: Applied Statistics In 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

Suggested Readings

Goon A.M., Gupta M.K. and Dasgupta B. (2002): Fundamentals of Statistics, Vol. I & II, 8th Edn. The World Press, Kolkata.

Gupta, S. C. and Kapoor, V.K. (2008): Fundamentals Of Mathematical Statistics, 4th Edition (Reprint), Sultan Chand & Sons

Miller, Irwin and Miller, Marylees (2006): John E. Freund's Mathematical Statistics with Applications, (7th Edn.), Pearson Education, Asia.

Mood, A.M. Graybill, F.A. and Boes, D.C. (2007): Introduction to the Theory of Statistics, 3rd Edn., (Reprint), Tata McGraw-Hill Pub. Co. Ltd.

Mukhopadhyay, P. (1999): Applied Statistics, New Central Book Agency,

[Handwritten signatures and initials in blue ink]

[Signatures: L, f, X, J, a, B, Mahak, P, 4, Right Sharma]

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028

MINOR COURSE- UMIPET-807

CREDITS: 4 (3theory+1practical)

COURSE TITLE: Applied Statistics In 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 need of statistics in physical education and sports

To know how to compute mean, median and mode

To know computation of range, quartile deviation, average deviation and standard deviation

To know about normal probability curve, Skewness and kurtosis, Sigma Scores, Z- Scores, Hull Scores

To learn the graphical presentation of data

THEORY COURSE

UNIT- I: Introduction to Statistics and Measures of Central Tendency

1.1 Meaning of Statistics. Need and importance of statistics in Physical Education,.

1.2 Meaning of Data, Methods of organizing Data through Frequency Distribution.

1.3 Meaning of the Measures of Central Tendency, Computation of Measures of Central Tendency i.e. Mean, Median and Mode.

UNIT- II: Introduction of Variability

2.1 Meaning of Variability, Meaning of Measures of variability: Range, Quartile Deviation, Average Deviation and Standard Deviation

2.2 Computation of Range, Quartile Deviation, Average Deviation and Standard Deviation

2.3 Meaning of term Percentile, Computation of Percentile & Quartiles.

UNIT- III: Introduction to Normal Probability Curve and Correlation

3.1 Meaning of Normal Probability Curve, Properties of Normal Curve

3.2 Meaning and types of Skewness and kurtosis, Sigma Scores, Z- Scores, Hull Scores

3.3 Meaning and Types of Linear Correlation.

UNIT-IV: Graphical representation of data and testing of Hypothesis

4.1 Meaning and advantage of Graphical Representation of Data, Principle of Graphical Representation of Data

4.2 Types of Bar Diagrams, Method of preparing Histogram, Frequency Polygon, Cumulative-Frequency Graph, Bar-Diagram and Pie Diagram

4.3 Meaning of two – tailed and one tailed test of significance

Handwritten signatures and marks:
FSE, JRS, Rishu Sharma, 98, Mahale

PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE PROGRAMME (FYUGP) AS PER NEP-2020

SEMESTER - 8th

SUBJECT: PHYSICAL EDUCATION

MINOR COURSE

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028

MINOR COURSE- UMIPET-807

CREDITS: 4 (3theory+1practical)

COURSE TITLE: Applied Statistics In 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

PRACTICAL COURSE

Graphical presentation of Histogram, Frequency Polygon, Cumulative-Frequency Graph, Bar-Diagram and Pie Diagram

Handwritten signatures and marks in blue ink:

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- Top middle: A stylized 'X' or 'A' shape.
- Top right: A stylized 'H' or 'K' shape.
- Bottom left: A stylized 'L' or 'P' shape.
- Bottom middle: A stylized 'A' or 'P' shape.
- Bottom right: A stylized 'A' or 'P' shape.
- Far right: A signature that reads "Rishu Sharma" with a subscript "2" below it, and the word "Makani" written below the signature.

97 98

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028
MINOR COURSE- UMIPET-807 **CREDITS: 4 (3theory+1practical)**

COURSE TITLE: Applied Statistics In 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

INSTRUCTIONS FOR PAPER SETTING AND CANDIDATES

THEORY (75MARKS):

1. Theory Paper shall be of 75 Marks.
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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.

Pravin Sharma *KD* *AK* *SLR* *B* *Mahesh* *GG 98*

**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
MINOR COURSE**

**THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028
MINOR COURSE- UMIPET-807 CREDITS: 4 (3theory+1practical)**

COURSE TITLE: Applied Statistics In 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

Suggested Readings

Goon A.M., Gupta M.K. and Dasgupta B. (2002): Fundamentals of Statistics, Vol. I & II, 8th Edn. The World Press, Kolkata.

Gupta, S. C. and Kapoor, V.K. (2008): Fundamentals Of Mathematical Statistics, 4th Edition (Reprint), Sultan Chand & Sons

Miller, Irwin and Miller, Marylees (2006): John E. Freund's Mathematical Statistics with Applications, (7th Edn.), Pearson Education, Asia.

Mood, A.M. Graybill, F.A. and Boes, D.C. (2007): Introduction to the Theory of Statistics, 3rd Edn., (Reprint), Tata McGraw-Hill Pub. Co.Ltd.

Mukhopadhyay, P. (1999): Applied Statistics, New Central Book Agency,

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**SYLLABUS OF PHYSICAL EDUCATION FOR FOUR YEAR UNDER GRADUATE
PROGRAMME (FYUGP) AS PER NEP-2020**

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
SKILL ENHANCEMENT COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028
COURSE CODE- USEPEP-808 **CREDITS: 12**
COURSE TITLE: DISSERTATION
MAX MARKS: 300

Learning outcomes

- Application of the theoretical framework learned in research methodology in real life settings.
- Gain an insight of how various methodologies can be applied and will enhance their ability to apply knowledge regarding research methodology.
- Student will be able to reflect upon selected issues in the field of sports and physical education.

1. Exploration and identification of the areas of sports and physical education research (with the guidance of supervisor)

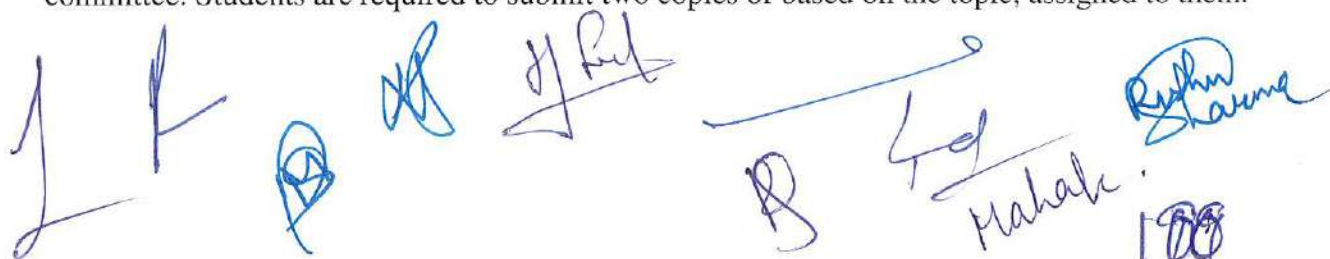
- Identification of research problem
- Conceptual/ Theoretical background
- Preparation of synopsis
- PowerPoint presentation of synopsis

Student will be required to prepare the synopsis in the 8th semester. Student will be allotted one faculty member as a supervisor for research work. The permanent Faculty with Ph.D. and Research experience (as per UGC guidelines) shall be the supervisor after being recognized by the department of research committee of the nodal department. Each student will be assigned a topic based on major area/subject. The Student shall prepare a research proposal/ synopsis for an empirical study.

2. After the approval of research proposal/ synopsis, the student shall undertake the Following activities regarding to the research work.

- Review of literature
- Data Collection
- Analysis and interpretation
- Report writing
- Viva voice

Student will carry out the research work with the allotted faculty member (supervisor). The student shall prepare a dissertation based on the synopsis approved by the college research committee. Students are required to submit two copies of based on the topic, assigned to them.



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

**SEMESTER - 8th
SUBJECT: PHYSICAL EDUCATION
SKILL ENHANCEMENT COURSE**

THE EXAMINATION IS TO BE HELD IN MAY 2026, MAY 2027 and MAY 2028
COURSE CODE- USEPEP-808 **CREDITS: 12**
COURSE TITLE: DISSERTATION
MAX MARKS: 300

It should have certification by the supervisor concerned authenticating that the work has been done by the candidate and it should be submitted to the department before the commencement of end semester examination.

Scheme of examination assessment:

Evaluation of synopsis shall be done by the college research committee. Students have to present their research work via PPT presentation before the college research committee. This research proposal of synopsis will be scrutinized by the college research committee for the concerned subject. The college research committee shall have at least one member from the University of the Region.

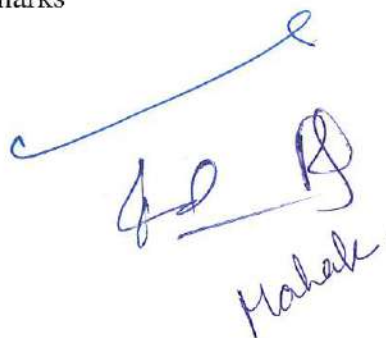
For evaluation of the dissertation, students have to present a research work via PPT presentation. The Viva voice examination shall be conducted after the PPT presentation is done by the student.

Evaluation scheme

Total marks: 300(by the external examiner)

Distribution of the marks: Dissertation 200 marks

Presentation of PPT and Viva voice: 100 marks



Mahale.



Rupin Sharma