

Syllabus

B.A I Sem :-

- Introduction to Physical Education .
- Meaning, Definition and Scope of Physical Education.
- Aim, Objectives and Importance of Physical Education in Modern Society.
- Health and Hygiene.
- Meaning, Definition and Importance of Health.
- Meaning and Importance of Personal Hygiene .
- Introduction to Yoga
- Yoga- Meaning, Concept and Historical Development.
- Importance of Yoga for Healthy Living
- Pranayama Meaning, Types and their benefits.
- Introduction to Human Anatomy and Physiology.
- Meaning and Importance of Human Anatomy and Physiology in Physical Education.
- Definitions of Cell, Tissue Organ and System
- Structure and Properties/ Characteristics of Cell

B.A II Sem

- Introduction to Health Education
- Objectives and Scope of Health Education
- Importance of Health Edu. In modern Society
- General Principles of first Aid
- First – Aid for Common Injuries
- Historical Prospects of Physical Education
- Pre, Post Independence Historical
- IOA, SAI, NSNIS and YMCA
- Development of Physical Edu.
- Introduction to Physical Fitness
- Meaning, Definition and Importance of Physical Fitness
- Importance, Components, Principles and Factors Influencing of Physical Fitness
- Introduction to Human Anatomy and Physiology.
- Anatomy of Human Bone
- Types and Functions of Bones in Human Body
- Meaning of Joints and Its Types

B.A I Year Practical Work

Kho-Kho, Badminton, Cricket ,Athletic (Field Events & Track Events)Name of Identification of Bone's in Human Body

Important Tournaments

Terminology related to Athletics

Sports Award

B.A III Sem

- Concept of Safety Education
- Meaning, Need and Importance of Safety Education
- Sports Injuries : Types, Causes and Meaning
- General Diseases
- Concept of Communicable and Non- Communicable Diseases
- Common Diseases
- Concept of Balanced Diet
- Meaning and Importance of Balanced Diet
- Components of Balanced Diet and their Sources
- Anatomy and Physiology of Body System
- Circulatory: structure of Heart
- Types of Circulation : Systemic Circulation and Pulmonary Circulation

B.A IV Sem

- Warming- up and cooling down
- Meaning, Types and significance of Warming- up
- Meaning, Types and Significance of Cooling down or Limbering Down
- Methods and Physiological Aspects of Warming- up and Cooling down
- Psychological Aspects of Physical Education
- Meaning, Need and Importance of Sports Psychology
- Learning : Meaning and Laws of Learning
- Major Sports Events
- Ancient and Modern Olympic Games
- Year and Venue of Olympic Games
- Asian Games and Common Wealth Games
- Anatomy and Physiology of Human Body System
- Structure, Physiology of Respiratory System
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B.A II Practical

- * Measurement of Body Mass Index
- Games :- Basketball, Kabaddi, Football, Athletics
- Important Tournaments
- Terminology related to Athletics
- Sports Award

B.A V Sem

- Growth and Development.
- Meaning, Definitions and Stages of Growth and Development.
- Principles, Factors Influencing Growth and Development.
- Concept of Sports Organization and Administration
- Meaning, Principles and Importance of Organization and Administration in Physical Education and Sports
- Concept of Posture
- Meaning of Good Posture and Importance of Good Posture
- Causes of Poor Posture
- Anatomy and Physiology
- Gross Anatomy of Muscle and Types of Muscles in Human Body
- Effects of Exercise on Muscular System
- Composition of Human Blood

B.A VI Sem

- Concept of Motivation and Socialization
- Meaning , Definitions and Types of Motivation and Importance of Motivation in Sports
- Meaning of Socialization and Socialization through Sports
- Concept of Sports Training and Doping
- Meaning, Definitions and Factors Affecting Sports Training
- Doping: Meaning, Types and Its Effects on Health
- Concept of Sports Training and Doping
- Meaning, Definitions and Factors Affecting Sports Training
- Newton's Laws of Motion and Their Application in Sports
- Concept of Sports Training and Doping
- Meaning, Definitions and Factors Affecting Sports Training
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B.A III Practical Work

Games :- Hockey , Volley Ball, Judo , Boxing, Wrestling'
Paranayama
Bandage and Slings
First Aid