

## Part A-Introduction

Subject	Physical Education		
Semester	III		
Name of the Course	Sports Psychology		
Course Code			
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-M3		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	4.0		
Course Learning Outcomes(CLO):	<b>Course Learning Outcomes (CLO):</b> CLO1: Students will be able to understand the role of psychology in enhancing sports performance. CLO 2: Learners will be able to identify and apply motivational techniques suitable for athletes. CLO3: Students will be able to demonstrate coping strategies to manage stress and anxiety in sports. CLO 4: Learners will be able to assess personality traits and their impact on athletic behavior. CLO5: Recognize the importance of awards given for sports achievements and Judge how well different sports programs and plans are working to make people better at sports and get more people involved. CLO6*: Students will be able to identify, set up, and properly use various equipment for Athletics (Middle & Long Distance races) ensuring safe and effective practice and game play. Students will be able to explain the official dimensions and rules of Athletics (Middle & Long Distance races) demonstrating a thorough understanding of the regulations that govern each sport.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	45	30	75
<b>Max. Marks: 70+30*</b> <b>Internal Assessment Marks:20+10* End</b> <b>Term Exam Marks: 50 + 20*</b>		<b>Time:03+03*</b>	





## Part B-Contents of the Course

### Instructions for Paper-Setter

**Note:** The question paper shall contain nine questions in all. Candidate will attempt five questions. Question No. 1 shall be compulsory, comprising of five short answer type questions covering the entire syllabus. Each short answer type question shall be of two marks. There shall be eight long answer type questions, two from each unit. Out of these the candidate must attempt four questions, selecting only one question from each unit. All questions carry equal marks.

Unit	Topics	Contact Hours
I	<b>Unit I: Basics of sports psychology</b> <ul style="list-style-type: none"><li>• Meaning and definition of psychology &amp; sports psychology</li><li>• Importance and scope of sports psychology</li><li>• Relation between psychology &amp; sports psychology</li><li>• Role of the sports psychologist</li></ul>	12
II	<b>Unit II: Motivation in sports</b> <ul style="list-style-type: none"><li>• Meaning and types of motivation</li><li>• Theories of motivation</li><li>• Techniques for enhancing motivation</li><li>• Relationship with motivation and performance</li></ul>	11
III	<b>Unit III: Stress and anxiety in sports</b> <ul style="list-style-type: none"><li>• Meaning and definition</li><li>• Causes of stress and anxiety</li><li>• Relationship between stress and anxiety</li><li>• Coping and management strategies</li></ul>	11
IV	<b>Unit IV: Personality and sports</b> <ul style="list-style-type: none"><li>• Meaning and types of personality</li><li>• Traits of personality</li><li>• Theories of personality</li><li>• Personality assessment tools</li></ul>	11
V*	<ol style="list-style-type: none"><li>1. Arrangements and Uses of equipments of Athletics (Middle &amp; Long Distance races) Game.</li><li>2. Briefing about objectives of Athletics (Middle &amp; Long Distance races) Game.</li><li>3. Updating about Dimensions and Rules of Athletics (Middle &amp; Long Distance races) Game.</li><li>4. Warming up with general &amp; specific exercises of Athletics (Middle &amp; Long Distance races) Game.</li><li>5. Briefing about Skill Drills of Athletics (Middle &amp; Long Distance races) :- Start Drill, Acceleration Drill, Pace Drill, Stride Length Drill &amp; Finish Drill.</li><li>6. Cooling down with general &amp; specific exercises of Athletics (Middle &amp; Long Distance races) Game.</li></ol>	30

Suggested Evaluation Methods	
<b>Internal Assessment: 20+10*</b> > <b>Theory</b> <ul style="list-style-type: none"> <li>• Class Participation: 5</li> <li>• Seminar/presentation/assignment/quiz/class test etc.: 5</li> <li>• Mid-Term Exam: 10</li> </ul> > <b>Practical</b> <ul style="list-style-type: none"> <li>• Class Participation: NA</li> <li>• Seminar/Demonstration/Viva-voce/Lab record setc.: 10</li> <li>• Mid-Term Exam: NA</li> </ul>	<b>End Term Examination:</b>          50+20*

Part C-Learning Resources	
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Recommended Books/e-resources/LMS:

1. Jain, R. (2012). Sports Psychology. New Delhi : Khel Sahitya Kendra.
2. Rathee, N.K. (2015). Psychology in Physical Education and Sports. New Delhi: Friends Publications.
3. Yadav, R.S. (2014). Applied Sports Psychology. New Delhi: Sports Publications.
4. Bhardwaj, A. (2008). Psychological Aspects of Physical Education and Sports. New Delhi: Khel Sahitya Kendra.
5. Singh, R. (2016). Sports Psychology: Concepts and Applications. New Delhi: Sports Publications.

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## CC-M3

Session: 2024-25

## Part A - Introduction

Subject	Physical Education		
Semester	III		
Name of the Course	History & Principles of Physical Education		
Course Code			
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/PC/AEC/VA C)	CC-M3		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	4.0		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to:  CLO1: The evolution of Physical Education in India from the pre & post-Independence period. CLO2: The development of Physical Education in various foreign countries, including India, Greece and Rome. CLO3: The meaning, aims, and objectives of Physical Education and its importance in modern society.		
Credits	Theory	Practical	Total
	1	1	2
Contact Hours	15	30	45
Max. Marks: 30 + 20* Internal Assessment Marks: 10 + 05* End Term Exam Marks: 20 + 15*		Time: 02 + 03*	
Part B- Contents of the Course			

### Instructions for Paper- Setter

**Note:** The question paper shall contain seven questions in all. Candidate will attempt five questions. Question No. 1 shall be compulsory, comprising of four short answer type questions covering the entire syllabus. Each short answer type question shall be of one mark. There shall be six long answer type questions, three from each unit. Out of these the candidate must attempt four questions, selecting only two questions from each unit. All questions carry equal marks.

Unit	Topics	Contact Hours
I	<ul style="list-style-type: none"><li>• Meaning, Definition &amp; Principles of Physical Education.</li><li>• Aims and Objectives of Physical Education.</li><li>• Need and Scope of Physical Education in Modern Society.</li></ul>	8
II	<ul style="list-style-type: none"><li>• History of Physical Education in India during pre &amp; after Independence</li><li>• History of Physical Education in Greece.</li><li>• History of Physical Education India Rome</li></ul>	7
III*	<ul style="list-style-type: none"><li>• Arrangements and Uses of equipments of Kabaddi.</li><li>• Briefing about objectives of Kabaddi.</li><li>• Updating about Dimensions and Rules of Kabaddi.</li><li>• Warming up with general &amp; specific exercises of Kabaddi.</li><li>• Briefing about Skill Drills of Kabaddi Game: Foot Movement, Ankle Hold, Thigh Hold, Raider Drills.</li><li>• Cooling down with general &amp; specific exercises of Kabaddi.</li></ul>	30

### Suggested Evaluation Methods

#### **Internal Assessment: 10 + 5\***

##### **> Theory**

- Class Participation: 5
- Seminar/presentation/assignment/quiz/class test etc.: 0
- Mid-Term Exam: 5

##### **> Practical**

- Participation: NA
- Seminar/ Demonstration/ Viva - voce/ Lab records etc.: 5
- Mid-Term Exam: 0

#### **End Term**

#### **Examination:**

**20 + 15\***

### Part C-Learning Resources

#### **Recommended Books/e-resources/LMS:**

- Sharma, V.M.(2010).History and Principles of Physical Education. New Delhi: Sports Publications.
- Rao, V.K.(2012).Principles of Physical Education. New Delhi: APH Publishing Corporation.
- Khan, E.A.(2009).History of Physical Education. New Delhi: Surjeet Publications.
- Choudhary, S.(2015).Biological and Psychological Foundations of Physical Education: New Delhi: Khel Sahitya Kendra.
- Rajagopalan, T.S.(2011).Sociology of Sports and Physical Education. New Delhi: Sports and Spiritual Science Publications.

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## CC-4

Session:2024-25

## Part A-Introduction

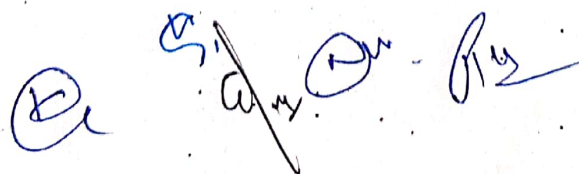
Subject	Physical Education		
Semester	IV		
Name of the Course	Anatomy & Physiology		
Course Code			
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-4		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	4.0		
Course Learning Outcomes(CLO):	<p><b>Course Learning Outcomes (CLO):</b></p> <p>CLO 1: Students will be able to describe the structure and function of cells, bones, joints, and tissues in relation to sports activities.</p> <p>CLO 2: Students will be able to explain the anatomy and working of muscles, heart, and lungs during physical exertion.</p> <p>CLO3: Students will be able to outline the roles of digestive, excretory, and endocrine systems in energy regulation and recovery.</p> <p>CLO4: Students will be able to identify and describe the structure and function of the nervous system and sensory organs relevant to human performance.</p> <p>CLO6*: Students will be able to identify, set up, and properly use various equipment for Athletics (Jump Events) ensuring safe and effective practice and game play. Students will be able to explain the official dimensions and rules of Athletics (Jump Events) demonstrating a thorough understanding of the regulations that govern each sport.</p>		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	45	30	75
<b>Max. Marks: 70+30*</b> <b>Internal Assessment Marks:20+10* End</b> <b>Term Exam Marks: 50 + 20*</b>		<b>Time:03+03*</b>	
Part B-Contents of the Course			



### Instructions for Paper-Setter

**Note:** The question paper shall contain nine questions in all. Candidate will attempt five questions. Question No. 1 shall be compulsory, comprising of five short answer type questions covering the entire syllabus. Each short answer type question shall be of two marks. There shall be eight long answer type questions, two from each unit. Out of these the candidate must attempt four questions, selecting only one question from each unit. All questions carry equal marks.

Unit	Topics	Contact Hours
I	<b>Unit 1: Basics of Anatomy and Skeletal System</b> <ul style="list-style-type: none"><li>• Meaning of anatomy, cell, structure.</li><li>• Role of anatomy in physical education &amp; sports,</li><li>• Names and location of bones,</li><li>• Anatomy and Function of bones, joints and their types</li></ul>	12
II	<b>Unit 2: Respiratory and Circulatory Systems</b> <ul style="list-style-type: none"><li>• Anatomy of Respiratory system, Tissue and pulmonary respiration.</li><li>• Anatomy of heart, function of heart, heartbeat, stroke volume, cardiac output.</li><li>• Effect of Exercise on Respiratory system and heart.</li></ul>	11
III	<b>Unit 3: Digestive and Endocrine Systems</b> <ul style="list-style-type: none"><li>• Anatomy and function of digestive organs.</li><li>• Meaning of endocrine glands and structure of the following glands- pituitary glands, thyroid, parathyroid, adrenal glands.</li><li>• Effect of Exercise on Digestive and Endocrine Glands.</li></ul>	11
IV	<b>Unit 4: Nervous System</b> <ul style="list-style-type: none"><li>• Structure and functions of sympathetic and parasympathetic nervous system.</li><li>• Origin and functions of spinal and cranial nerves.</li><li>• Effect of Exercise on Nervous System.</li></ul>	11
V*	<ol style="list-style-type: none"><li>1. Arrangements and Uses of equipments of Athletics (Jump Events) Game.</li><li>2. Briefing about objectives of Athletics (Jump Events) Game.</li><li>3. Updating about Dimensions and Rules of Athletics (Jump Events) Game.</li><li>4. Warming up with general &amp; specific exercises of Athletics (Jump Events) Game.</li><li>5. Briefing about Skill Drills of Athletics (Jump Events) :- Acceleration Drill, High knee Drill, Take off, Technique and Landing.</li><li>6. Cooling down with general &amp; specific exercises of Athletics (Jump Events) Game.</li></ol>	30
<b>Suggested Evaluation Methods</b>		



<b>Internal Assessment: 20+10*</b> <b>&gt; Theory</b> <ul style="list-style-type: none"> <li>• Class Participation: 5</li> <li>• Seminar/presentation/assignment/quiz/class test etc.: 5</li> <li>• Mid-Term Exam: 10</li> </ul> <b>&gt; Practical</b> <ul style="list-style-type: none"> <li>• Class Participation: NA</li> <li>• Seminar/Demonstration/Viva-voce/Lab record etc.: 10</li> <li>• Mid-Term Exam: NA</li> </ul>	<b>End Term Examination:</b>  50+20*
<b>Part C-Learning Resources</b>	
<b>Recommended Books/e-resources/LMS:</b> <ul style="list-style-type: none"> <li>• Singh, Ajmer, Bains, Jagdish, Gill, Jagtar &amp; Brar, Rachhpal. (2012). Essentials of Physical Education. New Delhi: Kalyani Publishers.</li> <li>• Sharma, V.M. (2013). Health and Physical Education. New Delhi: Sports Publications.</li> <li>• Uppal, A.K. (2014). Anatomy and Physiology for Students of Physical Education. New Delhi: Friends Publications.</li> <li>• Mangal, S.K. (2011). Physiology of Exercise and Physical Fitness. Ludhiana: Twenty First Century Publications.</li> <li>• Choudhary, S. (2015). Human Anatomy and Physiology in Sports. Meerut: Khel Sahitya Kendra.</li> </ul>	

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## Part A - Introduction

Subject	Physical Education		
Semester	IV		
Name of the Course	First Aids and Safety Measures in Sports		
Course Code			
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-M4		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	4.0		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to:  CLO1: Introduction of First Aids, role of first aids in Physical Education. CLO2: Students will be able to explain the safety measures during practices and competitions. CLO3: Students will be able to identify the sports injury and first aids the sports injury		
Credits	Theory	Practical	Total
	1	1	2
Contact Hours	15	30	45
Max. Marks: 30 + 20* Internal Assessment Marks: 10 + 05* End Term Exam Marks: 20 + 15*		Time: 02 + 03*	
Part B- Contents of the Course			

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### Instructions for Paper- Setter

**Note:** The question paper shall contain seven questions in all. Candidate will attempt five questions. Question No. 1 shall be compulsory, comprising of four short answer type questions covering the entire syllabus. Each short answer type question shall be of one mark. There shall be six long answer type questions, three from each unit. Out of these the candidate must attempt four questions, selecting only two questions from each unit. All questions carry equal marks.

Unit	Topics	Contact Hours
I	<ul style="list-style-type: none"><li>• Meaning, Definition &amp; importance of first aids in field of Sports.</li><li>• Difference types of sports injury – Soft Tissues injury, Bone &amp; Joints injury i.e. Sprain, Strain, Dislocation, Fracture, Contusion.</li></ul>	8
II	<ul style="list-style-type: none"><li>• Importance of safety in sports.</li><li>• Prevention and safety precautions of sports injury.</li><li>• Role of coaches, trainers, and officials in ensuring safety of players at college during sports.</li></ul>	7
III*	<ul style="list-style-type: none"><li>• Arrangements and Uses of equipments of Kho-Kho.</li><li>• Briefing about objectives of Kho-Kho.</li><li>• Updating about Dimensions and Rules of Kho-Kho.</li><li>• Warming up with general &amp; specific exercises of Kho-Kho.</li><li>• Briefing about Skill Drills of Kho-Kho Game: Dodging skill, Running skill, Trapping, Chain Sitting drill, double Kho drill.</li><li>• Cooling down with general &amp; specific exercises of Kho-Kho.</li></ul>	30

### **Suggested Evaluation Methods**

#### **Internal Assessment: 10 + 5\***

##### **> Theory**

- Class Participation: 5
- Seminar/presentation/assignment/quiz/class test etc.: 0
- Mid-Term Exam: 5

##### **> Practical**

- Participation: NA
- Seminar/ Demonstration/ Viva - voce/ Lab records etc.: 5
- Mid-Term Exam: 0

#### **End Term**

#### **Examination:**

**20 + 15\***

### **Part C-Learning Resources**

#### **Recommended Books/e-resources/LMS:**

- Dr. Piyush Jain (2022). Prevention and Management of Sports Injury. Khel Sahitya Kendra Publications.
- P.L. Devi. Essentials of First Aid and Safety. Jaypee Brothers.
- St. John (1990). Anonymous, First Aid, Ambulance Association, New Delhi
- Atwal & Kawsal (1983), A Textbook of I.C.S.E Health Physical Education and Sports, A.P. Publishers, Jalandhar
- Raur (1987), An Introduction to Health and Physical Education, Tandon Publications, Ludhiana
- Basu, D.S.M. & Kamal (1989), R., Introduction to Health Education, A.P. Publishers, Jalandhar.

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**INDIRA GANDHI UNIVERSITY, MEERPUR, REWARI**  
(A State University Established under Haryana Act No. 29 of 2013)  
Recognized u/s 12 (b) & 2(f) of UGC Act, 195



**Scheme of Examination and Syllabus for Under  
Graduate Programme (Bachelor of Arts)  
Subject: Physical Education (Scheme A)**

**Under Multiple Entry-Exit, Internship and  
CBCS-LOCF in accordance to NEP-2020  
w.e.f. 2024-25 (in phased manner)**



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**UG Curriculum Framework (Multidisciplinary): Scheme-A**

FIRST YEAR: SEMESTER-I									
Sr. No.	Course	Paper(s)	Nomenclature of Paper	Credits	Hours/Week	Internal marks	External Marks	Total Marks	Exam Duration
1	CC-A1 4 credit								
2	CC-B1 4 credit								
3	CC-C1 4 credit	24L4.5-PED-101	Foundation of Physical Education Practical	3 1	3 2	20 10	50 20	70 30	3hrs. 3hrs.
4	CC-M1 2 credit	24L4.5-PED-102	Recreation & Organization of Sports Practical	1 1	1 2	10 5	20 15	30 20	2hrs. 3hrs.
5	MDC-1 3 credit								
6	AEC-1 2 credit								
7	SEC-1 3 credit								
8	VAC-1 2 credit								

FIRST YEAR: SEMESTER - II									
Sr. No.	Course	Papert(s)	Nomenclature of Paper	Credits	Hours/Week	Internal marks	External Marks	Total Marks	Exam Duration
1	CC-A2 4credit								
2	CC-B2 4credit								
3	CC-C2 4 credit	24L4.5-PED-201	Health Education Practical	3 1	3 2	20 10	50 20	70 30	3hrs. 3hrs.
4	CC-M2 2 credit	24L4.5-PED-202	Physical Fitness and sports Training Practical	1 1	1 2	10 5	20 15	30 20	2hrs. 3hrs.
5	MDC-2 3 credit								
6	AEC-2 2 credit								
7	SEC-2 3 credit								
8	VAC-2 2 credit								

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SECOND YEAR: SEMESTER-III									
Sr. No.	Course	Paper(s)	Nomenclature of Paper	Credits	Hours/ Week	Internal marks	External Marks	Total Marks	Exam Duration
1	CC-A3 4 credit								
2	CC-B3 4 credit								
3	CC-C3 4 credit	241.5.0-PED-301	Sports Psychology Practical	3 1	3 2	20 10	50 20	70 30	3 hrs. 3 hrs.
4	CC-M3 4 credit	241.5.0-PED-302	History & Principles of Physical Education Practical	3 1	3 2	20 10	50 20	70 30	3 hrs. 3 hrs.
5	MDC-3 3 credit								
6	AEC-3 2 credit								
7	SEC-3 3 credit								

SECOND YEAR: SEMESTER-IV									
Sr. No.	Course	Paper(s)	Nomenclature of Paper	Credits	Hours/ Week	Internal marks	External Marks	Total Marks	Exam Duration
1	CC-4 4 credit								
2	CC-4 4 credit								
3	CC-4 4 credit	241.5.0-PED-401	Anatomy & Physiology Practical	3 1	3 2	20 10	50 20	70 30	3 hrs. 3 hrs.
4	CC-M4 (V) 4 credit	241.5.0-PED-402	First Aid and Safety Measures in sports Practical	3 1	3 2	20 10	50 20	70 30	3 hrs. 3 hrs.
5	AEC-4 2 credit								
6	VAC-4 2 credit								

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THIRD YEAR: SEMESTER-V									
Sr. No.	Course	Paper(s)	Nomenclature of Paper	Credits	Hours/ Week	Internal marks	External Marks	Total Marks	Exam Duration
1	CC-5 4 credit								
2	CC-5 4 credit								
3	CC-5 4 credit	241.5.5-PED-501	Exercise Sports Physiology Change Practical - method	3 1	3 2	20 10	50 20	70 30	3 hrs. 3 hrs.
4	CC-M5 (V) 4 credit	241.5.5-PED-502	Nutrition and Sports Practical	3 1	3 2	20 10	50 20	70 30	3 hrs. 3 hrs.
5	Internship 4 credit								

THIRD YEAR: SEMESTER-VI									
Sr. No.	Course	Paper(s)	Nomenclature of Paper	Credits	Hours/ Week	Internal marks	External Marks	Total Marks	Exam Duration
1	CC-6 4 credit								
2	CC-6 4 credit								
3	CC-6 4 credit	241.5.5-PED-601	Officiating & Coaching Practical	3 1	3 2	20 10	50 20	70 30	3 hrs. 3 hrs.
4	CC-M6 4 credit	241.5.5-PED-602	Methods of Teaching in Physical Education Practical	3 1	3 2	20 10	50 20	70 30	3 hrs. 3 hrs.
5	CC-M7 (V) 4 credit	241.5.5-PED-603	Athletics Care & Rehabilitation Practical	3 1	3 2	20 10	50 20	70 30	3 hrs. 3 hrs.

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