

**DR. BABASAHEB AMBEDKAR  
MARATHWADA UNIVERSITY  
AURANGABAD**



**Revised Syllabus for  
B. A. [Physical Education]  
[as an optional subject]**

**B.A. First Year Semester - I & II**

**Effective from 2013-14 onwards**

**DR. BABASAHEB AMBEDKAR MARATHWADA  
UNIVERSITY, AURANGABAD.**

PHYSICAL EDUCATION (Optional Subject)  
Curriculum Structure and Schemes of Evaluation for B.A.  
With Effective from 2013-2014

Semester - I and II

Sr. No.	Course Code	Name of the Subject	Scheme of Teaching (Periods/Week)				Scheme of Teaching (Periods/Week)		
			L	P	Total periods	Total weeks	Theory	Pract/Viva-voce	Total Marks
1	Phy. Edu. 101	Philosophical, Sociological Foundations and History of Physical Education.	6	-	6	4	50	-	50
2	Phy. Edu. 102	Principles and recent development of Physical Education.	6	-	6	4	50	-	50
3	Phy. Edu. 103	Practical Physical Education.	-	12	4 per batch	4	-	-	100
<b>Total</b>			12	12	12	12	100	-	200

**Note :** Practical Examination for B.A. I year Semester I and II will be conducted yearly.

**B. A. First Year**

**(Theory) PHYSICAL EDUCATION - 101 (Semester- I)  
Paper - I**

**TITLE : PHILOSOPHICAL, SOCIOLOGICAL FOUNDATIONS  
AND  
HISTORY OF PHYSICAL EDUCATION.**

Time : 2 hours  
Marks : 50

04 Period per weeks

---

**UNIT - I PHILOSOPHICAL FOUNDATIONS**

- (a) Meaning and Definition of Philosophy of Physical Education.
- (b) Components of Philosophy its Application in the field of Physical Education.
- (c) Traditional and Modern Philosophies their Implication in the programme of Education.
- (d) Philosophies of Education applied to Physical Education.
  - (i) Idealism
  - (ii) Naturalism
  - (iii) Realism and
  - (iv) Humanism

**UNIT - II SOCIOLOGICAL FOUNDATIONS**

- (a) Sociological Basis of Physical Education.
- (b) Social Environment for development of Individual Personality.
- (c) Socialization and Sports.
- (d) Social Nature and Social Recognition

**UNIT - III INTEGRATION OF PHYSICAL EDUCATION WITH  
OTHER FACULTIES.**

- (a) Integration of Physical Education with History
- (b) Integration of Physical Education with Psychology.
- (c) Integration of Physical Education with Sociology.

( 3 )

**UNIT - IV NATURE OF PHYSICAL EDUCATION SYSTEM**

- (a) Ancient India and Mediaeval India.
- (b) Physical Education In Ancient Civilization with reference to
  - i) India      ii) Greece      iii) Rome      iv) Egypt
- (c) Development of Physical Education with special reference to
  - i) U.S.S.R.      ii) U.S.A.      iii) Germany

**UNIT - V PHYSICAL EDUCATION IN INDIA DURING 20<sup>TH</sup> CENTURY**

- (a) Meaning, Definitions, Aims and Objectives of Physical Education.
- (b) Physical Education Training Institutions
- (c) Physical Education after Independence.
  - i) Central Advisory Board of Physical Education
  - ii) All India Council of Sports (AICS)
  - iii) Netaji Subhash National Institute of Sports (NSNIS)
  - iv) Laxmibai National Institute of Physical Education (LNIPÉ)
  - v) Sports Authority of India (SAI)

**UNIT - VI HISTORICAL DEVELOPMENT OF ANCIENT OLYMPIC GAMES AND MODERN OLYMPIC GAMES**

- (a) Philosophy of Olympism and its Impact on Sports movements In India.
- (b) Current Trends In Physical Education.
  - i) Role of Federations and Associations.
  - ii) Courses and Coaching Centres.
  - iii) Policies of Central and State Government for Physical Education and Sports.
- (c) Movements of Akhada and Vyayam Shalas In Maharashtra.

**REFERENCES FOR PAPER - I B. A. FIRST YEAR**

- 1) Physical Education Interpretations and objectives by **J.B.Nash**
- 2) Foundation of Physical Education by **Charles A. Bucher.**
- 3) Brief History of Physical Education by **E. A. Rice.**
- 4) History of Physical Education by **Eraj. Ahmed Khan.**
- 5) World History of Physical Education by **Van Dalen and Mitchell Benett.**
- 6) Physical Education in India, Published by **National Association of Physical Education and Recreation in India (NAPERI).**
- 7) Philosophy and Sociology of Education by **M. M. Bhatia.**
- 8) A Sociological Approach to Indian Education by **S. S. Mathur.**
- 9) Philosophical Foundation of Physical Education, Health Education and Recreation by **Engle Wood Cliffs.**
- 10) Physical Education Foundation by **Saiger Rober. N.**

**B. A. First Year**

(Theory) **PHYSICAL EDUCATION - 102** (Semester- II)  
**Paper - II**

**TITLE : PRINCIPLES AND RECENT DEVELOPMENT  
OF PHYSICAL EDUCATION.**

Time : 2 hours

04 Period per weeks

Marks : 50

---

**UNIT - I PRINCIPLES OF PHYSICAL EDUCATION**

- (a) Biological Principles of Physical Education.
- (b) Sex Differences
- (c) Principles of exercise.
- (d) Body Types.

**UNIT - II SOCIOLOGICAL PRINCIPLES OF PHYSICAL  
EDUCATION**

- (a) Social Values and Development of Traits.
- (b) Social Welfare
- (c) Physical Education as Sociological Agency.

**UNIT - III CLASSIFICATION OF CHILDREN**

- (a) Psychological Bases of Classification.
- (b) Biological Characteristics of Children.
- (c) Physiological and Sociological Characteristics of Children.

**UNIT - IV RECENT DEVELOPMENT OF PHYSICAL EDUCATION**

- (a) Status of Physical Education and Sports in Educational Institutions.
- (b) Physical Education at Pre-Primary and Primary School Level.
- (c) Physical Education at Secondary and Higher Secondary School Level.
- (d) Physical Education at University and Professional Level.

**UNIT - V SPORTS AND GAME ORGANISATION IN INDIA**

- (a) District Level Organizations.
- (b) State Level Organizations.
- (c) National Level Organizations.
- (d) International Level Organizations.

**UNIT - VI ROLL OF ASSOCIATION AND SPORTS BODIES**

- (a) Indian Olympic Associations (IOC).
- (b) International Olympic Associations (IOC).
- (c) Sports Authority of India (SAI).
- (d) Central Advisory Board of Physical Education and Recreation.

**REFERENCES FOR PAPER - II B. A. FIRST YEAR**

- 1) Introduction to Physical Education by **J. R. Sharman.**
- 2) Physical Education: Interpretation and objectives by **J. B. Nash.**
- 3) Principal of Physical Education by **J. R. Williams.**
- 4) Foundation of Physical Education by **Cheries A. Bucher.**
- 5) Physical Education by **Oberteuffer, Delbert.**
- 6) Modern Principles of Physical Education by **J. R. Sharman.**
- 7) Brief History of Physical Education by **E. A. Rice.**
- 8) History of Physical Education by **Eraj Ahmed Khan.**
- 9) World History of Physical Education by **Van Delen, Mitchell Benett.**
- 10) Physical Education in India published by National Association of Physical Education and Recreation India.
- 11) Philosophy and Sociology of Education by **M. M. Bhatia.**
- 12) Ground Work of the Theory of Education by **James Ross.**
- 13) A Sociological Approach to Indian Education by **S. S. Mathur.**



**B. A. First Year**  
**PHYSICAL EDUCATION - 103 (Semester- I and II)**  
**PAPER - III**

**TITLE : PRACTICAL PHYSICAL EDUCATION**

Time : 2 hours

04 Period per weeks

Marks : 100

20 Students per Batch 3.20 Hrs.

**TRACK AND FIELD EVENTS (Practicals)**

**A) EVENT WISE PERFORMANCES**

(a) 100 mtrs. Sprint for (Men and Women) (20 Marks)

(b) Long Jump for (Men and Women) (20 Marks)

i) Introduction            ii) Safety Suggestion

iii) Techniques            iv) Teaching Steps

Teaching Steps - i) Approach Run    ii) Take-off

iii) Flight In the air    iv) Body action In the air and

v) Landing.

(c) Shot Put (20 Marks)

i) Introduction            ii) Safety Suggestion

iii) Techniques

Techniques - i) O, Brien Techniques    ii) Rotary Techniques

iv) Teaching Steps

Step-I Leadups    Step-II Shot put from standing position.

Step-III Shot put using the Glide Technique

Step-IV Shot put using Rotary Techniques.

(d) Common error and correction

(e) Training Schedule.

(9)

**OPTED GAMES** (Any one of the following Games) (30 Marks)

- B) i) Kabbadi    ii) Westling    iii) Hockey    iv) Hand Ball
- a) History of the Games.
  - b) Rules & Regulations of the Games ✓
  - c) Different Training methods.
  - d) Training Schedule.
  - e) Fundamental Skills of the Game.
  - f) Tactics of the Games. 1) Offensive 2) Defensive
  - g) Ground Marking System.
- C) Preparation of Record Books Its submission compulsory on opted any one game and one Athletic event. (10 Marks)
- i) Jumping event (Long Jump)
  - ii) Running event (100 mtrs. Sprint)
  - iii) Throwing event (Shot put)