

**Dr. BABASAHEB AMBEDKAR
MARATHWADA UNIVERSITY
AURANGABAD**



**Revised Syllabus for B.A.
(Physical Education)
(As an optional subject)**

**B.A. Second Year Semester – III & IV
{Theory and Practical}**

Effective from 2014-15 onwards

DR. BABASAHEB AMBEDKAR MARATHWADA

UNIVERSITY, AURANGABAD.

PHYSICAL EDUCATION (Optional Subject)

Curriculum Structure and Schemes of Evaluation for B.A.

With Effectiveness from 2014-2015

B.A. II Year (Semester - III and IV)

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. 201	Health Education and Recreation in Physical Education and Sports	6	-	6	4	50	-	50
2	Phy. Edu. 202	Officiating, Coaching and Training Methods in Physical Education and Sports	6	-	6	4	50	-	50
3	Phy. Edu. 203	Practical Physical Education	-	12	4 per Batch	4	-	-	100
Total			12	12	12	12	100	-	200

Note : Practical Examination for B.A. II year Semester III and IV

Will be conducted yearly.

B.A. Second Year

(Theory) PHYSICAL EDUCATION - 201 (Semester - III)

Paper - IV

TITLE: HEALTH EDUCATION AND RECREATION IN PHYSICAL EDUCATION AND SPORTS.

Time: 2 hours

04 Period per weeks

Marks: 50

UNIT - I HEALTH EDUCATION

- a) Concept and objectives of Health Education.
- b) Importance of Health Education.
- c) Principles of Health Education.

UNIT - II CONTEMPORARY HEALTH PROBLEMS

- a) Abuse of Alcohol and its effects on Individual, family and community.
- b) Eating Habits and its effect on Health.
- c) Effect of Drugs and Tobacco on Sports person.

UNIT - III FAMILY AND HEALTH EDUCATION

- a) Meaning functions and importance of family as a social institution.
- b) Role of parents in child Health Care.
- c) Health Care during Disasters.

UNIT - IV RECREATION IN PHYSICAL EDUCATION AND SPORTS.

- a) Meaning, Need and Scope of Recreation.
- b) Principles of Recreation.
- c) Types of Recreation.

UNIT - V PLANNING A PROGRAMME OF RECREATION

- a) Urban Recreative Programme.
- b) Rural Recreation Programme.
- c) Industrial Recreative Programme.

UNIT - VI AGENCIES PROMOTING RECREATION

- a) Facilities of Recreation.
- b) Organization of Recreation.
- c) Leadership in Recreation.

BOOKS FOR REFERENCES PAPER- IV B.A. SECOND YEAR

1. Officiating, Coaching, Training Method and Recreation in Physical Education and Sports by **Dr. Md. Ataullah Jagirdar**
2. Health Education by **O.P. Aneja**
3. Health Education and Kinesiology by **Dr. Rajive Kumar.**
4. Health Education for Children's by **D. K. Gupta**
5. Health Physical Education and Sports by **Dr. N. P. Sharma**
6. Health and Physical Fitness for Children's by **D. K. Gupta**
7. Introduction Community Recreation by **Bulter G. D.**
8. Recreation Administration by **Mayer H. D. and G. K. Brightbill**
9. Introduction to Recreation Education by **Janney Hohn H.**
10. Community Recreation a Guide to its organization by **Meyer H. D.**

B.A. Second Year

(Theory) PHYSICAL EDUCATION - 202 (Semester - IV)

Paper - V

**TITLE: OFFICIATING, COACHING AND TRAINING METHODS
IN PHYSICAL EDUCATION AND SPORTS.**

Time: 2 hours

04 Period per weeks

Marks: 50

UNIT: I OFFICIATING OF GAMES AND SPORTS

- a- Meaning and Definition of Officiating
- b- Importance of Officiating in Physical Education and Sports
- c- Qualities of Good Officials
- d- Duties and Responsibilities of Official
- e- Rules and Marking System of Indian and Foreign Games.

UNIT: II COACHING OF GAMES AND SPORTS

- a- Meaning and Definition of Coaching
- b- Impedance of Coaching In Games and Sports
- c- Qualities of God Coach.
- d- Duties and Responsibilities of Coaches.

UNIT: III ORIGINE AND DEVELOPMENT OF GAMES AND SPORTS

- a) Fundamental and Advanced Skills of Indian Games.
 - i) Kabaddi ii) Kho-Kho
 - ii) Wrestling iv) Ball badminton
- b) Fundamental and Advanced Skills of Foreign Games.
 - i) Volley Ball ii) Soft Ball
 - ii) Badminton iv) Table Tennis.

UNIT: V TRAINING METHODS IN GAMES AND SPORTS

- a) Need of Sports Training.
- b) Principles of Sports Training.
- c) Factor's affecting the Sports Training.
- d) Procedure and Planning of Specific Training.

UNIT: VI TYPES OF TRAINING METHOD IN GAMES AND SPORTS

- a) Weight Training
- b) Circuit Training
- c) Fartlek Training
- d) Interval Training

REFERENCES

- 1) Scientific Principles of Coaching- J. W. Bunn -
Englewood Cliffs- M. J. Wetes Hall- INC. New York
- 2) Training Methods- Hardayal Singh- S. K. S.Pub.
Dehli.
- 3) Sports Training- General Theory and Methods by
Hardayal Singh- NSNIS- Patiala Publication
- 4) Officiating & Science of Coaching by Dr. Shiledar, Dr.
Vithalsingh Parihar, Abhay Prakashan, Nanded
- 5) Officiating & Science of Coaching by Vyankatesh
Wagwal.
- 6) Officiating, Coaching, Training Method and Recreation
in Physical Education and Sports by Dr. MD. Ataullah
Jagirdar
- 7) Officiating, Coaching and Training Method byDr.
Yousufzai N.S
- 8) Coaching In Sports by Dr. Ashok kr. Rawat
- 9) Officiating in Sports byDr. Ashok kr. Rawat

B.A. Second Year

PHYSICAL EDUCATION - 203 (Semester - III& IV)

Paper - VI

TITLE: PRACTICAL OF PHYSICAL EDUCATION.

Time: 3:30 hours

04 Period per weeks

Marks: 100

20 Students per Batch

Track And Field Events (Practical's)

A) Event Wise Performances

- a) 200 Metros Running For Men And Women (20 Marks)
b) Triple Jump (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
v) Landing

- c) Discuss Throw (20 Marks)
 i) Introduction ii) Safety Suggestion
 ii) Techniques

Techniques:-

- i) Standing Throw ii) Rotational Throw

Teaching Steps :-

- Step:-** i) Holding The Discuss ii) Stance
iii) Action iv) Follow Throw

B) Opted Games:- (Any one of the following games) (30 Marks)

- i) Volleyball ii) Ball badminton iii) Cricket
iv) Table Tennis

- a) History of the games
- b) Rules & Regulation of the games
- c) Different Training Methods
- d) Training Schedule
- e) Fundamental Skills of the game
- f) Tactics of the game i) Offensive ii) 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) Running Event (400 Mtrs.)
- ii) Jumping Event (Triple Jump)
- iii) Throwing Event (Discuss Throw)

REFERENCES FOR PRACTICAL PAPER - VI

B.A. SECOND YEAR

- 1) The Art of Officiating Sports by **John W. Bunn.**
- 2) Scientific Principles of Coaching by **John W. Bunn**
- 3) Athletics Coaching Hand - Book of Tropical Areas by **D.J.T. Miller and J. F. Cawley.**
- 4) Track and Field Athletics by **Breshnaham, Tuttle, Cretzmeyer.**
- 5) Modern track and Field by **Dr. Jemeti Doherty.**
- 6) Soccer Coaching by **Walter Winte Bottom]**
- 7) Books of Rules of Games and Sports by **Y.M.C.A. Pub. House.**
- 8) Manual of Athletics Competitions by **Jal D. Pardiwala**
- 9) Officiating and Coaching by **R. H. Tiwari**
- 10) Training Method in Sports by **A. K. Karmarkar**