

**SIDDHARTH UNIVERSITY,
KAPILVASTU
SIDDHARTH NAGAR**



DEPARTMENT OF PHYSICAL EDUCATION

(Revised by Board of Studies)

**NATIONAL EDUCATION POLICY -2020
UG COURSE STRUCTURE**

COURSE STRUCTURE FOR MAJOR SUBJECT PHYSICAL EDUCATION (UG Four Year)**Session: 2025-26****SEMESTER I - PAPER I**

Course code: E020101T		Year: First	Semester: First
First Course Title: Elements of Physical Education			
Course Outcomes:			
• The Physical Education is very wide concept and this course teaches about introduction and sociological concept of physical education. • To understand the historical development of physical education in India and other countries. • This course introduces the general concept of good health and wellness. • To Promote Sports Culture and Traditional Sports of India.			
Unit	TOPICS		Credit
I	Ancient Wisdom in Physical Education, Sports and Yoga: • Meaning and Definition, Need and Importance of Yoga in Physical Education. • Ancient Physical Culture and Traditional Games in India. • Meaning, definition and concept of physical education. • Aims and objectives of Physical education.		04
II	History of Physical Education: • History and development of Physical education in Pre and Post independence of India. • History of physical education in ancient Greece. • History of Physical Education in Rome.		
III	Sociological Foundation of Sports: • Meaning, Definition and importance of Sports Sociology. • Culture and sports. • Socialization and sports.		
IV	Olympic Movement: • Ancient Olympic Games, Modern Olympic Games. • Aims and Objectives of Olympic Games. • Olympic Spirit, Olympic Torch, Olympic Flag, Olympic Motto.		
V	Philosophies of Physical Education: • Idealism • Naturalism • Pragmatism		
VI	Institutions of Physical Education and their contribution in Physical Education and Sports: • YMCA, SAI, LNIPE • IOA, IOC		
VII	National Awards: • Arjuna Award. • Major Dhyan Chand Khel Ratna Award. • Dronacharya Award • Moulana Abul Kalam Azad(MAKA) Trophy		
VIII	Meaning of the Terms related to Physical Education: • Physical Culture, Physical Fitness, Physical Training. Health Education, Drill, Sports and Games. • Contribution and scope of the term related to Physical Education.		

Suggested readings:

1. Uppal AK & Gautap GP (2008) Health & Physical Education Friends Publication. New Delhi.
2. Balayan D (2007). Swasthya Shikcha Evam Prathmik Chikitsa. Khel Sahitya. Delhi.
3. Barrow Harold M. "Man and movements principle of physical education" 1978.
4. Dynamic of Fitness. Madison: W.C.B Brown.
5. Kamlesh M.L. "Physical Education. Facts and Foundations ". Faridabad Publications.
6. Krishna Murthy V. and Paramesara Ram. N. "Educational Dimension of Physical Education". 2nd revised Edition, Print India, New Delhi 1990.
7. Ravanes R.S. , "Foundation of Physical Education", Houghton Millin Co. Boston USA (1978).

SYLLABUS FOR MINOR (c) CO-CURRICULUM COURSE AT U.G. LEVEL**Physical Education & Sports**

Programme: Under Graduate		Year: First	Semester-I	Course Code: E020103
Course Title: SPORTS			Name of Course: Qualifying	
Unit	TOPICS			CREDIT
I	Ancient and Modern Sports Knowledge system of India			01
II	Meaning, definition and Concept of Physical Education, Aim of Objective of Physical Education.			01
III	History of Physical Education in India, Sports and Sociolization.			01
IV	Nutrition and Balance diet.			01
V	Health Education.			01
VI	Important Sports tournament and Institution: Asian Game, Common Wealth Game, Olympic Game, Inter University and Khelo India.			01
	Total			06
	Credits			

SEMESTER II - PAPER I

Course code: E020201T	Year: First	Semester: Second
Course Title: Sports Organization and Management		
Course Outcomes: - This course is designed to give exposure to students in understanding the planning, organizing and implementation aspects of sports events. - The students will also learn about store management, purchasing of material, budget making and career avenues in physical education. Unit Topics Credits I Introduction:		
Unit	Topics	Credits
I.	Introduction: - Meaning, concept and definition of sports management. - Aims and objectives of sports management.	4+0
II.	Event Management: - Meaning and concept of event - Planning and management of sports event. - Steps in event management: Planning, Executing, Evaluating.	
III.	Budget Part – A - Meaning, Definition, Preparation of Budget. - Principles of making Budget - Qualities of a good Budget.	
IV.	Budget Part - B - The Budget Cycle. - The management of Income and Expenditure.	
V.	Organization - Meaning and definition of Organization. - Need and importance of Organization. - Structure and functions of SAI, University Sports Council and AIU	
VI.	Supervision - Meaning and Definition of Supervision. - Principles and Methods of Supervision. - Role of a sports coach/manager.	
VII.	Facilities & Equipment - Procedure to purchase sports goods and equipment. - Care and maintenance of Equipment, Stock book. - Consumable and non-consumable sports goods VIII Job Opportunities.	
VIII.	Job Opportunities - Job Opportunities in Physical Education and Sports. - Career avenues and professional preparation. - Clients and Sponsorship.	

Suggested readings:

1. Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," MC Grow Hill publication, New York (US) 2002
2. Hert, Renis (1961) New Patterns of Management, McGraw Hill,
3. Horine, Larry," Administration of Physical Education and Sport programs. WM-C Brown Publishers Dubuque (US) 1991
4. Kotler, P and G Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo.
5. Parkhouse, Bonnie L., "The management of Sports – its foundation and application," Mosby publication, St. Louis (US), 1991
6. Sandhu, K. Sports Dynamics: Psychology, Sociology and Management.
7. Sivia, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. Deen Dayal Upadhyaya Marg.2005)

SEMESTER II - PAPER II

Course Code: E020202P	Year: First	Semester: Second
Course Title: Sports Events and Athletics		
Course Outcomes:		
• This course is designed to train the students for personal preparation and organising competitions. • This course enables the students to understand and learn the rules, regulations and technical aspects of Athletics.		
Unit	Topics	Credit
Part-A		0+2
I	• To make a plan for organizing an event. • To organize Intramural Competition. • To prepare a budget plan for interclass competition. • Make a Sample Time Table for college. • Prepare the list of Consumable and Non-Consumable items. • Prepare a Bio data/ curriculum vitae/ Covering Letter.	
Part-B		
II	Athletics: • History and Rules • Measurements and Markings. • Officials. • World and National Records.	
Suggested Readings:		
1. Parkhouse, Bonnie L., “The management of Sports – it’s foundation and application,” Mosby publication, St. Louis (US), 1991. 2. Bucher, Charles A. and Krotee, March L., “Management of Physical Education and Sport,” Mc Graw Hill publication, Now York (US) 2002. 3. Horine, Larry,” Administration of Physical Education and Sport programs. WM-C Brown Publishers Dubuque (US) 1991. 4. Official websites of AIU, IOC, AAFI & IOC		

