

# **Vijayanagara Sri Krishnadevaraya University, Ballari.**



## **B. A. (PHYSICAL EDUCATION- MAJOR)**

### **FACULTY OF EDUCATION**

## **CURRICULUM of PHYSICAL EDUCATION FOR SEMESTER I & II**

**2024-25 ONWARDS**

**Department of Physical Education and Sports Sciences  
Vijayanagara Sri Krishnadevaraya University, Ballari.**

**Course: BA**  
**DSC - Physical Education (Major)**

**SCHEME OF EXAMINATION AND SYLLABI**

<b>Formative Assessment</b>		
<b>Assessment</b>	<b>Weightage of Marks</b>	<b>Total Marks</b>
Theory	Theory-80 Marks Internal-20 Marks	100 Marks
Practical's	Practical – 40Marks Internal - 10Marks	50 Marks
<b>Total Marks -</b>		<b>150 Marks</b>

**Scheme of Examination:** There shall be a university examination at the end of each semester. The Scheme of Examination shall be as follows:

- a) **Theory:** Each paper shall be valued by one examiner (Internal) and review system as per university norms.
- b) **Practicum:** Evaluation in the Practical (game/activity) shall be done by one examiner (Internal or External) as per the following scheme.
- |   |                 |
|---|-----------------|
| i) Demonstration of skill/ techniques/movements | 20 Marks        |
| ii) Viva voce                                   | 10 Marks        |
| iii) Record book                                | 10 Marks        |
| <b>Total</b>                                    | <b>40 Marks</b> |

**Internal Assessment marks (IA)** shall be awarded based on following component:

a) **Internal Assessment for Theory:**

- |                         |                 |
|-------------------------|-----------------|
| i. Attendance           | 05 Marks        |
| ii. Assignment          | 05 Marks        |
| iii. One Test / Seminar | 10 Marks        |
| <b>Total</b>            | <b>20 Marks</b> |

b) **Internal Assessment for Practical's:**

- |   |                 |
|---|-----------------|
| i. Attendance                           | 05 Marks        |
| ii. Projects/ Field visit/ Record Books | 05 Marks        |
| <b>Total</b>                            | <b>10 Marks</b> |

**The weightage for attendance shall be as follows:**

- |                       |          |
|-----------------------|----------|
| i. 91..... 100%.....  | 05Marks  |
| ii. 80.....90%.....   | 04 Marks |
| iii. 75.....79% ..... | 03 Marks |

**NOTE: The respective subject teacher should explain about the procedure of internal assessment for both practical and theory at the beginning of the Semester.**

**COURSE: BA**

**DSC - Physical Education (Optional Paper)**

**Scheme of Course-  
Semester - I**

<b>Course</b>	<b>Paper</b>	<b>Credits</b>	<b>No. of Teaching Hours/Week</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Total</b>
DSC 1 <b>(Theory)</b>	History and Foundations of Physical Education	3	3	20	80	<b>100</b>
DSC 1 <b>(Practical)</b>	General Exercises and Physical Fitness	2	4	10	40	<b>50</b>
<b>Total</b>		<b>5</b>	<b>7</b>	<b>30</b>	<b>120</b>	<b>150</b>

**Scheme of Course-  
Semester - II**

<b>Course</b>	<b>Paper</b>	<b>Credits</b>	<b>No. of Teaching Hours/Week</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Total</b>
DSC 2 <b>(Theory)</b>	Health, Wellness, Yoga and Recreation	3	3	20	80	<b>100</b>
DSC 2 <b>(Practical)</b>	Yoga and Recreational Games	2	4	10	40	<b>50</b>
<b>Total</b>		<b>5</b>	<b>7</b>	<b>30</b>	<b>120</b>	<b>150</b>

**Department of Physical Education and Sports**  
**DSC 1 - BA Semester-I Theory**

<b>Course Title:</b> History & Foundation of Physical Education	<b>Course Code:</b> 24MJPEP1L
<b>Total Contact Hours:</b> 42	<b>No. of Credits:</b> 03
<b>Teaching Hours/Week (L-T-P):</b> 3 - 0 - 0	<b>Semester End Examination Marks:</b> <b>80</b>
<b>Internal Assessment:</b> 20 Marks	<b>Duration of Semester End Examination:</b> 3 Hrs,

**Course outcome- At the end of the course students will be able to:**

CO1: Understand the historical background of physical education.

CO2: Understand the historical background of Ancient and Modern Olympic games.

CO3: Become familiar with the foundations of physical education & Physical Literacy

**DSC1: History & Foundation of Physical Education**

Unit	Description	Hours
1	<b>Origin of Physical Education and Ancient Olympics</b> <ul style="list-style-type: none"> <li>• Physical Education in Greece, Athens and Sparta</li> <li>• Physical Education in Rome, Denmark and Sweden</li> <li>• Physical Education in Great Britain, Germany and America</li> <li>• Ancient Olympics- origin, competitions, rules of participation</li> <li>• Modern Olympics- origin, development, competitions, Olympic movement.</li> </ul>	10
2	<b>Physical Education in India</b> <ul style="list-style-type: none"> <li>• Physical Education in Ancient India</li> <li>• Physical Education in India during Medieval period</li> <li>• Physical Education in Post Independent India</li> </ul>	08
3	<b>Introduction to Physical Education</b> <ul style="list-style-type: none"> <li>• Meaning, Definitions, aim and objectives and importance of Physical Education.</li> <li>• Current trends in Physical Education</li> <li>• Physical Education as an art and science.</li> <li>• Relationship of Physical Education to Sports, Yoga and Recreation</li> </ul>	08
4	<b>Foundations of Physical Education</b> <ul style="list-style-type: none"> <li>• Biological foundations: Growth and development, body types- Sheldon and Krestchmer, Age and Gender related differences</li> <li>• Psychological foundations: Meaning and definitions of Psychology, learning, learning curve, laws and theories, personality and its types.</li> <li>• Philosophical foundations: Traditional schools of Philosophy and their implications to Physical Education.</li> <li>• Sociological foundations: Social nature of man, social values, group dynamics, leadership- types, culture, Socialization through physical education.</li> </ul>	10
5	<b>Physical Literacy:</b> <ul style="list-style-type: none"> <li>• Meaning, Definition, and Importance of Core elements of Physical Literacy.</li> <li>• Fundamental Movements - Walking, Running, Jumping and Throwing</li> <li>• Locomotor and Balance skills.</li> </ul>	06

**Reference:**

1. Marua K. Anderson, Malissa marlin : "Quick References Guide for sports injury Management"
2. Dr. P.K. Pande Sports Medicine
3. Griffith H. Winter: " Complete guide to sports, injuries.
4. Borozne, Joseph and bechar stanley, safely in team sports.
5. Clarke Kenneth S: Drugs and the coach
6. Borozne, Joseph and Pechar stanly: Administration and Supervision for Safety in Sports.

**Department of Physical Education and Sports**  
**DSC 1 - BA Semester-I Practical**

<b>Course Title:</b> General Exercise & Physical Fitness	<b>Course Code:</b> 24MJPESP1P
<b>Total Contact Hours: 52</b>	<b>No. of Credits: 02</b>
<b>Teaching Hours/Week (L-T-P): 0 - 0 - 4</b>	<b>Semester End Examination Marks:40</b>
<b>Internal Assessment: 10 Marks</b>	<b>Duration of Semester End Examination: 2 Hrs,</b>

**Course outcome- At the end of the course students will be able to:**

CO1: Understand the General and Specific Exercise

CO2: Understand the Warming up and Cool down.

CO3: Become familiar with the Physical Exercise and Fitness

**DSC1: History & Foundation of Physical Education**

<b>Unit</b>	<b>Description</b>	<b>Hours</b>
1	Warm up - General and Specific Exercises	12
2	Stretching Exercises and Strengthening Exercises	10
3	Physical Fitness Activities	10
4	Flexibility and Agility Exercises.	10
5	Cool Down and Relaxation Techniques	10

**Reference:**

1. AAHPERD, (1930), "Health Related Physical Fitness Test Manual", Published by Associate Drive, Reston, Virginia
2. Dr.Sandhyarani.P.S., (2024), "Fitness, Wellness and Lifestyle Management", Current Publication, Agra

**Department of Physical Education and Sports**  
**DSC 2 - BA Semester-II Theory**

<b>Course Title:</b> Health, Wellness, Yoga and Recreation	<b>Course Code:</b> 24MJPEP2L
<b>Total Contact Hours:</b> 42	<b>No. of Credits:</b> 03
<b>Teaching Hours/Week (L-T-P):</b> 3 - 0 - 0	<b>Semester End Examination Marks:</b> 80
<b>Internal Assessment:</b> 20 Marks	<b>Duration of Semester End Examination:</b> 3 Hrs,

**Course outcome- At the end of the course students will be able to:**

CO1: The students will acquire the knowledge of health and Fitness

CO2: The students will understand about various dimensions of wellness.

CO3: The students will gain the various knowledge related to yoga.

CO4: The students will understand about the importance of Recreation.

**DSC1: Health, Wellness, Yoga and Recreation**

Unit	Description	Hours
1	<b>Introduction to Health and Physical Fitness</b> <ul style="list-style-type: none"> <li>• Meaning, Definitions and importance of health and Physical Fitness.</li> <li>• Objectives, Scope and Importance of Health Education in Modern Era</li> <li>• Health related Physical Fitness components - Muscular Strength, Muscular Endurance, Cardiovascular Endurance, Flexibility, and Body Composition.</li> <li>• Skill Related Physical Fitness Components - Agility, Balance, Co- ordination, Power, Reaction Time and Speed</li> </ul>	12
2	<b>Wellness and Life Style</b> <ul style="list-style-type: none"> <li>• Meaning, Definitions and dimensions of Wellness</li> <li>• Wellness through Physical Activities</li> <li>• Meaning and importance of life style. Characteristics of good life style.</li> <li>• Lifestyle diseases and its management.</li> </ul>	08
3	<b>Yoga and Meditation</b> <ul style="list-style-type: none"> <li>• Meaning, Definition and Importance of Yoga, Elements of Yoga</li> <li>• Types of Asanas, Pranayama and Meditation</li> <li>• Guidelines and Procedure for Yoga Practice</li> <li>• Physiological Benefits of Asanas, Pranayama and Meditation</li> </ul>	08
4	<b>Recreation</b> <ul style="list-style-type: none"> <li>• Meaning, Definition and Importance of Recreation</li> <li>• Need and Scope of Recreation, Sources of Recreation</li> <li>• Classification of Recreation Activities</li> <li>• Recreation through Sports and Games</li> </ul>	08
5	<b>Challenges for Health, Fitness and Wellness</b> <ul style="list-style-type: none"> <li>• Posture- Meaning, types, factors affecting on posture, values of good posture, postural deformities- assessment and management.</li> <li>• Cardio-vascular diseases- types, causes, symptoms and prevention.</li> <li>• Diabetes and hypertension- causes, symptoms prevention and management.</li> </ul>	06

**Reference:**

1. Marua K. Anderson, Malissa marlin : "Quick References Guide for sports injury Management"
2. Dr. P.K. Pande Sports Medicine
3. Griffith H. Winter: " Complete guide to sports, injuries.
4. Borozne, Joseph and bechar stanley, safely in team sports.
5. Clarke Kenneth S: Drugs and the coach

**Department of Physical Education and Sports**  
**DSC 2 - BA Semester-II Practical**

<b>Course Title:</b> Yoga and Recreational Games	<b>Course Code:</b> 24MJPEP2P
<b>Total Contact Hours: 52</b>	<b>No. of Credits: 02</b>
<b>Teaching Hours/Week (L-T-P): 0 - 0 - 4</b>	<b>Semester End Examination Marks:40</b>
<b>Internal Assessment: 10 Marks</b>	<b>Duration of Semester End Examination: 2 Hrs,</b>

**Course outcome- At the end of the course students will be able to:**

CO1: Understand the Suryanamaskara and Asanas

CO2: Understand the Recreational Activities

**DSC1: History & Foundation of Physical Education**

<b>Unit</b>	<b>Description</b>	<b>Hours</b>
1	Suryanamaskara	10
2	Standing Asanas	10
3	Sitting Asanas	10
4	Prone & Supine Laying Asanas, Meditative Asanas	10
5	Recreation Games /Activities, Hiking and Visit to Recreational Clubs.	12

**Reference:**

1. AAHPERD, (1930), "Health Related Physical Fitness Test Manual", Published by Associated Drive, Reston, Virginia
2. Dr.Sandhyarani.P.S., (2024), "Fitness, Wellness and Lifestyle Management", Current Publication, Agra



**QUESTION PAPER PATTERN OF PHYSICAL EDUCATION**  
**OPTIONAL PAPER**

**Term End Examination for DSE - Physical Education Optional Paper**

**Time: 3hrs**

**Max. Marks 80**

**SECTION-A**

**Answer any four of the following questions each question carries 05 Marks**

**5x4=20**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

**SECTION-B**

**Answer any four of the following questions each question carries 15 Marks**

**15x4=60**

- 7.
- 8.
- 9.
- 10.
- 11.
- 12.