

SEMESTER I

BSc-PE-DSC-1 (4): HISTORY AND FOUNDATION OF PHYSICAL EDUCATION

Course Title & Code	Credits	Credit distribution of the Course			Eligibility Criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC-1 (4): HISTORY AND FOUNDATION OF PHYSICAL EDUCATION	4	3	1	0	Pass in XII	NIL

Learning Objectives

To provide the knowledge of historical development of Physical Education & Sports and to familiarize the students with foundations of Physical Education & Sports in reference to biological, psychological, sociological and other foundations

Learning outcomes At the end of the course student will be able to::

- Acquire the knowledge of history & foundations of Physical Education and understand the purpose & development of physical education & sports.
- Develop the understanding and knowledge regarding meaning, definitions, scope, importance of physical education in society, Aim and Objectives of Physical Education and their relation with education.
- Learn Biological, Psychological and Sociological Foundation of physical education.
- Learn to assess the body types by Heath & Carter method.
- Develop the understanding and knowledge of meaning & concepts of movement, qualities of the movements, fundamentals movements, Need and importance of movement in educational programs, Concept and role of wellness movement.
- Knowledge of the Modern and Ancient Historical development of Olympic movement and Olympic Games.

THEORY SYLLABUS (45 HOURS)

UNIT-I

(10 hours)

- (i) Meaning, Definitions, Scope, and importance of physical education in society.
- (ii) Aim and Objectives of Physical Education and their relation with education.

UNIT-II

(15 hours)

- (i) Foundations of Physical Education
 - (a) Biological foundation–Introduction, Growth and Development, and Body types.
 - (b) Psychological Foundation–Introduction, Learning process, and theories.
 - (c) Sociological Foundation–Introduction, Socialization process.

UNIT-III

(10 hours)

- (i) Meaning & concepts of movement, qualities of the movements, fundamentals of movements, Need and importance of movement in educational programs
- (ii) Concept and role of the wellness movement.

UNIT-IV

(10 hours)

- (i) Modern and Ancient Historical perspectives of Physical Education: Greece, Rome and India.
- (ii) Olympic movement and Olympic Games (Ancient and Modern)
- (iii) National Sports Awards and Honors.

SUGGESTED READINGS:

1. Gupta, Rakesh (2013), Health and Physical Education, Pinnacle India Education Publisher, New Delhi.
2. Lumpkin, A. (2007). Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill. New York, USA.
3. Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi.
4. Vanaik A. & Tyagi, Sarita (2018). Encyclopedia of Olympic Movement, Friends Publication. New Delhi
5. Vanaik A. (2005) Sharirik Shiksha Maulik Adhar, Friends Publication. New Delhi
6. Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports. McGraw Hill Companies, Inc., New York, USA.
7. Zeigler EF (2007). History and Status of Physical Education and Educational Sports. Sports Education. New Delhi.
8. Singh, Ajmer et al (2012), Essentials of Physical Education, Kalyani publishers, New Delhi.
9. Kamlesh, M.L (2013), Foundations of Physical Education, Sports

publication, New Delhi.

10. Kanwar, Chand Ramesh (2010), Principles and History of Physical Education, Amit Brothers publication.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

SEMESTER I
BSc-PE-DSC-2 (4): ANATOMY AND PHYSIOLOGY

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC-2 (4): ANATOMY AND PHYSIOLOGY	4	3	0	1	Pass in XII	NIL

Learning Objectives

To provide students with the basic knowledge of anatomical structures & functions of human body.

Learning Outcomes At the end of the course student will be able to::

1. Acquire the basic knowledge of the anatomy of the human body.
2. Develop understanding about the functions of each system of the body.
3. Acquire knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, abilities.

THEORY SYLLABUS (45 HOURS)

UNIT-I (10 hrs.)

- Definition of Anatomy & Physiology, Cell- microscopic structure & functions of its organelle.
- Tissue-classification & functions.
- Organs, systems of the body,
- Bone-classification and structure, joints classification,
- Structure of synovial joints. Movements at various joints.

UNIT-II (15 hrs.)

- Muscular System-Classification, Structure, functions & properties of Skeletal Muscle, Smooth Muscle & Cardiac Muscle.
- Types of muscular contractions, Name of various muscles acting on various joints.
- Cardio-vascular system structure of heart, cardiac cycle, blood pressure, cardiac

output, composition & functions of blood

UNIT-III (10 hrs.)

- Respiratory system- structure and function, second wind, oxygen debt.
- Digestive system-structure & function, balanced diet, an overview of Carbohydrate, Protein and Lipid metabolism
- Maintenance of body temperature.

UNIT-IV (10hrs.)

- Nervous system -structure of brain, spinal cord, Autonomic nervous system, reflex action.
- Endocrine system of various endocrine glands, Structure & function of the human eye and ear.
- Excretory system-structure&function, including structure&function of skin.
- Reproductive system-structure&function of male&female Reproductive system.

Practical Syllabus:-(30 HOURS)

1. Counting of pulse rate
2. Study of various bones of the human body
3. Study of different body systems with the help of models
4. Study of various movements of the joints.

SUGGESTED READINGS:

1. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
2. Moried EN(2007).Essential of Human Anatomy & Physiology.Ed.8thDorling Kindersley, India.
3. Prives Mand and Others(2004).Human Anatomy Vol.I&IIParagon,Delhi.
4. Seeley & Others(2008).Anatomy & Physiology. McGrawHill,Boston.
5. Tortora (2017) Principles of Anatomy & Physiology, NewYork: JohnWilly& Sons.
6. William CS (2000).Essentials of Human Anatomy & Physiology, Benjamin
7. Dutta, Tapan (2015), Anatomy and physiology for Two years B.P.Ed. Programme Semester -1, Siddhart publication, Nagpur.
8. Kanwar, Chand Kanwar (2011), Amit brother's publications.
9. Routhan, Tarun (2018), Essentials of Exercise Physiology, Sports Publication, Sports publication.
10. Wilson and Ross (2006), Anatomy and Physiology in Health and illness, Churchill Livingstone.

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SEMESTER 1

BSc-PE-DSC-3(4): FUNDAMENTALS OF GAME 1

(Choose any one Game as per the list & availability of the facilities) *

*(i) Athletics(ii) Badminton(iii) Basketball,(iv) Cricket (v) Football(vi) Gymnastic(vii) Handball(viii) Hockey

(ix) Judo(x) Kabaddi (xi) Kho-Kho (xii) Volleyball (xiii) Yoga (xiv) Swimming (xv) Wrestling (xvi) Table Tennis

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BSc-PE-DSC-3(4): FUNDAMENTALS OF GAME 1	4	2	0	2	Class XII pass	Nil

Learning Objective:-The students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

Learning Outcome:-The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

THEORY SYLLABUS (30 Hours)

UNIT-I

(08 Hours)

- Historical Development and Modern Trends in the game (National and International Level)
- Organizational Structure (State, National, and International Level)
- Introduction to Playfield/arena of the game/ athletic Track& field events/ Yogic arena

UNIT-II

(08 Hours)

- Rules and their interpretation of the chosen sports/ Track & field events/ Yogic Asanas
- Basis of Warming up and cooling down and its effect
- Role of coach in preparing players/Teams

UNIT-III

(07 Hours)

- Basic skills and techniques of the chosen Game/ Yogic Asanas/Athletic Events (short,middleandlong-distanceraces,hurdlesraces,jumpingevents-longjump & High Jump, throwing events-shot-put, discuss & Javelin)
 - Developmental Drills / **Preparatory Exercises** to improve skills of the Game/event/Asanas

UNIT-IV

(07 Hours)

- Introduction to Fitness components related to sports / athletic events/yoga

- Role of Fitness & skill related fitness components of the chosen game in improving performance

PRACTICAL SYLLABUS (60 Hours)

1. Learning and demonstrating various skills/techniques of the chosen Game
2. Drills to improve Fundamental skills of the chosen game (for athletics/ Gymnastics any three events)
3. Marking of Playfield/ arena of chosen game (for athletics / Gymnastics any three events)

SUGGESTED READINGS:

- Gothi E(2004).Teaching & Coaching Athletics .Sport Pub, New Delhi.
- Gupta R.(2004).Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
- Handbook-RulesandRegulation.InternationalAthleticFederation(2010).
- HerbAmato,DAATCetal(2002).Practical Exam Preparation Guide of Clinical Skills of Athletic Training. Slack Incorporated.1sted.,USA.
- Kumar,Pardeep.(2008).HistoricalDevelopmentofTrack&Field.FriendsPublication.NewDelhi
- Maughan,R. and Gluson, M.(2004).The Biomechanical Basics of Athletic Performance. Oxford University Press,U.K.
- Renwick GR(2001).Play Better Athletics. Sports Pub, Delhi.
- Singh, Hardayal.(2019).Science of Sports Training.DVS Publication, N.Delhi.
- VanaikA.(2017).OfficiatingandCoaching,FriendsPublication.NewDelhi.
- Elliott R., (2011). Runners on Running: The Best Nonfiction of Distance Running, Human Kinetics, UNITED States of America.
- Galloway J., (2011). Cross Country Running, Mayer &Mayer Sport, UNITED Kingdom.
- Galloway J., (2012). 100 Reasons to Run, Mayer &Mayer Sport, United Kingdom.
- Thani L., (2018). Skills & tactics field athletics, sports publication, New Delhi
- Singh, Hardayal.(2019).Science of Sports Training. D V S Publication, N.Delhi.
- Vanaik A.(2017).Officiating and Coaching, Friends Publication .NewDelhi

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