



S-30th May, 2015 AC after Circulars from Circular No.1 & onwards - 8 -

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY**

**CIRCULAR NO.ACAD/SU/Physical Edu./B.A.III Yr. Syll./6/2015**

It is hereby notified for information to all the concerned that, on the recommendation of the Faculty of Physical Education the Academic Council at its meeting held on 30-05-2015 has accepted the **revised syllabus of Physical Education Semester-Vth & VIth as an Optional subject at B.A. level.**

This is effective from the Academic Year 2015-16 & onwards as appended herewith.

All concerned are requested to note the contents of the circular and bring the notice to the students, teachers and staff for their information and necessary action.

University Campus,  
Aurangabad-431 004.  
REF.NO.ACAD/SU/PHYSICAL EDU./  
2015/4160-210  
Date:- 17-06-2015.

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**Director,**  
**Board of College and**  
**University Development.**

**Copy forwarded with compliments to:-**

- 1] The Principals, affiliated concerned colleges,  
Dr. Babasaheb Ambedkar Marathwada University

**Copy to :-**

- 1] The Controller of Examinations,
- 2] The Director, [E-Suvidha Kendra], in-front of Registrar's Quarter,  
Dr. Babasaheb Ambedkar Marathwada University,
- 3] The Superintendent, [B.A. Unit],
- 4] The Programmer [Computer Unit-1] Examinations,
- 5] The Programmer [Computer Unit-2] Examinations,
- 6] The Record Keeper.

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



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

**B.A. Third Year Semester – V & VI  
(Subsidiary & main Theory & Practical)**

**Effective from 2015-16 onwards**

डा. बाबासाहेब  
मराठवा

24-3-2015

Dr. N. G. Khande

9.2.2015  
Chairman

**DR. BABASAHEB AMBEDKAR MARATHWADA  
UNIVERSITY, AURANGABAD.  
PHYSICAL EDUCATION (Optional Subject)  
Curriculum Structure and Schemes of Evaluation for B.A.  
With Effective from 2015-2016**

B.A. III<sup>rd</sup> Year (Semester – V & VI) Subsidiary and main Theory & Practical

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 / Voc e	Total Marks
1	Phy Education 301 Paper No. VII Sem – V Subsidiary	Ancient & Modern History of Physical Education & Sports	6	-	6	4	50	-	50
2	Phy. Edu 302 Paper No. VIII Sem - V Main	Sports Psychology and Management In Physical Education	6	--	6	4	50	--	50
3	Phy. Edu 303 Paper No. IX Sem – VI Subsidiary	Organization, Administration & supervision in physical Education Youth Welfare & Youth Services	6	--	6	4	50	--	50
4	Phy. Edu 304 Paper No. X Sem – VI Main	an Anatomy, Physiology & Kinesiology of Physical Education	6	--	6	4	50	--	50

5	Phy. Edu 305 Paper No. XI Sem – V, VI Practical Subsidiary	--	--	12	4 per Batch	4	--	100	100
6	Phy. Edu 306 Paper No. XII Sem – V,VI Main – Practical		--	12	4 per Batch	4	--	100	100
<b>Total</b>			<b>24</b>	<b>24</b>	<b>24</b>	<b>24</b>	<b>200</b>	<b>200</b>	<b>400</b>

**Note:** Practical Examination for B.A. III<sup>rd</sup> year Semester V and VI will be conducted yearly.



**DR. BABASAHEB AMBEDKAR MARATHWADA****UNIVERSITY, AURANGABAD.****PHYSICAL EDUCATION (Optional Subject)****Curriculum Structure and Schemes of Evaluation for B.A.**

With Effective from 2015-2016 Onward

B.A. III year (Semester – V and VI)

Subsidiary and main Theory &amp; Practical

**Course - I**

<b>Semester</b>	<b>Course</b>	<b>Title of the paper</b>	<b>Marks</b>
Phy Education 301 Sem – V Subsidiary	Phy. Edu. 301 Paper – VII	Ancient & Modern History of Physical Education & Sports	50
Sem - V Main	Phy. Edu 302 Paper No. VIII	Sports Psychology and Management in Physical Education.	50
Sem – VI Subsidiary	Phy. Edu 303 Paper No. IX	Organization, Administration & supervision in physical Education Youth Welfare & Youth Services	50
Sem – VI Main	Phy. Edu 304 Paper No. X	an Anatomy, Physiology & Kinesiology of Physical Education	50
Sem – V, VI Practical Subsidiary	Phy. Edu 305 Paper No. XI	Physical Education Practical	100
Sem – V,VI Main – Practical	Phy. Edu 306 Paper No. XII	Physical Education Practical	100
<b>Total</b>			<b>400</b>

**Note:** 1. One period comprises 50 minutes duration.

**B.A. Third Year**  
(Theory) **PHYSICAL EDUCATION – 301**  
(Semester – V Subsidiary )  
Paper – VII

**TITLE: “ANCIENT & MODERN HISTORY OF PHYSICAL EDUCATION & SPORTS.”**

Time : 2 hours

04 Periods per week

Marks: 50

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**UNIT – I INTRODUCTION OF PHYSICAL EDUCATION IN ANCIENT INDIA.**

- (a) Vedic Period
- (b) Epic Period
- (c) Buddhist Period

**UNIT – II PHYSICAL EDUCATION IN THE STATE OF SPARTA AND ATHENS.**

- (a) Physical Education in Ancient Rome.
- (b) Physical Education and moral Education.
- (c) Physical Education in Mughal Period

**UNIT – III PHYSICAL EDUCATION IN INDIA AFTER INDEPENDENCE.**

- (a) Physical Education in British Period.
- (b) Ancient Olympic Games, Historical Background.
- (c) Modern Olympic Games.

**UNIT – IV GOVERNMENT BODIES & POLICIES IN PHYSICAL EDUCATION.**

- (a) Nature & Educational System in modern India.
- (b) Education & Physical Education Policies in India
- (c) Central Advisory board of Physical Education

**UNIT – V SCHEME AND AWARDS RELATED TO PHYSICAL EDUCATION & SPORTS.**

- (a) Arjuna Award
- (b) Dronacharya Award
- (c) Rajiv Gandhi Khelratna Award.

**UNIT – VI INSTITUTIONS OF PHYSICAL EDUCATION IN INDIA.**

- (a) Y.M.C.A. College of Physical Education of Madras.
- (b) LNIPE Gwalior & NSNIS Patiala.
- (c) HVPM Amaravati.

**Book References for Paper – VII**

- 1) Brief History of Physical Education by E.A. Rice.
- 2) History of Physical Education by Eraj ahmed Khan.
- 3) World History of Physical Education. By Van Dalen and Mitchell Benett.
- 4) Physical Education in India. Published by National Association of Physical Education In India.
- 5) शारिरीक शिक्षणाचे ऐतीहासिक स्वरुप. - दि.ग. वाखरकर.
- 6) Principles and History of Physical Education : By M.L. Kamlesh, M.S. Sangral, Prakash Brothers Educational Publishes.
- 7) A Brief History of Physical Education in India (From the Earlier times of the moghal Period by K. Raj Goplan, Army Publishers New Delhi.



**B.A. Third Year**

(Theory) **PHYSICAL EDUCATION – 302** (Semester – V Main )

Paper – VIII

**TITLE: “SPORTS PSYCHOLOGY AND MANAGEMENT. IN PHYSICAL EDUCATION”**

Time : 2 hours

04 Periods per week

Marks: 50

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**UNIT – I PSYCHOLOGY IN PHYSICAL EDUCATION & SPORTS.**

- (a) Meaning, Nature and Scope of Sports Psychology
- (b) Importance of Psychology in Sports.
- (c) Limitation of Psychology in Education.

**UNIT – II GROWTH & DEVELOPMENT**

- (a) General Nature of Growth & Development.
- (b) Age & Behavior Characteristics.
- (c) Physical, Emotional & Social Development.

**UNIT – III MOTIVATION.**

- (a) Meaning Need & Its role in Physical Education.
- (b) Techniques of Motivation.
- (c) Psychological Factor Influencing Motivation.

**UNIT – IV MANAGEMENT IN PHYSICAL EDUCATION & SPORTS.**

- (a) Meaning, Definition & Philosophy of management.
- (b) Aims, Objectives & Principles of Managements.
- (c) Functions of Managements.

**UNIT – V TECHING METHOD IN PHYSICAL EDUCATION.**

- (a) Meaning, Types and Factors affecting.
- (b) Presentation Techniques Meaning and Factors.
- (c) Teaching Aids in Physical Education.

**UNIT – VI FACILITIES AND EQUIPMENTS.**

- (a) Care and Maintenance & equipments.
- (b) Principles of Purchasing Equipments.
- (c) Office Management, Meaning & Principles.

**Book References for Paper – VIII**

- 1) General Psychology by Garret.
- 2) Sports Psychology by John D. Lawther.
- 3) क्रिडा मानसशास्त्र - डा. जावेद कादरी.
- 4) Fundamental of Sports Management By Dr. Yousufzai N.S., Dr. SK. Afsar Rasheed, Dr. Mohd. Attaullah Jagirdar.
- 5) Psychological behaviour in Sports By Alderman R.S.
- 6) Psychological & Physical Activities by Crattybryant.
- 7) Psychology of Physical Education & sports By kamlesh M.L.
- 8) Management Competency Development in Sports & Physical Education By Earle F. Zelgler & Gray. W. Bowie.
- 9) Scientific Inventory Management by – Joseph Bucher.

**B.A. Third Year**

(Theory) **PHYSICAL EDUCATION – 303** (Semester – VI Subsidiary)  
Paper – IX

**TITLE: “ORGANIZATION, ADMINISTRATION & SUPERVISION IN  
PHYSICAL EDUCATION YOUTH WELFARE & YOUTH SERVICES.”**

Time : 2 hours

04 Periods per week

Marks: 50

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**UNIT – I ORGANISATION, ADMINISTRATION & SUPERVISION.**

- (a) Meaning & Scope of Organization & Administration.
- (b) Objectives of Organization & Administration.
- (c) Guiding Principles of Organization.

**UNIT – II ORGANIZING & CONDUCTING TOURNAMENTS.**

- (a) Different types of tournaments & competition.
- (b) Knock out league tournaments.
- (c) Merits & Demerits of tournaments.

**UNIT – III INTRAMURALS PROGRAMME.**

- (a) Need and importance.
- (b) Objectives of intramurals programme.
- (c) Methods of grouping & fixture.

**UNIT – IV EXTRAMURAL PROGRAMME.**

- (a) Need & Importance.
- (b) Selection and coaching of team.
- (c) Emotional Development of the Students.

**UNIT – V SUPERVISION IN PHYSICAL EDUCATION.**

- (a) Meaning, Purpose & Scope of supervision.
- (b) Objectives & Features.
- (c) Qualities of Supervisor.

**UNIT – VI YOUTH WELFARE & YOUTH SERVICES.**

- (a) Concept of youth welfare & youth services.
- (b) Youth Organization in India.
- (c) Social Services.

**Book References for Paper – IX**

- 1) Organization, Administration & supervision in Physical Education By Dr. Mohd. Ataulah Jagirdar.
- 2) Organization of Physical Education by Dr. J.P. Thomas.
- 3) Administration Physical Education for woman by Ashton. D.
- 4) Administration of Physical Education & Athletic Programme by Bucher C.A.
- 5) Organization & Administration of Physical Education By Seymonr
- 6) Leadership for Youth. By Dr. M.A. Chibber.
- 7) Organization of Physical Education By P.M. Joseph.
- 8) विद्यातम प्रशासन एवं संघटन - लेखन सुखीया एस.पी.
- 9) शारिरीक शिक्षा संघटन प्रशासन प्रवेक्षण एवं शिबीर - ए.के. करमळकर.
- 10) School Administration & Management By M.M. Sultan.



**B.A. Third Year**  
(Theory) **PHYSICAL EDUCATION – 304** (Semester – VI Main)  
Paper – X  
**TITLE: “ ANATOMY, PHYSIOLOGY & KINESIOLOGY OF PHYSICAL  
EDUCATION.”**

Time : 2 hours

04 Periods per week

Marks: 50

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**UNIT – I INTRODUCTION TO ANATOMY.**

- (a) Meaning, Need & Importance of Anatomy.
- (b) Definition of cell, meaning In structure.
- (c) Blood Composition, Function & Circulation.

**UNIT – II SKELETAL SYSTEM.**

- (a) Types of Bones & Its Functions.
- (b) Major Bones of the body & there Location.
- (c) Tissue Definition, Structure, Function & Classification.

**UNIT – III INTRODUCTION TO PHYSIOLOGY.**

- (a) Meaning Need & Importance of Physiology .
- (b) Essential Properties of Living Organism.
- (c) Vital Capacity & its measurement.

**UNIT – IV MUSCULAR SYSTEM.**

- (a) Meaning, Structure Function of Skeletal Muscles.
- (b) Major Muscles of the body.
- (c) Location of Major Muscles.

**UNIT – V RESPIRATORY SYSTEM.**

- (a) Structure of Respiratory organs.
- (b) Function of Brain.
- (c) Effect of Exercise on Respiratory system.

**UNIT – VI INTRODUCTION TO KINESIOLOGY.**

- (a) Definition & Meaning of Kinesiology.
- (b) Fundamental & Applied Kinesiology.
- (c) Need & Importance of Kinesiology.

**Book References for Paper – X**

- 1) Physiotherapy, Health, first Aid and Kinesiology in Physical Education By . MD. Ataulah Jagirdar & Dr. Mohd. Abdul Bari.
- 2) Anatomy for Students and Teacher of Physical Education : By Pearce Evelyn B.
- 3) Human Physiology by warm smart.
- 4) Kinesiology and applied Anatomy by Rash & Burk.
- 5) Kinesiology by Wells K.
- 6) मानवी क्रिया विज्ञान - डॉ. एस.एच. देशपांडे
- 7) Physiology of Muscular Activity By Peter V. Karpovich.

Faculty of Social Sciences  
**B.A. THIRD YEAR EXAMINATION**

MARCH / APRIL – OCT/NOV.

Physical Education (Optional Subject)

Semester –V & VI Subsidiary & Main

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301- ANCIENT & MODERN HISTORY OF PHYSICAL EDUCATION & SPORTS

302 – SPORTS PSYCHOLOGY AND MANAGEMENT IN PHYSICAL EDUCATION.

303- ORGANIZATION, ADMINISTRATION & SUPERVISION IN PHYSICAL EDUCATION YOUTH WELFARE & YOUTH SERVICES

304 - ANATOMY, PHYSIOLOGY & KINESIOLOGY OF PHYSICAL EDUCATION.

Time – 2 Hours

Marks: 50

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N.B. 1. Attempt all Questions.

Q.1] Essay Type (15)

Or

Essay Type

Q.2] Essay Type (15)

Or

Essay Type

Q.3] Write short answer of any two of the following. (20)

(a)

(b)

(c)

(d)

## B.A. Third Year

## PHYSICAL EDUCATION – 305 (Semester – V &amp; VI)

## Practical – Subsidiary

## Paper No. XI

Time: 3.30 hours

04 Period per week

Marks : 100

16 Students per Batch

**Track And Field Events (Event Wise performance Test.)****A) 400 Mtrs. Run (Men and Women) (20 Marks)****B) High Jump (Men & Woman) (20 Marks)**

i) Introduction (ii) Safety Suggestion

(iii) Techniques (iv) Teaching States

a) Approach Run (b) Take off (c) Position in the Air

(iv) Body action in the Air (v) Landing

**C) Javelin Throw. (20 Marks)**

i) Grip of Javelin (ii) Approach Run

(iii) Releasing the Javelin (iv) Body Controlling

**D) Students will have to opt any one major games of the following for skill test. (30 Marks)**

i) Kho – Kho (ii) Football (iii) Soft ball (iv) Basketball

a) Fundamental Skills (b) offensive skills

(c) Defensive Skills (d) Techniques and Tactics

**(E) Preparation of Record Book on any one Major Games / Event of the following which is compulsory. (10 Marks)**

(a) 400 mtrs Running (b) High Jump

(c) Javelin Throw (d) Khoko / Football / Soft ball/ Basketball



### **Book References for paper No. XI**

#### Practical Subsidiary

- 1) Athletic Training and Conditioning by - D. William Payton.
- 2) Rules of Games and Sports by H.C. Buck
- 3) A.A.F.I. Rule booking Track and Field.
- 4) How to be Successful Coach by :- Bonder J.B.
- 5) Training Method in Sports: - by .A.K. Karmarkar
- 6) Officiating and Coaching: - By. R.H. Tiwari
- 7) The art of officiating Sports: - By John W. Bunn.
- 8) Modern Track and field by : Dr. Jemeti Doherty.

B.A. Third Year  
**PHYSICAL EDUCATION – 306 (Semester – V & VI)**

Practical – Main

Paper No. XII

Time: 3.30 hours

04 Period per week

Marks : 100

16 Students per Batch

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**Track And Field Events (Event Wise performance Test.)**

**A) 800 Mrts. Run (Men and Women) (20 Marks)**

**B) Officiating & Coaching and Rules of the Games (Any one Major Games) (20 Marks)**

**C) The Candidates will have to Perform any Two of the Following Asnas. (30 Marks)**

i) Tradasanas

(ii) Chakrasanas

(iii) Vajrasanas

(iv) Padmasanas

(v) Hallsanas

(vi) Shawasanas

**(D) Prāṇayama & surya namaskar. (10 Marks)**

**(E) Preparation of submission of Record Book on the following. (10 Marks)**

(i) Track marking for 800 Mrts.

(ii) Rules & Regulation of any one major Games opted

(iii) Yogasanas

(iv) Pranayana

**Book References for paper No. XII**

Practical Main

- 1) Guidlies for yogic Practice by : Gharote M.L.
- 2) The Art of Yoga: by Ayenagar B.K.S.
- 3) Track and Field Atheltics- BY. Breshnaham, Tuttle Crezmeyer.
- 4) Books of Rules of Games and Sports by YMCA Pub . House.
- 5) Officiating and Coaching: - By. R.H. Tiwari
- 6) The art of officiating Sports: - By John W. Bunn.
- 7) Modern Track and field by : Dr. Jemeti Doherty.

**N.B.**

1) Separate heads of passing

a) Theory paper – Minimum passing 18 marks per paper (Semester)

b) Practical – Minimum passing 35 marks. (Semester)

2) Practical examination should be conducted considering the total strength

Of the appearing candidates for practical exam should be classified in to Batches.

a) Each batch comprises 20 students.

(Only for B.A., I,II,III YEAR EXAMINATION who of opted physical education as an optional subject )

b) for the conduct of the examination the university appoints examiner as an external Examiner for only for B.A. I,II,III Year examination who of opted physical education as an optional subject.

c) one peon and one grounds man, for ground marking, and for supply of water and equipments and placement.

3) In practical for B.A. I and II year the I batches comprises of 20 Students, and the II Batch of ½ of the I batch.


4) Private, external candidates and the candidates from the correspondence courses will not be allow to opted the subject.

5) In practical for B.A. III year the I batches comprises of 16 students, and the II batch of ½ of the I Batch.

6) During practical university examination uniform/sports kit is essential during the examination and regular periods.

  
30/4/2014

(Dr. Syed Mateenuddin Quadri)  
Invited Subject Experts  
Ex. Principal  
M.S.M's College of Physical Education  
Khadkeshwar, Aurangabad.

  
Dr. S.S. Shaikh  
Dean



(Dr. Md. Ataulah Jagirdar)  
Chairman  
Physical Education Teachers in  
Affiliated Colleges of Dr. B.A.M.U. Aurangabad  
& H.O.D. Physical Education  
Milliya Arts & Science College, Beed

30/4/2014  
24-3-2014