

S-25 March, 2013 AC after Circulars from Circular No.153 & onwards

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DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY**CIRCULAR NO.ACAD/NP/Phy.Edu./B.A. Ist Yr./Syll./169/2013**

It is hereby notified for information of all concerned that, on the recommendation of the Board of Studies in Physical Education Teachers in Affiliated Colleges, the Hon'ble Vice-Chancellor has accepted the **"Revised Syllabus of B.A. Physical Education" First Year Semester-I and II as an Optional Subject under the Faculty of Physical Education** on behalf of the **Academic Council Under Section-14(7) of the Maharashtra Universities Act, 1994 as appended herewith.**

This is effective from the **Academic Year 2013-2014** and onwards.

This syllabus is available on the University Website **www.bamu.net**

All concerned are requested to note the contents of this 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/NP/B.A./PHY.EDU.
SYLL./Ist Yr./ 2013/8238-52

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[Signature]
Director,
Board of College and
University Development.

Date:- 21-05-2013.

Copy forwarded with compliments to :-

- 1] **The Principals, affiliated concerned Colleges, Dr. Babasaheb Ambedkar Marathwada University.**
- 2] **The Director, University Network & Information Centre, UNIC, with a request to upload the above syllabus on University Website [www.bamu.net].**

Copy to :-

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

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**DR. BABASAHEB AMBEDKAR
MARATHWADA UNIVERSITY
AURANGABAD**



**Revised Syllabus for
B. A. [Physical Education]
[as an optional subject]**

B.A. First Year Semester - I & II

Effective from 2013-14 onwards

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

**PHYSICAL EDUCATION (Optional Subject)
Curriculum Structure and Schemes of Evaluation for B.A.
With Effective from 2013-2014**

Semester - I and II

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. 101	Philosophical, Sociological Foundations and History of Physical Education.	6	-	6	4	50	-	50
2	Phy. Edu. 102	Principles and recent development of Physical Education.	6	-	6	4	50	-	50
3	Phy. Edu. 103	Practical Physical Education.	-	12	4 per batch	4	-	-	100
Total			12	12	12	12	100	-	200

Note : Practical Examination for B.A. I year Semester I and II will be conducted yearly.

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

**PHYSICAL EDUCATION (Optional Subject)
(U.G. LEVEL)**

Syllabus for - B.A.
With effective from 2013-14 onwards
B.A. I Semester - I and II
Course - I

Unit	Course	Title of the paper	Marks
Unit-I	Phy. Edu. 101 Paper - I	Philosophical, Sociological Foundations and History of Physical Education.	50
Unit-II	Phy. Edu. 102 Paper - II	Principles and recent development of Physical Education.	50
Unit-I & II	Phy. Edu. 103 Paper- III	Practical Physical Education.	100

Note :

1. One period comprises 50 minutes duration.

B. A. First Year

(Theory) **PHYSICAL EDUCATION - 101** (Semester- I)
Paper - I

TITLE : PHILOSOPHICAL, SOCIOLOGICAL FOUNDATIONS AND HISTORY OF PHYSICAL EDUCATION.

Time : 2 hours

04 Period per weeks

Marks : 50

UNIT - I PHILOSOPHICAL FOUNDATIONS

- (a) Meaning and Definition of Philosophy of Physical Education.
- (b) Components of Philosophy its Application in the field of Physical Education.
- (c) Traditional and Modern Philosophies their implication in the programme of Education.
- (d) Philosophies of Education applied to Physical Education.
 - (i) Idealism
 - (ii) Naturalism
 - (iii) Realism and
 - (iv) Humanism

UNIT - II SOCIOLOGICAL FOUNDATIONS

- (a) Sociological Basis of Physical Education.
- (b) Social Environment for development of Individual Personality.
- (c) Socialization and Sports.
- (d) Social Nature and Social Recognition

UNIT - III INTEGRATION OF PHYSICAL EDUCATION WITH OTHER FACULTIES.

- (a) Integration of Physical Education with History
- (b) Integration of Physical Education with Psychology.
- (c) Integration of Physical Education with Sociology.

UNIT - IV NATURE OF PHYSICAL EDUCATION SYSTEM

- (a) Ancient India and Mediaeval India.
- (b) Physical Education in Ancient Civilization with reference to
 - i) India ii) Greece iii) Rome iv) Egypt
- (c) Development of Physical Education with special reference to
 - i) U.S.S.R. ii) U.S.A. iii) Germany

UNIT - V PHYSICAL EDUCATION IN INDIA DURING 20TH CENTURY

- (a) Meaning, Definitions, Aims and Objectives of Physical Education.
- (b) Physical Education Training Institutions
- (c) Physical Education after Independence.
 - i) Central Advisory Board of Physical Education
 - ii) All India Council of Sports (AICS)
 - iii) Netaji Subhash National Institute of Sports (NSNIS)
 - iv) Laxmibai National Institute of Physical Education (LNIPE)
 - v) Sports Authority of India (SAI)

UNIT - VI HISTORICAL DEVELOPMENT OF ANCIENT OLYMPIC GAMES AND MODERN OLYMPIC GAMES

- (a) Philosophy of Olympism and its impact on Sports movements in India.
- (b) Current Trends in Physical Education.
 - i) Role of Federations and Associations.
 - ii) Courses and Coaching Centres.
 - iii) Policies of Central and State Government for Physical Education and Sports.
- (c) Movements of Akhada and Vyayam Shalas in Maharashtra.

REFERENCES FOR PAPER - I B. A. FIRST YEAR

- 1) Physical Education Interpretations and objectives by **J.B.Nash**
- 2) Foundation of Physical Education by **Charles A. Bucher.**
- 3) Brief History of Physical Education by **E. A. Rice.**
- 4) History of Physical Education by **Eraj. Ahmed Khan.**
- 5) World History of Physical Education by **Van Dalen and Mitehell Benett.**
- 6) Physical Education in India, Published by **National Association of Physical Education and Recreation in India (NAPERI).**
- 7) Philosophy and Sociology of Education by **M. M. Bhatia.**
- 8) A Sociological Approach to Indian Education by **S. S. Mathur.**
- 9) Philosophical Foundation of Physical Education, Health Education and Recreation by **Engle Wood Cliffs.**
- 10) Physical Education Foundation by **Saiger Rober. N.**

B. A. First Year

(Theory) PHYSICAL EDUCATION - 102 (Semester- II)
Paper - II

**TITLE : PRINCIPLES AND RECENT DEVELOPMENT
OF PHYSICAL EDUCATION.**

Time : 2 hours

04 Period per weeks

Marks : 50

UNIT - I PRINCIPLES OF PHYSICAL EDUCATION

- (a) Biological Principles of Physical Education.
- (b) Sex Differences
- (c) Principles of exercise.
- (d) Body Types.

**UNIT - II SOCIOLOGICAL PRINCIPLES OF PHYSICAL
EDUCATION**

- (a) Social Values and Development of Traits.
- (b) Social Welfare
- (c) Physical Education as Sociological Agency.

UNIT - III CLASSIFICATION OF CHILDREN

- (a) Psychological Bases of Classification.
- (b) Biological Characteristics of Children.
- (c) Physiological and Sociological Characteristics of Children.

UNIT - IV RECENT DEVELOPMENT OF PHYSICAL EDUCATION

- (a) Status of Physical Education and Sports in Educational Institutions.
- (b) Physical Education at Pre-Primary and Primary School Level.
- (c) Physical Education at Secondary and Higher Secondary School Level.
- (d) Physical Education at University and Professional Level.

UNIT - V SPORTS AND GAME ORGANISATION IN INDIA

- (a) District Level Organizations.
- (b) State Level Organizations.
- (c) National Level Organizations.
- (d) International Level Organizations.

UNIT - VI ROLL OF ASSOCIATION AND SPORTS BODIES

- (a) Indian Olympic Associations (IOC).
- (b) International Olympic Associations (IOC).
- (c) Sports Authority of India (SAI).
- (d) Central Advisory Board of Physical Education and Recreation.

REFERENCES FOR PAPER - II B. A. FIRST YEAR

- 1) Introduction to Physical Education by **J. R. Sharman.**
- 2) Physical Education: Interpretation and objectives by **J. B. Nash.**
- 3) Principal of Physical Education by **J. R. Williams.**
- 4) Foundation of Physical Education by **Cheries A. Bucher.**
- 5) Physical Education by **Oberteuffer, Delbert.**
- 6) Modern Principles of Physical Education by **J. R. Sharman.**
- 7) Brief History of Physical Education by **E. A. Rice.**
- 8) History of Physical Education by **Eraj Ahmed Khan.**
- 9) World History of Physical Education by **Van Delen, Mitchell Benett.**
- 10) Physical Education in India published by National Association of Physical Education and Recreation India.
- 11) Philosophy and Sociology of Education by **M. M. Bhatia.**
- 12) Ground Work of the Theory of Education by **James Ross.**
- 13) A Sociological Approach to Indian Education by **S. S. Mathur.**

B. A. First Year
PHYSICAL EDUCATION - 103 (Semester- I and II)
PAPER - III

TITLE : PRACTICAL PHYSICAL EDUCATION

Time : 2 hours

04 Period per weeks

Marks : 100

20 Students per Batch 3.20 Hrs.

TRACK AND FIELD EVENTS (Practicals)

A) EVENT WISE PERFORMANCES

(a) 100 mtrs. Sprint for (Men and Women) (20 Marks)

(b) Long Jump for (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 in the air and

v) Landing.

(c) Shot Put (20 Marks)

i) Introduction ii) Safety Suggestion

iii) Techniques

Techniques - i) O, Brien Techniques ii) Rotary Techniques

iv) Teaching Steps

Step-I Leadups Step-II Shot put from standing position.

Step-III Shot put using the Glide Technique

Step-IV Shot put using Rotary Techniques.

(d) Common error and correction

(e) Training Schedule.

OPTED GAMES (Any one of the following Games) (30 Marks)

B) i) Kabbadi ii) Westling iii) Hockey iv) Hand Ball

- a) History of the Games.
- b) Rules & Regulations of the Games.
- c) Different Training methods.
- d) Training Schedule.
- e) Fundamental Skills of the Game.
- f) Tactics of the Games. 1) Offensive 2) 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) Jumping event (Long Jump)
- ii) Running event (100 mtrs. Sprint)
- iii) Throwing event (Shot put)

REFERENCES FOR PRACTICAL PAPER - III

B. A. FIRST 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. Jemetl 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) ऑफिशिएटिंग एवम् कोचिंग- श्री. आर. एच. तिवारी
- 10) क्रिडा अधिशिक्षा पद्धति - श्री. अ. के. करमरकर.

Faculty of Social Sciences
B. A. I Year Examination
March / April
Physical Education (Optional Subject)
Semester - I-101 and Semester II-102

**101- PHILOSOPHICAL, SOCIOLOGICAL FOUNDATIONS
AND
HISTORY OF PHYSICAL EDUCATION.**

Time : 2 hours

Marks : 50

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)

Faculty of Social Sciences
B. A. I Year Examination
March / April
Physical Education (Optional Subject)
Semester - I-102 and Semester II-102

**102- PRINCIPLES AND RECENT DEVELOPMENT
OF PHYSICAL EDUCATION.**

Time : 2 hours

Marks : 50

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)

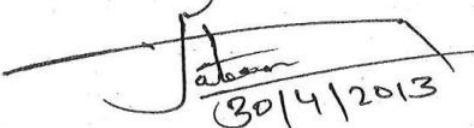
b)

c)

d)

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 groundsman, 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 1/2 of the I Batch.
- 4) Private, external candidates and the candidates from the correspondance courses will not be allow to opt the subject.
- 5) In practical for B.A. III year the I Batches comprises of 16 students, and the II Batch of 1/2 of the I Batch.
- 6) During practical university examination uniform / sports kit is essential during the examination and regular periods.


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


(Dr. Md. Atullah 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.