

**UNIVERSITY OF DELHI****BA (Prog) Physical Education in the field of Multidisciplinary Studies****(Major)****(SEMESTER-I)**

based on

Undergraduate Curriculum Framework 2022 (UGCF)

(Effective from Academic Year 2022-23)

**DSC**

| Sl. No. | Course Title  | Nature of the Course | Total Credits | Components |   |   | Eligibility Criteria/ Pre-requisite | Contents of the Course & References may be seen at |
|---------|---|----------------------|---------------|------------|---|---|-------------------------------------|--|
|         |   |                      |               | L          | T | P |                                     |  |
| 1       | History and Foundations of Physical Education           | DSC-1                | 4             | 4          | 0 | 0 | Class XII Pass                      | <i>Annexure-I</i>                                  |
| 2       | Structure and Functions of Sports Bodies/ Organisations | DSC-II               | 4             | 0          | 3 | 1 | Class XII Pass                      | <i>Annexure-II</i>                                 |

## Appendix 4

## SYLLABUS OF DISCIPLINE SPECIFIC CORE PAPERS (DSC)

## SEMESTER-1

B.A.-PE-DSC-1-(4)-1.1- HISTORY AND FOUNDATIONS OF PHYSICAL EDUCATION

M.M.: 100

No. of Credits: 04 (Theory)

Theory: 60 Hours

**Objective:** To provide the knowledge of historical development of physical education and sports and to familiarize the students with the philosophical, biological, psychological and sociological foundations of physical education.

**Learning Outcomes of the Paper:**

1. The learners will be able to conceptualize about physical education and sports.
2. The learners will develop the factual knowledge of the existing various terminologies and information.
3. The learners will be able to comprehend the historical perspectives and recent developments in the field of physical education and sports.
4. The learners will be able to understand the multi-disciplinary foundations of physical education and sports.

**Unit-1: Introduction to Physical Education and Sports and General Awareness (15 Hours)**

1. Meaning and Definition of Physical Education
2. Aim and Objectives of Physical Education
3. Physical Education as an Art and/or Science
4. Significance of Physical Education in the Modern Society
5. Meaning and Definition of Sports, Types of Sports—Individual, Team, Combative, Recreational etc.

**Unit-2: Growth and Development of Physical Education and Sports (15 Hours)**

1. History of Physical Education and Sports in the World : Greece, Rome, Sweden, Germany and Denmark
2. Growth and Development of Physical Education in India (Pre and post-Independence)
3. Various Schemes for Promotion of Sports in India

**Unit-3: Major Competitions at National and International Level (15 Hours)**

1. Major Sports Competitions at International Level: Olympics Games (Summer, Winter and Paralympics), Asian Games, Commonwealth Games, SAF Games, World Cups, World Universities
2. Major Sports Competitions at National Level: National Games, Khelo India University Games (KIUG), Khelo India Youth Games (KIYG), Inter-University (All India & Zonal) Competitions, National Championships
3. Prominent Honours and Awards in Games and Sports in India, Different Cups and Trophies at National and International level in different Sports
4. Structure and functions of regulatory bodies of various games and sports at International level—International Olympic Committee (IOC), International Sports Federations (ISFs), International Cricket Council (ICC), World Anti-Doping Agency (WADA)

**Unit-4: Foundations of Physical Education (15 Hours)**

1. Philosophical Foundations of Physical Education: Idealism, Pragmatism, Naturalism, Realism
2. Biological Foundations of Physical Education: Growth and Development, Age and Gender Characteristics, Body Types, Anthropometric differences

3. Psychological Foundations of Physical Education: Learning types, Learning Curves, Laws of Learning, Attitude, Interest, Cognition, Emotions and Sentiments
4. Sociological Foundations of Physical Education: Society and Culture, Social Acceptance and Recognition, Leadership, Social Integration and Cohesiveness

**SUGGESTED READINGS**

1. Graham, G. (2001), Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M.L. & Singh, M. K. (2006), Physical Education (Naveen Publications).
3. Lau, S.K. (1999), Great Indian players, New Delhi, Sports Publications
4. Lumpkin, A. (2007), Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, U.S.A.
5. Shaffer, D.R. (2002), Developmental Psychology: Childhood and Adolescence. Thomson, Sydney, Australia.
6. Sharma K. (2014), *Sharirik Shiksha Ka Itihas*, Friends Publications (India), New Delhi.
7. Siedentop, D. (2004), Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
8. Singh, A. et.al. (2000), Essentials of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
9. Wuest, D.A. & C.A. Bucher (2006), Foundations of Physical Education, Exercise Science, and Sports. McGraw Hill Companies, Inc., New York, USA.

## SEMESTER-1

B.A.-PE-DSC-1-(4)-1.2-STRUCTURE AND FUNCTIONS OF SPORTS BODIES/  
ORGANISATIONS

M.M.: 100

No. of Credits: 04 =(3Th+1Pr)

Total Theory: 45 hrs, Practical= 30 hrs

**Objective:** To familiarize the students with the major sports competitions, professional training institutions in India along with the structure and functions of various sports bodies/ organizations.

**Learning Outcomes of the Paper:**

1. The learners will know about the existing sports competitions in India and the world.
2. The learners will develop the factual knowledge about the professional preparation in the field of physical education and sports in India.
3. The learners will be acquainted with the organization structure of various sports bodies.
4. The learners will be able to develop an understanding of the functioning of various sports bodies/ organizations at national and international level.

**THEORY****Unit-1: Major Sports Competitions at International and National Level****(10 Hours)**

1. Olympic Games (Summer, Winter and Paralympics)
2. Asian Games, Commonwealth Games, SAF Games,
3. World Cups, World Universities, World Championships
4. National Games, National Championships
5. Khelo India University Games (KIUG), Inter-University (All India & Zonal) Competitions
6. Major International and National League Tournaments

**Unit-2: Institutes for Professional Preparation of Physical Education and Sports in India****(10 Hours)**

1. Young Men Christian Association (YMCA)
2. Lakshmbai National Institute of Physical Education (LNIPE)
3. Indira Gandhi Institute of Physical Education and Sports Sciences (IGIPSS)
4. Hanuman Vyayam Prasarak Madal, Amravati (HVPM)
5. Sports Authority of India (SAI)
6. Netaji Subhash National Institute of Sports (NSNIS)

**Unit-3: Structure and Functions of International Sports Bodies/ Organizations****(10 Hours)**

1. International Olympic Committee (IOC)
2. International Paralympic Committee (IPC)
3. Olympic Council of Asia (OCA)
4. Commonwealth Games Federation (CGF)
5. South Asian Federation Games (SAFG)
6. International Sports Federations (ISFs)
7. International University Sports Federation (FISU)
8. World Anti-Doping Agency (WADA)

**Unit-4: Structure and Functions of National Sports Bodies/ Organizations****(15 Hours)**

1. Indian Olympic Association (IOA)
2. Ministry of Youth Affairs and Sports (MYAS)
3. Sports Authority of India (SAI)
4. Association of Indian Universities (AIU)
5. National Sports Federations (NSFs)

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Department of Physical Education



6. National Anti-Doping Agency (NADA)

**PRACTICAL:**

**(30 Hours)**

1. Visit to organizations and preparations of at least two reports.

**SUGGESTED READINGS**

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10. Websites of concerned organizations.

HEAD

Department of Physical Education  
and Sports Sciences  
University of Lucknow  
B-Block, Vikaspuri,  
New Delhi-110018

**UNIVERSITY OF DELHI****BA (Prog) Physical Education in the field of Multidisciplinary Studies****(Minor)****(SEMESTER-I)**

based on

Undergraduate Curriculum Framework 2022 (UGCF)

(Effective from Academic Year 2022-23)

**DSC**

| Sl. No. | Course Title                                  | Nature of the Course | Total Credits | Components |   |   | Eligibility Criteria/ Pre-requisite | Contents of the Course & References may be seen at |
|---------|---|----------------------|---------------|------------|---|---|-------------------------------------|--|
|         |   |                      |               | L          | T | P |                                     |  |
| 1       | History and Foundations of Physical Education | DSC-1                | 4             | 4          | 0 | 0 | Class XII Pass                      | <i>Annexure-I</i>                                  |



## Appendix 4

## SYLLABUS OF DISCIPLINE SPECIFIC CORE PAPERS (DSC)

## SEMESTER-1

B.A.-PE-DSC-1-(4)-1.1- HISTORY AND FOUNDATIONS OF PHYSICAL EDUCATION

M.M.: 100

No. of Credits: 04 (Theory)

Theory: 60 Hours

**Objective:** To provide the knowledge of historical development of physical education and sports and to familiarize the students with the philosophical, biological, psychological and sociological foundations of physical education.

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1. Major Sports Competitions at International Level: Olympics Games (Summer, Winter and Paralympics), Asian Games, Commonwealth Games, SAF Games, World Cups, World Universities
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**UNIVERSITY OF DELHI****Subject : Physical Education****(SEMESTER-I)**

based on

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**Generic Electives**

| Sl. No. | Course Title                      | Nature of the Course | Total Credits | Components |   |   | Eligibility Criteria/ Pre-requisite | Contents of the Course & References may be seen at |
|---------|-----------------------------------|----------------------|---------------|------------|---|---|-------------------------------------|--|
|         |                                   |                      |               | L          | T | P |                                     |  |
| 1       | Sports and Leisure and Recreation | GE                   | 4             | 3          | 0 | 1 | Class XII Pass                      | <i>Annexure-I</i>                                  |

## Semester-1

### B.A.-PE-GE-(4)-1.1-SPORTS FOR LEISURE AND RECREATION

MM: 100

Credit: 4 - (Theory 3, Practical-1)

Theory: 45 hours teaching

Practical: 30 hours

#### **PART-A Theory (45 Hours)**

##### **UNIT I – FOUNDATION**

**(15 Hours)**

1. Definition and concept of Leisure, sports and recreation
2. Importance of Leisure, sports and recreation in community or society
3. Relationship between recreation and personal well being

##### **UNIT II – SPORTS AND RECREATION MANAGEMENT**

**(15 Hours)**

1. Communication and Public Relations in Sports - Working with volunteers and other human resources etc.
2. Risk management and insurance applied to sports and recreation organizations
3. Types of recreational activities (public/commercial/corporate/therapeutic activity /outdoor programmers, Intramural activities, Club sports, Leadership programmers

##### **UNIT III – PROGRAMME DEVELOPMENT & FIELD EXPERIENCE (15 Hours)**

1. Sustainability and eco-recreation
2. Issues or problems related to leisure, sports and recreation activities for individual and society

#### **PART-B: PRACTICAL**

**(30 Hours)**

1. Recreation for different groups of people
2. Gender specific recreation
3. Excursion Tour