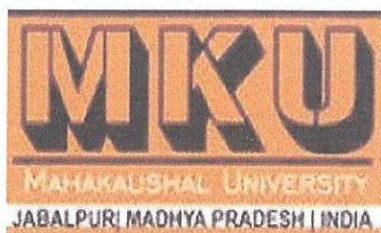


# **MAHAKAUSHAL UNIVERSITY, JABALPUR**

**As per model syllabus of U.G.C. New Delhi, drafted  
by Central Board of Studies and Approved by Higher  
Education and the Governor M.P.**

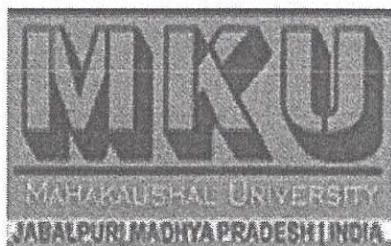


**कला एवं समाज विज्ञान संकाय**

**Faculty of Art & Social Science  
Syllabus & Prescribed Books  
Subject-Physical Education  
B.A. Semester Examination**

**MAHAKAUSHAL UNIVERSITY,**

**JABALPUR M.P.**



# **SYLLABUS**

NEP

B.A.

**MAHAKAUSHAL UNIVERSITY,**

**JABALPUR M.P.**

**BPED0101-T — Health and Yoga (Major, 6 Credits)**

**Unit I:** Concept of Health, Dimensions of Health, Lifestyle & Wellness

**Unit II:** Fundamentals of Yoga, History & Philosophy

**Unit III:** Yogic Practices — Asana, Pranayama, Kriya, Mudra

**Unit IV:** Yoga for Stress Management & Disease Prevention

**Unit V:** Yoga Therapy & Mental Health

**References:**

- Iyengar, B.K.S. *Light on Yoga*
  - NCERT Health & Physical Education
  - Swami Kuvalayananda — Yoga texts
-

**BPED0102-T — Principles of Physical Education (Minor, 6 Credits)**

**Unit I:** Meaning, Scope & Objectives of Physical Education

**Unit II:** Principles of Growth & Development

**Unit III:** Physical Fitness & Training Principles

**Unit IV:** Methods of Teaching Physical Education

**Unit V:** Olympic Movement & Ethics in Sports

**References:**

- A.K. Uppal — Foundations of Physical Education
  - Nixon & Cozens — Introduction to Physical Education
-

**BPED0101-P — Yoga Asana Lab (Major, 6 Credits)**

**Unit I:** Loosening Exercises & Surya Namaskar

**Unit II:** Standing & Sitting Asanas

**Unit III:** Prone & Supine Asanas

**Unit IV:** Pranayama & Meditation Practices

**Unit V:** Practical Teaching & Demonstration

**References:**

- Ministry of AYUSH Yoga Manual
  - Iyengar — Light on Yoga
-

**BPED0102-P — Health & Physical Education Lab (Minor, 2 Credits)**

**Unit I:** Physical Fitness Tests

**Unit II:** BMI & Health Assessment

**Unit III:** Basic Conditioning Drills

**Unit IV:** Posture & Flexibility Tests

**Unit V:** Lab Records & Evaluation

**References:**

- AAHPER Fitness Test Manual
  - ACSM Fitness Guidelines
-

**BPED0201-T — Elements of Physical Education (Major, 2 Credits)**

**Unit I:** Components of PE

**Unit II:** Motor Learning Basics

**Unit III:** Rules & Skills Structure

**Unit IV:** Training Load Concepts

**Unit V:** Safety in PE

**References:** A.K. Uppal; NCERT PE

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**BPED0202-T — Sports Organization & Management (Minor, 6 Credits)**

**Unit I:** Sports Organization Structure

**Unit II:** Planning & Budgeting

**Unit III:** Event Management

**Unit IV:** Facilities & Equipment

**Unit V:** Leadership & Administration

**References:**

- L.M. Prasad — Sports Management
  - Zeigler — Management in PE
-



**BPED0203-P — Athletics Practical (Major, 2 Credits)**

*(100m, 200m, 400m, 800m)*

**Unit I:** Track Rules & Marking

**Unit II:** Sprint Start & Finish

**Unit III:** Middle Distance Technique

**Unit IV:** Training Drills

**Unit V:** Timing & Officiating

**References:** World Athletics Rule Book

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**BPED0204-P — Games Practical (Minor, 2 Credits)**

*(Badminton, Chess)*

**Unit I:** Rules & Layout

**Unit II:** Badminton Skills

**Unit III:** Match Play

**Unit IV:** Chess Rules & Strategy

**Unit V:** Tournament Practice

**References:** BWF Rules; FIDE Handbook

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**BPED0301-T — Sports Event & Track and Field (Major, 6 Credits)**

**Unit I:** Event Planning

**Unit II:** Track Events

**Unit III:** Field Events

**Unit IV:** Officiating

**Unit V:** Meet Management

**References:** World Athletics Manual

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**BPED0302-T — Health Fitness & Wellness (Minor, 6 Credits)**

**Unit I:** Fitness Components

**Unit II:** Nutrition Basics

**Unit III:** Exercise Prescription

**Unit IV:** Wellness Models

**Unit V:** Lifestyle Diseases

**References:** ACSM Guidelines

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**BPED0303-P — Athletics Practical (Major, 2 Credits)**

*(4×100, 4×400 Relay)*

**Unit I:** Baton Exchange

**Unit II:** Relay Zones

**Unit III:** Team Coordination

**Unit IV:** Practice Races

**Unit V:** Officiating

**References:** World Athletics

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**BPED0304-P — Games Practical (Minor, 2 Credits)**

*(Cricket, Kabaddi)*

**Unit I:** Rules

**Unit II:** Skills Practice

**Unit III:** Tactics

**Unit IV:** Match Play

**Unit V:** Scoring

**References:** ICC; AKFI Rules

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**BPED0401-T — Anatomy & Exercise Physiology (Major, 6 Credits)**

**Unit I:** Cell & Tissue

**Unit II:** Muscular System

**Unit III:** Cardiovascular System

**Unit IV:** Respiratory System

**Unit V:** Exercise Response

**References:**

- Guyton — Physiology
  - Fox — Exercise Physiology
-

**BPED0402-T — Sports Physiology & Recreation (Minor, 6 Credits)**

**Unit I:** Work Physiology

**Unit II:** Fatigue & Recovery

**Unit III:** Energy Systems

**Unit IV:** Recreation Concepts

**Unit V:** Recreational Programs

**References:** Fox & Mathews

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**BPED0403-P — Athletics Practical (Major, 2 Credits)**

*(Long Jump, High Jump)*

**Units:** Approach, Takeoff, Flight, Landing, Measurement

**References:** World Athletics

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**BPED0404-T — Games Practical (Minor, 2 Credits)**

*(Basketball, Kho-Kho)*

**Units:** Skills, Rules, Strategy, Match, Officiating

**References:** FIBA; Kho-Kho Federation

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**BPED0501-T — Sports Psychology (Major, 6 Credits)**

**Unit I:** Introduction

**Unit II:** Motivation

**Unit III:** Learning & Skill Acquisition

**Unit IV:** Anxiety & Stress

**Unit V:** Psychological Training

**References:**

- Weinberg & Gould — Sports Psychology
-

**BPED0502-P — Athletics Practical (Major, 6 Credits)**

*(Discus, Hammer, Javelin)*

**Units:** Grip, Technique, Safety, Practice, Measurement

**References:** World Athletics Manual

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**BFWF0501-P — Field Work (Major, 0 Credit)**

**Units:** Field Survey, Coaching Support, Event Help, Reporting, Viva

**References:** University Field Work Guide

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**BPED0601-T — Management of Sports & PE (Major, 6 Credits)**

**Units:** Admin, Finance, HR, Facilities, Policy

**References:** Sports Management — Zeigler

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**BPED0602-P — Games Practical (Major, 6 Credits)**

*(Football, Lawn Tennis)*

**Units:** Skills, Rules, Tactics, Match, Officiating

**References:** FIFA; ITF Rules

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**BFWF0601-P — Internship (Major, 0 Credit)**

**Units:** School/Academy Internship, Coaching, Reporting, Evaluation, Viva

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**BPED0701-T — First Aid & Personal Hygiene (Major, 6 Credits)**

**Units:** First Aid Basics, CPR, Injury Care, Hygiene, Emergency Response

**References:** Red Cross First Aid Manual

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**BPED0702-T — Athletic Injuries & Physiotherapy (Minor)**

**Units:** Types of Injuries, Prevention, Rehab, Taping, Physio Modalities

**References:**

- Arnheim — Sports Injury Management
- -----

## **BPED0703-P — Games (Practical): Powerlifting, Volleyball, Table Tennis**

### **Unit I: Rules, Equipment & Safety**

- Platform/court layout
- Safety precautions
- Basic rules of all three games
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### **Unit II: Powerlifting Skills**

- Squat, Bench Press, Deadlift techniques
- Spotting & loading rules
- Attempt system
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### **Unit III: Volleyball Skills**

- Service, passing, setting, spiking
- Team rotation
- Match play

### **Unit IV: Table Tennis Skills**

- Grip, serve, spin, strokes
- Singles & doubles rules

### **Unit V: Officiating & Practical Evaluation**

- Judging signals
- Score sheets
- Practice competition

### **References:**

- International Powerlifting Federation Rulebook
  - FIVB Volleyball Rules
  - ITTF Table Tennis Handbook
  - Uppal, A.K. — Physical Education
-

**BFWF0701-P — Field Work / Minor Project (2 Credits)**

**Unit I:** Project Planning & Topic Selection

**Unit II:** Field Data Collection in Sports/PE Settings

**Unit III:** Observation & Coaching Assistance

**Unit IV:** Report Writing & Documentation

**Unit V:** Project Presentation & Viva

**References:**

- Research Methods in Physical Education — Clarke & Clarke
  - Best — Research in Education
-

**BPED0801-T — Kinesiology and Biomechanics in Sports (Major, 6 Credits)**

**Unit I: Introduction to Kinesiology & Biomechanics**

- Human movement concepts
- Planes & axes

**Unit II: Muscular & Skeletal Mechanics**

- Joint actions
- Muscle contraction

**Unit III: Laws of Motion & Force**

- Newton's laws
- Levers in sports

**Unit IV: Motion Analysis in Sports Skills**

- Running, jumping, throwing analysis

**Unit V: Biomechanical Principles in Performance & Injury Prevention**

**References:**

- Uppal, A.K. — Kinesiology & Biomechanics
  - Hay — Biomechanics of Sports Techniques
  - McGinnis — Biomechanics of Sport
-

**BPED0802-T — Physiotherapy and Sports (Minor, 0 Credit)**

**Unit I:** Introduction to Sports Physiotherapy

**Unit II:** Exercise Therapy Basics

**Unit III:** Electrotherapy Modalities

**Unit IV:** Rehabilitation Principles

**Unit V:** Return-to-Play Guidelines

**References:**

- Arnheim — Sports Injury Management
  - Kisner & Colby — Therapeutic Exercise
-

**BPED0803-P — Games (Practical): Weightlifting, Aquatics, Squash (Major, 6 Credits)**

**Unit I: Rules & Safety Measures**

**Unit II: Weightlifting Techniques**

- Snatch, Clean & Jerk
- Platform safety

**Unit III: Aquatics Skills**

- Basic strokes
- Water safety & rescue

**Unit IV: Squash Skills**

- Grip, drive, serve, rally

**Unit V: Officiating & Practical Test**

**References:**

- International Weightlifting Federation Rules
  - World Aquatics Guidelines
  - World Squash Federation Rules
-

**BFWF0801-P — Major Research Project (6 Credits)**

**Unit I:** Research Design & Proposal Writing

**Unit II:** Data Collection Methods

**Unit III:** Testing & Measurement in PE

**Unit IV:** Data Analysis & Interpretation

**Unit V:** Dissertation & Viva Voce

**References:**

- Thomas & Nelson — Research Methods in Physical Activity
  - Best & Kahn — Research in Education
-



## **Skill Enhancement Courses (SEC-SB)**

### **BPED0101SB-T — Fitness Trainer (4 Credits)**

**Unit I:** Fitness Concepts & Components

**Unit II:** Gym Equipment Use

**Unit III:** Exercise Prescription

**Unit IV:** Client Assessment

**Unit V:** Personal Training Practice

**References:** ACSM Fitness Manual

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**BPED0102SB-T — Sports Coach (4 Credits)**

**Unit I:** Coaching Principles

**Unit II:** Training Planning

**Unit III:** Skill Teaching Methods

**Unit IV:** Talent Identification

**Unit V:** Ethics in Coaching

**References:**

- Martens — Successful Coaching
-

**BPED0103SB-T — Yogic Practices & Stress Management (4 Credits)**

**Unit I:** Stress Concepts

**Unit II:** Yogic Asanas for Stress

**Unit III:** Pranayama & Meditation

**Unit IV:** Relaxation Techniques

**Unit V:** Yoga Lifestyle

**References:**

- Iyengar — Light on Yoga
  - Ministry of AYUSH Manuals
-

**BPED0104SB-T — First Aid, Injury Management & Sports Massage (4 Credits)**

**Unit I:** First Aid Basics

**Unit II:** Sports Injuries Care

**Unit III:** Bandaging & Taping

**Unit IV:** Sports Massage Techniques

**Unit V:** Emergency Response

**References:**

- Red Cross First Aid Guide
  - Arnheim — Sports Injury Management
-

**BPED0105SB-T — Fitness Training & Conditioning (4 Credits)**

**Unit I:** Conditioning Principles

**Unit II:** Strength & Endurance Training

**Unit III:** Flexibility & Speed

**Unit IV:** Periodization

**Unit V:** Testing & Monitoring

**References:**

- Bompa — Periodization Training
- ACSM Conditioning Guidelines

## **BA Physical Education – Department Specific Elective (DSE)**

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### **DSE-I — BPED0101D-T — Health and Physiology (4 Credits)**

#### **Unit I: Concept of Health**

- Dimensions of health
- Wellness and lifestyle
- Determinants of health

#### **Unit II: Basic Human Physiology**

- Cell, tissue, organ systems
- Homeostasis

#### **Unit III: Exercise Physiology**

- Cardiovascular & respiratory response to exercise
- Muscular adaptations

#### **Unit IV: Nutrition & Energy Systems**

- Macro and micronutrients
- Energy metabolism in activity

#### **Unit V: Health Promotion**

- Preventive health
- Physical activity guidelines

#### **References:**

- Guyton & Hall — *Textbook of Medical Physiology*
  - Fox & Mathews — *Exercise Physiology*
  - ACSM Guidelines
-

**DSE-II — BPED0103D-T — Health Education and Safety Education (4 Credits)**

**Unit I: Health Education Concepts**

**Unit II: School Health Programs**

**Unit III: Safety Education Principles**

**Unit IV: Accident Prevention**

**Unit V: Community Health & First Response**

**References:**

- Park — *Preventive and Social Medicine*
  - WHO School Health Manuals
-

**DSE-II — BPED0104D-T — Health Education (4 Credits)**

**Unit I: Dimensions of Health Education**

**Unit II: Nutrition & Hygiene**

**Unit III: Communicable & Lifestyle Diseases**

**Unit IV: Mental Health Education**

**Unit V: Health Campaigns & Awareness**

**References:**

- Park — *Preventive and Social Medicine*
  - NCERT Health Education Texts
-



**DSE—III — BPED0105D-T — Physical Education for Divyang (Adapted PE) (4 Credits)**

**Unit I: Concept of Adapted Physical Education**

**Unit II: Types of Disabilities**

**Unit III: Adapted Activities & Games**

**Unit IV: Inclusive Teaching Methods**

**Unit V: Assessment & Program Planning**

**References:**

- Sherrill — *Adapted Physical Education and Sport*
  - Winnick — *Adapted Physical Education*
-

**DSE—III — BPED0106D-T — Sports Training and Performance (4 Credits)**

**Unit I: Principles of Sports Training**

**Unit II: Training Components**

- Strength, endurance, speed

**Unit III: Training Methods**

- Interval, circuit, continuous

**Unit IV: Periodization**

**Unit V: Performance Monitoring**

**References:**

- Bompa — *Theory and Methodology of Training*
  - Dick — *Sports Training Principles*
-

**DSE–IV — BPED0107D-T — Test, Measurement and Evaluation (4 Credits)**

**Unit I: Concepts of Test & Measurement**

**Unit II: Physical Fitness Tests**

**Unit III: Skill & Motor Ability Tests**

**Unit IV: Anthropometric Measurements**

**Unit V: Evaluation & Grading**

**References:**

- Johnson & Nelson — *Measurement in PE*
  - Kansal — *Test and Measurement in Sports*
-

## **DSE–IV — BPED0108D-T — Research Methods and Statistics (4 Credits)**

### **Unit I: Research Basics**

- Types of research
- Research design

### **Unit II: Data Collection Methods**

### **Unit III: Sampling Techniques**

### **Unit IV: Basic Statistics**

- Mean, median, SD

### **Unit V: Report Writing & Interpretation**

### **References:**

- Thomas & Nelson — *Research Methods in Physical Activity*
- Best & Kahn — *Research in Education*
- Garrett — *Statistics in Psychology & Education*