

UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE' UNIVERSITY)
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

NOTIFICATION (20/Nov. /Adp/41)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the Syllabi and Courses of Study in the subject of **Physical Education** for Semester III and IV under the **Choice Based Credit System** at the Undergraduate level (as given in the Annexure) for the examinations to be held in the years indicated against each semester as under:-

Subject	Semester	for the examinations to be held in the year
Physical Education	Semester-III	Dec. 2020, 2021 and 2022
	Semester-IV	May 2021, 2022 and 2023

The Syllabi of the courses is available on the University website: www.jammuuniversity.ac.in.

Sd/-
DEAN ACADEMIC AFFAIRS

No. F.Acd/II/20/3199-3248
Dated: 9-11-2020

Copy to:

- 1) Dean, Faculty of Education
- 2) HOD/Convener, Board of Studies in Physical Education
- 3) All members of the Board of Studies
- 4) C.A. to the Controller of Examinations
- 5) Director, Computer Centre, University of Jammu
- 6) Asst. Registrar (Conf. /Exams. UG)
- 7) Incharge University Website for necessary action please

Sumithaama
5/11/2020
Deputy Registrar (Academic)

4/11
09/11/2020
10/11/20

SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN DEC 2020, 2021, 2022

SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
CHOICE BASED CREDIT SYSTEM (CBCS)

CORE COURSE -UPETC-301
TITLE: HEALTH EDUCATION
MAX MARKS: 100
1) External (University exam):80
2) Internal assessment: 20

CREDITS: 4

MINIMUM PASS MARKS
External : 29
Internal: 07

Duration of Exam:
1) External: 2½ hours
2) Internal: 1 hour

Health Education

Unit- I: Introduction

- 1.1. Definition, aim, objectives and principles of Health Education.
- 1.2. Concept, definition and dimension of Health.
- 1.3. Health Agency- World Health Organization (WHO),
- 1.4. School Health Program- Health Service, Health Instruction, Health Supervision and Health Record.

UNIT-II: Nutrition and Obesity

- 2.1 Meaning of Nutrition, Micro and Macro-nutrients.
- 2.2 Concept and components of Balanced diet.
- 2.3 Balanced diet plan for the school going children
- 2.4 Causes, complications and prevention of Obesity.

Unit- III: Health Problems in India- Prevention and Control

- 3.1. Communicable Diseases- Measles, Hepatitis-A, B, HIV AIDS, Tuberculosis.
- 3.2. Non-communicable Diseases-Diabetes,.
- 3.3. Define Posture and benefits of correct posture
- 3.4. Posture deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.

Unit- IV: Sports Injuries and First-aid Management

- 4.1 Common Sports Injuries and their classification.
- 4.2 Common Sports injuries- Sprain, Strain, Fracture and Dislocation.
- 4.3 Causes and Management of sports injuries. 4.4 First aid- Meaning, definition, importance of First-aid.
- 4.5 First-aid for dog bite, snake bite, burns, electric shock, choking, drowning and CPR.

Note:

- Each theory paper/ course shall be of 100 marks.
- 20% of which shall be reserved for internal assessment.
- 80% of which shall be reserved for external examinations to be conducted by the University/Colleges
- The External examinations in theory shall consist of the following:

1. Five (5) short answers to the questions representing all units/ syllabi i.e. at least one from each unit (without detail explanation having 70 to 80 words in approximately 6 minutes and having 3 marks for each answer to the question **(All Compulsory)**).
2. Five (5) medium answers to the questions representing all units/ syllabi i.e. at least one from each unit (with explanation having 250-300 words in approximately 12 minutes and having 7 marks for each answer to the question **(All Compulsory)**).
3. Four / Five (4/5) long answers to the questions **(two to be attempted)** representing whole of the syllabi with detailed analysis/explanation/critical evaluation/solution to the stated problems within 500-600 words in approximately 30 minutes and having 15 marks each answer to the question.

FIRESH

Santh vaid

Rajneer

SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN DEC 2020, 2021, 2022

SEMESTER-III

CORE COURSE -UPETC-301
TITLE: HEALTH EDUCATION

SUGGESTED READINGS

1. Bucher, Charles A. "Administration of Health and Physical Education Programme".
2. Delbert, Oberteuffer, et al." The School Health Education".
3. Ghosh, B.N. "Treaties of Hygiene and Public Health".
4. Hanlon, J. J. "Principles of Public Health Administration".
5. Turner, C.E. "The School Health and Health Education".
6. Moss et al. "Health Education" (National Education Association of U.T.A.).
7. Nemir A. "The School Health Education" (Harber and Brothers, New York).
8. Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
9. Boyd-Eaton S. et al. "The Stone Age Health Programme: Diet and Exercise as Nature Intended". Angus and Robertson.
10. Singh, A. "Essentials of Physical Education".








SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN DEC 2020, 2021, 2022

SEMESTER-III

PRACTICAL COURSE

CORE COURSE -UPEPC-302
Total Marks: 50

CREDITS: 2
External Practical: 25
Internal Practical: 25

ATHLETICS AND GAMES

1. Athletics

i) Event (Discuss Throw & Sprints):

- (a) Introduction of event and brief history.
- (b) Basic skills and techniques.
- (c) IAAF rules and regulations.
- (d) Equipment required for the event.
- (e) Teaching stages of the event
- (f) Participation on the competition.

2. Game

ii) Football / Wrestling (Anyone)

- (a) History of the game.
- (b) Equipment required in the game.
- (c) Fundamental skills and lead-up games
- (d) Techniques, strategies and system of play.
- (e) Rules and regulations of the game.
- (f) National and International tournaments associated with the game.
- (g) Awards associated with the game.
- (h) Participation on the competition

Details of Practical

Classes: 2 classes of 2 hrs. each per week

<p><u>Internal Practical = 25 marks</u></p> <p>a) Performance test : 15 marks</p> <p>b) Viva Voce : 05 marks</p> <p>c) Attendance :05 marks</p>	<p><u>External Practical = 25 marks</u></p> <p>a) Performance test : 20 marks</p> <p>b) Viva Voce : 05 marks</p>
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SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN DEC 2020, 2021, 2022

SEMESTER-III
SUBJECT: PHYSICAL EDUCATION
CHOICE BASED CREDIT SYSTEM (CBCS)

SKILL ENHANCEMENT COURSE
THEORY COURSE (UPETS-303)
TITLE: GUIDANCE OF TRACK AND FIELD EVENTS

CREDITS: 2

TOTAL MARKS: 100

- 1) External Theory:40 Marks
- 2) Internal assessment Theory: 10 Marks

Duration of Exam:

- 1) External: 2 hours
- 2) Internal: 1 hours

A) Theory

TRACK AND FIELD; Jumping Events (Long Jump, High Jump, Triple Jump) (50 MARKS)

- a) Marking of Jumping Events
- b) Officiating of Jumping Events
- c) Filing of Score Sheets
- d) Brief History and Records of Jumping Events.

PRACTICAL COURSE (UPE PS-304)

CREDITS : 2

B) Practical

TRACK AND FIELD; Jumping Events (Long Jump, High Jump, Triple Jump) (50 MARKS)

- a) Marking of Jumping Events
- b) Officiating of Jumping Events
- c) Filing of Score Sheets
- d) Proficiency in Jumping Events.

Note

- Each theory paper/ course shall be of 50 marks.
- 20% of which shall be reserved for internal assessment.
- 80% of which shall be reserved for external examinations to be conducted by the University/Colleges
- The External examinations in theory shall consist of the following:
 1. Three (3) short answers to the questions having 40 to 60 words carrying 3 marks for each answer to the question.(All Compulsory).
 2. Three (3) medium answers to the questions (with explanation having 100-160 words carrying 5 marks for each answer to the question(All Compulsory).
 3. Four (4) long answers to the questions (two to be attempted) within 250-300 words carrying 8 marks for each answer to the question.

Practical Part

Internal Practical = 25 marks	External Practical = 25 marks
a) Performance test : 15 marks	a) Performance test : 20 marks
b) Viva Voce : 05 marks	b) Viva Voce : 05 marks
c) Attendance :05 marks	

SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN MAY 2020, 2021, 2022

SEMESTER-IV
SUBJECT: PHYSICAL EDUCATION
CHOICE BASED CREDIT SYSTEM (CBCS)

R

Vivek

Prakash

Santhosh

Rajesh

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SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN MAY ~~2020~~, 2021, 2022 & 2023

SEMESTER-IV
SUBJECT: PHYSICAL EDUCATION
CHOICE BASED CREDIT SYSTEM (CBCS)

CORE COURSE -UPETC-401

TITLE: SPORTS TRAINING

MAX MARKS: 100

1) External (University exam):80

2) Internal assessment: 20

CREDITS: 4

MINIMUM PASS MARKS

External : 29

Internal: 07

Duration of Exam:

1) External: 2½ hours

2) Internal :1 hour

Sports Training

Unit- I: Introduction

- 1.1. Meaning and definition of Sports Training.
- 1.2. Aim and characteristics of Sports Training.
- 1.3. Principles of Sports Training.
- 1.4. Importance of Sports Training.

Unit- II: Physical Fitness & its components

- 2.1 Strength- Meaning, types and methods of strength development.
- 2.2 Speed- Meaning, types and methods of speed development.
- 2.3 Endurance- Meaning, types and methods of endurance development.
- 2.4 Flexibility- Meaning, types and methods of flexibility development.

Unit- III: Load and Adaptation

- 3.1 Training Load- Meaning, definition, types and factors of training load.
- 3.2 Components of training load.
- 3.3 Over Load- Meaning, causes, symptoms and tackling of over load.
- 3.4 Adaptation- Meaning and conditions of adaptation.

Unit- IV: Principles of Training and Periodization

- 4.1. Training- Concept of Training and its principles.
- 4.2. Training Methods- Circuit Training, Interval Training, Weight Training.
- 4.3. Periodization- Meaning, types, aim and contents of different periods.
- 4.4. Warming up and Cooling down.

Note:

- Each theory paper/ course shall be of 100 marks.
- 20% of which shall be reserved for internal assessment.
- 80% of which shall be reserved for external examinations to be conducted by the University/Colleges
- The External examinations in theory shall consist of the following:

1. Five (5) short answers to the questions representing all units/ syllabi i.e. at least one from each unit (without detail explanation having 70 to 80 words in approximately 6 minutes and having 3 marks for each answer to the question **(All Compulsory)**).
2. Five (5) medium answers to the questions representing all units/ syllabi i.e. at least one from each unit (with explanation having 250-300 words in approximately 12 minutes and having 7 marks for each answer to the question **(All Compulsory)**).
3. Four / Five (4/5) long answers to the questions **(two to be attempted)** representing whole of the syllabi with detailed analysis/explanation/critical evaluation/solution to the stated problems within 500-600 words in approximately 30 minutes and having 15 marks each answer to the question.

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SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN MAY ~~2020~~, 2021, 2022 & 2023
SEMESTER-IV

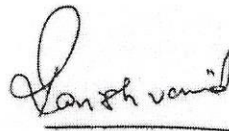
CORE COURSE -UPETC-401
TITLE: SPORTS TRAINING

SUGGESTED READINGS

1. Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
2. Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company.
3. Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book.
4. David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University.
5. Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics Hardayal.
6. Singh (1991) Science of Sports Training, New Delhi, DVS Publications.
7. Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia.
8. Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications.
9. YograjThani (2003), Sports Training, Delhi : Sports Publications
10. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, JagdishBains and Rachhpal Singh Brar.



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SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN MAY ~~2020~~, 2021, 2022 & 2023

SEMESTER-IV
SUBJECT: PHYSICAL EDUCATION
CHOICE BASED CREDIT SYSTEM (CBCS)

PRACTICAL COURSE

CORE COURSE -UPEPC-402

Total Marks: 50

CREDITS: 2

External Practical: 25

Internal Practical: 25

ATHLETICS AND GAMES

1. Athletics

i) Event (High Jump & Hurdles):

- (a) Introduction of event and brief history.
- (b) Basic skills and techniques.
- (c) IAAF rules and regulations.
- (d) Equipment required for the event.
- (e) Teaching stages of the event
- (f) Participation on the competition.

2. Game

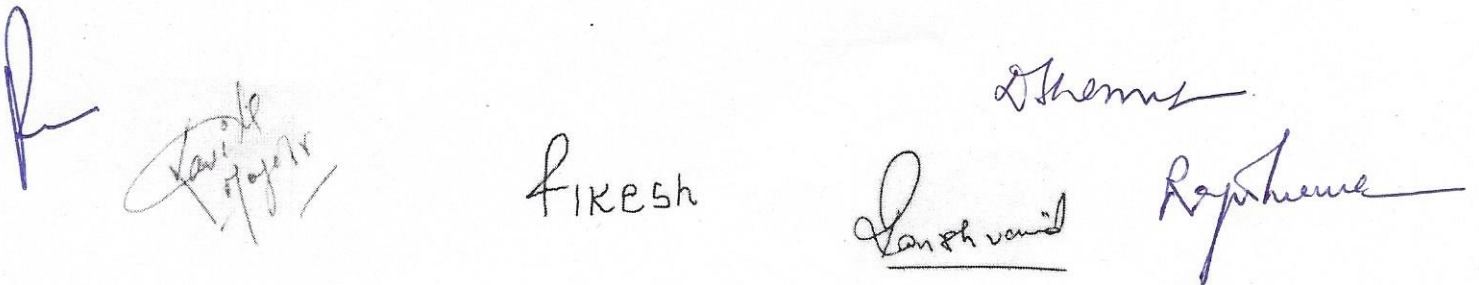
ii) Cricket / Boxing (Anyone)

- (a) History of the game.
- (b) Equipment required in the game.
- (c) Fundamental skills and lead-up games
- (d) Techniques, strategies and system of play.
- (e) Rules and regulations of the game.
- (f) National and International tournaments associated with the game.
- (g) Awards associated with the game.
- (h) Participation on the competition.

Details of Practical

Classes: 2 classes of 2 hrs. each per week

Internal Practical = 25 marks	External Practical = 25 marks
a) Performance test : 15 marks	a) Performance test : 20 marks
b) Viva Voce : 05 marks	b) Viva Voce : 05 marks
c) Attendance :05 marks	


A collection of handwritten signatures and names in blue ink. From left to right: a stylized signature, a signature that appears to be 'Vijay', the name 'VIRESH', a signature that appears to be 'Sankh vaid', the name 'Rajshree', and another signature.

SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN ~~DEC 2020~~, 2021, 2022 + 2023

SEMESTER-IV
SUBJECT: PHYSICAL EDUCATION
CHOICE BASED CREDIT SYSTEM (CBCS)

SKILL ENHANCEMENT COURSE
THEORY COURSE (UPETS-403)
TITLE: FUNDANMENTAL OF VOLLEYBALL GAME

CREDITS: 2

TOTAL MARKS: 100

1) External Theory: 40 Marks

2) Internal assessment Theory: 10 Marks

Duration of Exam:

- 1) External: 2 hours
- 2) Internal: 1 hours

A Theory

GAME-VOLLEYBALL

(50 MARKS)

- a) Marking of Volleyball court.
- b) Officiating of Volleyball
- c) Filing of Score Sheets
- d) Brief History and Records of Volleyball.

PRACTICAL COURSE (UPEPS-404)

CREDITS: 2

B) Practical

GAME-VOLLEYBALL

(50 MARKS)

- a) Marking of Volleyball court.
- b) Officiating of Volleyball
- c) Filing of Score Sheets
- d) Proficiency of any two skills of Volleyball.

- Each theory paper/ course shall be of 50 marks.
- 20% of which shall be reserved for internal assessment.
- 80% of which shall be reserved for external examinations to be conducted by the University/Colleges
- The External examinations in theory shall consist of the following:
 1. Three (3) short answers to the questions having 40 to 60 words carrying 3 marks for each answer to the question. **(All Compulsory).**
 2. Three (3) medium answers to the questions (with explanation having 100-160 words carrying 5 marks for each answer to the question) **(All Compulsory).**
 3. Four (4) long answers to the questions **(two to be attempted)** within 250-300 words carrying 8 marks for each answer to the question.

Practical Part

Internal Practical = 25 marks a) Performance test : 15 marks b) Viva Voce : 05 marks c) Attendance : 05 marks	External Practical = 25 marks a) Performance test : 20 marks b) Viva Voce : 05 marks
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