



SOPHIA GIRLS' COLLEGE (AUTONOMOUS), AJMER

Department of Physical Education
Sophia Girls' College (Autonomous), Ajmer

File Name: Course Plan Register
Faculty Name: Shahina Sherani



COURSE PLAN

U.G Programs

Session: 2021-22



(Foundation and history of physical education)

Max. Marks: 75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int)

Credit: 03

COURSE PLAN 2021-22

SEM I Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM I SEP- OCT	UNIT I 1. Physical Education: - Meaning, Definitions, Aims & Objectives of Physical Education.	Basic introduction to physical education	Quizzes Videos, PPT,	To develop the knowledge of Physical Education and assessment of physical fitness components.	<u>Knowledge Based</u> -What is the role of physical education? -What are the goals of physical education?	Knowledge--60 Understanding-30 Higher Order-10
	2. Physical Education Programme: Pre-Service Programme, Intramural Programme, Extramural Programme, Fitness & Recreational Programme.	Introduction to physical education program and fitness component	E- contents, video Tutorials, Discussion		<u>Understanding Based</u> -Classify the different level of extramural program? -Interpret the various programmes comes under recreational activities.	
	3. Importance of Physical Education. 4. Relationship of Physical Education with Education. 5. Physical Education an art & science.	Integration of physical education with other subjects and its importance in life	Flipped Classroom, online discussion		<u>Higher Order Thinking Skills Based</u> -Discuss the Various Education Policies.	
OCT. - NOV.	UNIT II 1. Division of ancient Period: - Indus Valley Civilization Period. (3250 BC – 2500 BC) - Vedic Period (2500 BC – 600 BC) - Hindu Period (600 BC –	Development of physical education and sports	PPT, Audio and Video Tutorials	To Discover the development of Physical Education and Sports in various period.		

fitness test for boys and girls, cross



	1000AD) - Medieval Period (1000 AD – 1757 AD)				
	- British Period (Before 1947) - Physical Education in India (After 1947)	Development of physical education program	PPT, Lecture		
	2. National Policies on Education with specific reference to 1986: Meaning and Objectives 3. Sports Authority of India (S.A.I.): Meaning, Objectives and Functions 4. Indian Olympic Association (I.O.A.): Introduction, Objectives and Committee	New schemes by govt. of India in the field of sports and sports associations.	PPT, E- content , Discussion		
DEC - JAN	UNIT III 1. Olympic Games	Ancient and modern Olympic games	Documentaries, Video & audio tutorials, Quizzes	To Enumerate interest in Physical Education & understand the motto of various international games.	
	2. Common wealth 3. Asian Games	History, committees & motto			
	4. S.A.F. Games 5. Indian National Games	History, committees & motto			
					- Discuss the development of games and sports.

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B.A. II (SEMESTER III)
PHYSICAL EDUCATION- (PAPER I) (PED-301)

(Kinesiology and Sports Biomechanics)

Max. Marks: 75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int)

Credit: 03

COURSE PLAN 2021-22

SEM III Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM III SEP. – OCT	1. Meaning and definition of kinesiology 2. Aims and objectives of kinesiology.	Understanding of kinesiology and its objectives	Audio & Video Tutorials, E- content, and Discussion	To evaluate the objectives of kinesiology and joint movements.	<u>Knowledge Based</u> -Define kinesiology and its importance in sports.	Knowledge--50 Understanding- 35 Higher Order- 15
	3. Importance of kinesiology for games and sports.	Role and implementation of kinesiology in sports	Flipped classroom, Discussion			
	4. Movements around joints: Flexion - Extension, Abduction – Adduction, Rotation –Circumduction, Pronation – Supination, Inversion – Eversion.	Understanding of movements around joints and range of motion.	PPT, Videos, Lecture – cum- demonstration		<u>Understanding Based</u> -Illustrate the movements around the joints.	
UNIT-II OCT – NOV	1. Meaning and definition of sports biomechanics. 2. Aims and objectives of sports biomechanics.	Understanding of sports biomechanics and its objectives	E- content, Audio & Video Tutorials	To analyze the objectives & importance of sports biomechanics.	<u>Higher Order Thinking Skills Based</u> -Interpret the role of levers in sports.	
	3. Importance of sports biomechanics for games and sports.	Role and implementation of sports biomechanics in sports	PPT, Discussion			
	4. Definition and brief explanation of the following terms: Axis and Planes, Centre of gravity, Line of gravity, Equilibrium.	Knowledge of biomechanical terminologies with reference to sports	Videos, Lecture – cum- demonstration			
UNIT-III DEC-JAN	1. Types of Muscle Contraction: Isometric, Isotonic (Eccentric,	Muscles contractions and newton's laws in	Videos, PPT, Discussion	To examine the types of muscle		



	2. Finance Management: Purpose of financial management, accounting & controlling. 3. Budget: Purpose of budget, principles of budget formulation, attributes of a good budget.	Knowledge about finance & budget management		understanding of sports facilities, equipment & financial management.		
	4. Fundamental knowledge of sponsorships & branding in budget management of sports.	Role and importance of Sponsorship and branding in sports	Assignments & PPT			

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B.A. III (SEMESTER V)
PHYSICAL EDUCATION- (PAPER I) (PED-501)

(Sports Injuries & Rehabilitation)

Max. Marks: 75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int)


Credit: - 3

COURSE PLAN 2021-22

SEM V Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM V UNIT-I SEP- OCT.	1. Meaning, classification, need and importance of the study of sports injuries in the field of physical education.	Common types of sports injuries and their basic understanding	Audio & Video tutorials E-Contents, Lecture,	Analyze the pre-injury capabilities in every aspects of physical fitness and the tensile strength of injured tissue.	<u>Knowledge Based</u> Define sports injuries.	Knowledge--50 Understanding-35 Higher Order-15
	2. Basic principles of preventing injuries in sports.				<u>Understanding Based</u> - Illustrate the basic principles of injury prevention.	
	3. Common sports injuries and their immediate treatment (Contusion, Laceration, Abrasion, Sprain, Strain, Hematoma Dislocation and Fracture)				<u>Higher Order Thinking Skills Based</u>	
Unit II OCT- NOV	1. Definition, aims and objectives of sports rehabilitation.	Understanding of basic concept of rehabilitation process and different types of modalities.	Audio & Videos tutorials, E-contents, Group discussion	Understand the use of modalities in sports injury management.	-Compare the different types of rehabilitation modalities.	
	2. Concept and need of rehabilitation in sports injuries.					
	3. Effects and uses of therapeutic modalities in rehabilitation: 3. Hydrotherapy a. Cryotherapy b. Thermotherapy c. Contrast Bath d. Whirlpool Bath 4. Electrotherapy a. Infra-Red b. Shortwave diathermy c. TENS d. Wax Bath		Audio & Videos tutorials Flipped Classroom,			



	Stretching b. P.N.F. 5. Coordination: Meaning, types and exercises for coordination development.					
UNIT-II DEC- JAN	1. Training and Load- Definition and principles of training load. 2. Overload: Causes and symptoms.	Volume, Intensity, Frequency of training load	PPT, Video Tutorials, discussion	Applying the knowledge to understand the concept of training and techniques.		
	3. General Periodization- Meaning and types of periodization (preparatory, competition and transitional)	Different phases for practice, completion and rehabilitation				
	4. Technique: Meaning, classification and objectives of technical training. 5. Tactic: Meaning, elements of tactical preparation, principal of tactical preparation.	Understanding of techniques and tactics need for games and sports.	PPT, E- content, Discussion			


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B.A. III (SEMESTER V)
PHYSICAL EDUCATION- (PAPER II) (PED-502-B)

(Physical Fitness and Wellness)

Max. Marks: 75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int)

Credit: - 03

COURSE PLAN 2021-22

SEM V Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM V UNIT-I SEP- OCT	Unit – I 1. Physical activity – concept, benefits of participation in physical activities with special reference to health.	Knowledge of health and benefits of different types of physical activities.	Video Tutorials, Lecture, PPT,	Discuss the concept, types and needs of the physical activities for fitness.	<u>Knowledge Based</u> -What do you mean by wellness?	Knowledge--50 Understanding-35 Higher Order-15
	2. Concept, need, components and significance of total fitness with special reference to wellness and well being.	Speed, strength, endurance, flexibility, metal and physical fitness.	Audio & Video Tutorials, Discussion		<u>Understanding Based</u> - List down the component of positive lifestyle?	
	3. Types of physical activities – walking, jogging, running, calisthenics, skipping, cycling, swimming, circuit training, weight training and adventure sports.	Duration and activity and methods	E- contents & Discussion		<u>Higher Order Thinking Skills Based</u>	
OCT- NOV	Unit – II 1. Fitness – concept, components, significance, aerobic and anaerobic exercise, warming up, conditioning and cooling down.	Basic knowledge of fitness, Procedure of exercise and techniques.	E- contents, Flipped Classroom, Videos tutorials, Group discussion	Illustrate the principles and concept of fitness and exercises effecting the various body systems.	-Discuss the component of wellness.	
	2. General principles of training for fitness (overload, progression, specificity, recuperation, reversibility and overuse).					
	3. Effects of exercise on various					



	systems (skeletal, muscular, circulatory and respiratory)					
DEC - JAN.	Unit- III 1. Wellness – concept, components and significance with reference to positive lifestyle and health.					
	2. Factors effecting and affecting wellness.	Wellness and relationship between physical activities	PPT, Video Tutorials, discussion	Elaborate the significant programs and factors of wellness to lead a positive lifestyle.		
	3. Relationship between physical activity and lifelong wellness.					
	4. Wellness programs.		PPT, E- content, Discussion			

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B.A. III (SEMESTER IV)
PHYSICAL EDUCATION- (PAPER II) (PED-402)

(Sports Psychology)

Max. Marks: 75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int)

Credit: 03

COURSE PLAN 2021-22

SEM IV Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
Unit- I	1. Meaning and aims of sports psychology.	Basic concept and role.	Lecture , Audio & Videos tutorials, Documentaries, Group discussion	Discuss the psychological perspectives of sport psychology.	<u>Knowledge Based</u> -What is sports psychology?	Knowledge--50 Understanding-35 Higher Order-15
	2. Psychology branches, importance and scope of sports psychology.	Clinical, Educational, Exercise, Sports, Experimental psychology			<u>Understanding Based</u> - List the factors affecting sports performance of an athlete.	
	3. Psychological factors affecting and effecting sports performance (Stress, Anxiety, Arousal & Aggression)	Positive and Negative effects of psychological factors on athletes performance			<u>Higher Order</u> <u>Thinking Skills Based</u>	
Unit- II	1. Meaning of learning, laws of learning and theories of learning.	Law of Readiness, Exercise & effect, observational and social learning theories etc.	Lecture, Audio & Video tutorials E-Contents,	Compare and contrast various learning theories and determine how the principles of these	- Participation in sport results in all-round development of personality. Justify.	
	2. Learning curves: Characteristics, types and implications of learning curve in physical education and sports.	Plateau, different stages of learning curve.				
	3. Definition and types of transfer of learning. 4. Theories of transfer of learning.	Positive, Negative and Neutral transfer of learning and theories.	Flipped Classroom, Audio & Videos tutorials			
Unit- III	1. Meaning and definition of motivation. 2. Types of motivation. 3. Role of motivation on teaching physical activities.	Basic understanding of motivation, Intrinsic and extrinsic motivation, factors affecting and effecting, and its role in sports.	PPT, Discussion E-content, lecture	Examine the ways in which concepts and principles of motivation can be used to upgrade sport performance.		



	4. Meaning, definitions and characteristics of personality.	Basic understanding of personality and activities which helps in enhancing one's personality.			
	5. Role of physical activities in the development of personality.		Audio and video tutorial, and discussion.		

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B.A. III (SEMESTER VI)
PHYSICAL EDUCATION- (PAPER I) (PED-601)

(Test Measurement and Evaluation in Physical Education)

Max. Marks: 75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int)

Credit: -

COURSE PLAN 2021-22

SEM VI Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
Unit -I	1. Meaning of test, measurement and evaluation.	Basic understanding and concept.	lecture , PPT, E-contents,	Imparting the knowledge of collection of data help in evaluating the learner's ability individually.	<u>Knowledge Based</u> - What is a test in sports?	Knowledge--50 Understanding-35 Higher Order-15
	2. Need and importance of test, measurement and evaluation in Physical education.	Performance analysis, training plan, athlete evaluation			<u>Understanding Based</u> - Explain in brief 'The J.C.R. Test'.	
	3. Principles of measurement and evaluation.	Understating of basic principles required to be followed in Phy. Edu.			<u>Higher Order Thinking Skills Based</u>	
Unit -II	1. Criteria of test selection: scientific authenticity (objectivity, reliability, validity and norms) an administrative feasibility and educational application.	Face and concurrent validity, split half and test res-test methods etc.	Flipped Classroom, PTT, problem solving	Applying the knowledge to determine the corrective measures that test are administrated for.	- Discuss the procedure of "AAHPER Test"	
	2. Administration of test: advance preparation, duties during and after testing.	Equipment, records, ground facilities, time management.	Discussion, Field activities			
	3. Types of evaluation: formative, summative, objective and subjective.	Types of test and their evaluation methods.	Lecture, PPT, Discussion			
Unit - III	1. Physical fitness test: AAHPER youth fitness test for boys and girls, Kraus	Objectives, purpose, procedure, evaluation	Lecture –cum- demonstration,	Develop physical competence and		



	Weber test (Minimum muscle strength), Copper's 12 min. run-walk test.	and application	Audio & Videos tutorials. E- content, PPT	knowledge of specific test to measure the performance and fitness.		
	2. Motor fitness test: J.C.R. test, Indiana motor fitness test and Barrow motor ability test.					
	3. Skill Test: Brady volleyball test, Johnson basketball ability test, Harbans Singh field hockey test, Lockhart-McPherson badminton test		Audio & Videos tutorials, Lecture – cum- demonstration, Discussion			


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PHYSICAL EDUCATION- SEMESTER – VI - (PAPER II) (PED-602)

(Officiating and Coaching)

Max. Marks: 75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int)

Credit: -3

COURSE PLAN 2021-22

SEM VI Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
Unit-I	1. Concept, aims and objectives of officiating and coaching.		Lecture, PPT, Discussion	Understand the concept of officiating and developing the philosophy of coaching and its measures.	<u>Knowledge Based</u> - Define officiating and coaching?	Knowledge--50 Understanding-35 Higher Order-15
	2. Importance and Principles of officiating.				<u>Understanding Based</u> - List the duties of a coach on the field..	
	3. Interrelationship of players, officials, coaches and sports administration.					
	4. Measures of improving the standards of officiating and coaching.					
Unit-II	1. Duties of coach and officials in general, pre, during and post-game.		Lecture, PPT, Discussion	Develop and improve learning, growth and team work from the coaches.	<u>Higher Order Thinking Skills Based</u> - Discuss the characteristics of an Ideal coach.	
	2. Responsibilities of a coach on and off the field.					
	3. Characteristics of an ideal coach.		Lecture, PPT ,Discussion			
	4. Psychology of competition and coaching.		Case Study, Discussion, E- contents,			
Unit-III	1. Mechanics of officiating- positions, signals and movement.	Objectives, purpose, procedure, evaluation and application	Lecture –cum- demonstration.PPT, Audio & Videos tutorials	Develop concept on Role of coaches in realizing a motor task effectively.		
	2. Ethics of officiating.					
	3. Qualities and Qualification of coach and official.					
	4. Integrity and value of sports		PPT, Audio & Videos tutorials, Discussion			

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