



## **SOPHIA GIRLS' COLLEGE(AUTONOMOUS), AJMER**

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

**File Name: Course Plan Register**  
**Faculty Name: Shahina Sherani**



**Dept. of Physical Education**  
Course plan (Semester I & III)  
Session 2019-20

**(SEMESTER I)****SOPHIA GIRL'S COLLEGE, AJMER (AUTONOMOUS)****PHYSICAL EDUCATION– (PAPER I) (PED-101)****(Foundation and history of physical education)**


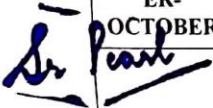
Max. Marks: 75 (50Ext; 25 Int)


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

Credit: 03

**COURSE PLAN 2019-2020**

SEM I Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM I JULY	UNIT I 1. Physical Education: - Meaning, Definitions, Aims & Objectives of Physical Education.	Basic introduction to physical education	PPT, Lecture, Video	To develop the knowledge of Physical Education and assessment of physical fitness components.	<u>Knowledge Based</u> -What do you mean by physical education? -What are the objectives 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	Filed, Recreational activity		<u>Understanding Based</u> -Illustrate the various programmes of physical education. -Classify the different components of physical fitness?	
	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	PPT, Group discussion		<u>Higher Order Thinking Skills Based</u> -Discuss the development of physical education in various periods.	
AUGUST	UNIT II 1. Division of ancient Period: - Indus Valley	Development of physical education and sports	PPT, Lecture	To Discover the development of Physical		

		<ul style="list-style-type: none"> <li>- Indus Valley Civilization Period. (3250 BC – 2500 BC)</li> <li>- Vedic Period (2500 BC – 600 BC)</li> <li>- Hindu Period (600 BC – 1000AD)</li> <li>- Medieval Period (1000 AD – 1757 AD)</li> </ul>			of Physical Education and Sports in various period.			
		<ul style="list-style-type: none"> <li>- British Period (Before 1947)</li> <li>- Physical Education in India (After 1947)</li> </ul>	Development of physical education program	PPT, Lecture				
		6. National Policies on Education with specific reference to 1986: Meaning and Objectives 7. Sports Authority of India (S.A.I.): Meaning, Objectives and Functions 8. Indian Olympic Association (I.O.A.): Introduction, Objectives and Committee	New schemes by govt. of India in the field of sports and sports associations.	Lecture method, PPT, Field visit				
	SEPTEMBER-OCTOBER	UNIT III Olympic Games	Ancient and modern Olympic games	PPT, Documentaries,	To Enumerate interest in Physical Education & understand the motto of various international games.	- Elaborate the development of games and sports.		
 PRINCIPAL SOPHIA GIRLS' COLLEGE (AUTONOMOUS) AJMER		Common wealth Asian Games	History, committees & motto	PPT, Documentaries,				
		S.A.F. Games Indian National Games	History, committees & motto	PPT, Documentaries,				

  
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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 2019-2020**

SEM III Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM I JULY	1. Meaning and definition of kinesiology 2. Aims and objectives of kinesiology.	Understanding of kinesiology and its objectives	PPT, Lecture Method	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	PPT, Demonstration,		<u>Understanding Based</u>  -Illustrate the movements around the joints.	
	4. Movements around joints: Flexion - Extension, Abduction – Adduction, Rotation –Circumduction, Pronation – Supination, Inversion – Eversion.	Understanding of movements around joints and range of motion.	Chart, PPT, Demonstration		<u>Higher Order Thinking Skills Based</u>  -Interpret the role of levers in sports.	
AUGUST	1. Meaning and definition of sports biomechanics. 2. Aims and objectives of sports biomechanics.	Understanding of sports biomechanics and its objectives	PPT, Lecture Method	To analyze the objectives & importance of sports biomechanics.		



	3. Importance of sports biomechanics for games and sports.	Role and implementation of sports biomechanics in sports	PPT, Demonstration,	
	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	Chart, PPT, Demonstration	
SEPTEMBER- OCTOBER	1. Types of Muscle Contraction: Isometric, Isotonic (Eccentric, Concentric) Isokinetic 2. Newton's laws of motion & its applications in physical education & sports.	Muscles contractions and newton's laws in sports	Videos, PPT, Demonstration	To examine the types of muscle contractions and postural deformities.
	3. Lever: Definition and types of levers & its applications in physical education & sports.	Types of levers in body	PPT, Videos, Demonstration	
	4. Posture – Criteria for good posture – Postural deformities (Kyphosis, Lordosis, Scoliosis, Knock-Knee. Bow leg and Flat foot) treatment & remedies to overcome these deformities.	Postural deformities and remedies.	Chart, PPT, Practical assessment	

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**B.A. II (SEMESTER III)**  
**PHYSICAL EDUCATION- (PAPER II) (PED-302)**

**(Sports Management)**

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

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

Credit: 03

**COURSE PLAN 2019-2020**

SEM III Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM III JULY	1. Definition, Need & importance of management in physical education. 2. Concept and Principles of Management	Basic understanding of management	PPT, Lecture Method	Relating the foundational knowledge of basic concepts and practices associated with sports management.	<u>Knowledge Based</u> Define sports management	Knowledge--50 Understanding-35 Higher Order-15
	3. Nature of organization 4. Attributes and elements of organization	Type of organization & its elements			<u>Understanding Based</u> -Explain the importance of management in physical education.	
	5. Ethics of sports	Understanding of sports moral values				
AUGUST	1. Program Planning: meaning, importance, principles of program planning. 2. Function of Planning: organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.	Steps in program planning & its functions	PPT, Videos & Group activity	Applying the functions of planning, organizing, leading, and evaluating to a variety of sport competitions	<u>Higher Order Thinking Skills Based</u>  Construct a purchase order for equipment purchasing.	
	3. Personnel Management and its principle	Importance of personnel manag. in an organization			-Evaluate the effectiveness of sponsorship and branding in sports.	
	4. Facilities and equipment	Type of sports infrastructure				





	4. Facilities and equipment management: Types of facilities infrastructure-indoor, outdoor gymnasium, swimming pool, playfields, play grounds.	Type of sports infrastructure	Sports playfields/playgrounds visits, PPT		
SEPTEMBER-OCTOBER	1. Equipment: Need, importance, purchase, care and maintenance.	Steps in equipment procurement	PPT, Lecture method	Applying a fundamental knowledge and practical understanding of sports facilities, equipment & financial management.	
	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			
	4. Fundamental knowledge of sponsorships & branding in budget management of sports.	Role and importance of Sponsorship and branding in sports	Practical, Sports event visits.		

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