



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: 2020-21



I (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

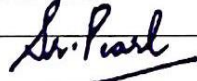
COURSE PLAN 2020-21


SEM I Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM I END OF AUG. SEPT.	UNIT I 1. Physical Education: - Meaning, Definitions, Aims & Objectives of Physical Education.	Basic introduction to physical education	Videos, PPT, Quizzes	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	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.	
OCTOBER - NOVEMBER	UNIT II 1. Division of ancient Period: - Indus Valley Civilization Period. (3250 BC – 2500 BC) - Vedic Period (2500 BC –	Development of physical education and sports	E- contents , Audio video Tutorials	To Discover the development of Physical Education and Sports in various period.		



	600 BC) - Hindu Period (600 BC – 1000AD) - Medieval Period (1000 AD – 1757 AD)				- Discuss the development of games and sports.	
	- 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.	E- content , PPT, Discussion			
DECEMBER- JANUARY	UNIT III Olympic Games	Ancient and modern Olympic games	Video & audio tutorials, Documentaries, Quizzes	To Enumerate interest in Physical Education & understand the motto of various international games.		
	Common wealth Asian Games	History, committees & motto				
	S.A.F. Games Indian National Games	History, committees & motto				


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


PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER


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



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 2020-21

SEM III Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM III JULY	1. Meaning and definition of kinesiology 2. Aims and objectives of kinesiology.	Understanding of kinesiology and its objectives	E- content, Audio & Video Tutorials and Discussion	To evaluate the objectives of kinesiology and joint movements.	<u>Knowledge Based</u> -Define kinesiology and its importance in sports. <u>Understanding Based</u> -Illustrate the movements around the joints.	Knowledge--50 Understanding-35 Higher Order-15
	3. Importance of kinesiology for games and sports.	Role and implementation of kinesiology in sports	Flipped classroom			
	4. Movements around joints: Flexion - Extension, Abduction – Adduction, Rotation – Circumduction, Pronation – Supination, Inversion – Eversion.	Understanding of movements around joints and range of motion.	Lecture – cum- demonstration			
AUGUST	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	Lecture – cum- demonstration			
SEPTEMBER- OCTOBER	1. Types of Muscle Contraction: Isometric, Isotonic (Eccentric,	Muscles contractions and newton’s laws in	Videos, PPT, Discussion	To examine the types of muscle		



	Concentric) Isokinetic 2. Newton's laws of motion & its applications in physical education & sports.	sports		contractions and postural deformities.		
	3. Lever: Definition and types of levers & its applications in physical education & sports.	Types of levers in body	PPT, E- contents, group discussion			
	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.	Flipped Classroom			


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


PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER



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 2020-21

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	Audio & Videos tutorials, E-contents, Group discussion	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 management: Types of facilities infrastructure-indoor, outdoor gymnasium, swimming pool, playfields, play grounds.	Type of sports infrastructure	PPT, sports documentaries			
SEPTEMBER-	1. Equipment: Need, importance,	Steps in equipment	PPT, Lecture	Applying a fundamental		



OBER

	purchase, care and maintenance.	procurement	method	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	Assignments & PPT			

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

Sr. Pearl
PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER



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: -

COURSE PLAN 2020-21

SEM V Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM V JULY	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	E- Contents, Lecture, Audio & Video tutorials	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>	
AUGUST	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: 1. Hydrotherapy a. Cryotherapy b. Thermotherapy c. Contrast Bath d. Whirlpool Bath 2. Electrotherapy a. Infra-Red b. Shortwave diathermy c. TENS		Flipped Classroom, Audio & Videos tutorials			



	d. Wax Bath					
SEPTEMBER- OCTOBER	1. Meaning and definition of massage.	Basic understanding of massage and its role in rehabilitation.	PPT, Video Tutorials, Lecture- cum- demonstration	Evaluate the common Physiological Effects of massage on body.		
	2. Massage manipulation: a. Effleurage (Stroking) b. Percussion (Tapotement) c. Petrissage (Kneading) d. Friction e. Vibration manipulation	Benefits and procedure of different massage manipulation techniques.				
	3. Contra-indications of massage in general. 4. Common Physiological Effects of massage on body.	Precautions and benefit of massage.	E- content, PPT, Discussion			

Sh. Pearl
Head
Department of Physical Education
Sophia Girls' College.
(Autonomous), Ajmer

Sh. Pearl
PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER



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

(Sports Training)

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

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

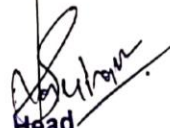
Credit: -

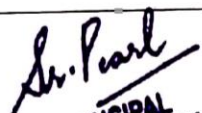
COURSE PLAN 2020-21

SEM V Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM V JULY	1. Sports training: Meaning, definition, aims and objectives of sports training.	Concept and basic understanding of Sports training.	PPT, Lecture	Develop the performance capabilities with the knowledge of sports training.	<u>Knowledge Based</u> Define sports training.	Knowledge--50 Understanding-35 Higher Order-15
	2. Characteristics of sports training.	Specificity, Load & Recovery, Individualization etc.	Video Tutorials, Discussion		<u>Understanding Based</u> - List two impacts of circuit training.	
	3. Principles of sports training.					
	4. COVID-19: Impact on sports training of elite athletes.	Sports practices, training programme, Indoor & Outdoor Activities	E- contents & Discussion		<u>Higher Order Thinking Skills Based</u>	
AUGUST	1. Strength: Meaning, types and methods of strength development: a. Isometric exercises b. Isotonic Exercises	Understanding of different types of motor components and methods of development.	Flipped Classroom, Audio & Videos tutorials, E-contents, Group discussion	Classify motor skills to understand the various health methods and safety practices.		
	2. Speed: Meaning, types and methods of speed development: a. Acceleration Runs b. Circuit Training				-Evaluate the different methods for improving endurance.	
	3. Endurance: Meaning, types and methods of endurance development: a. continuous training b. Fartlek Training					
	4. Flexibility: Meaning, types and methods of flexibility development: a. Static					



	Stretching b. P.N.F. 5. Coordination: Meaning, types and exercises for coordination development.					
SEPTEMBER- OCTOBER	1. Training and Load- Definition and principles of training load. 2. Overload: Causes and symptoms.	Volume, Intensity, Frequency of training load	PPT, Video Tutorials	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			


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


 PRINCIPAL
 SOPHIA GIRLS' COLLEGE
 (AUTONOMOUS)
 AJMER



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 2020-21

SEM IV Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM IV MARCH	1. Meaning and aims of sports psychology.	Basic concept and role.	Audio & Videos tutorials, E-contents, 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 Thinking Skills Based</u>	
April	1. Meaning of learning, laws of learning and theories of learning.	Law of Readiness, Exercise & effect, observational and social learning theories etc.	Audio & Video tutorials E-Contents, Lecture,	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			
MAY-JUNE	1. Meaning and definition of motivation.	Basic understanding of motivation, Intrinsic and	E- content, PPT, Discussion	Examine the ways in which concepts and		



	2. Types of motivation. 3. Role of motivation on teaching physical activities.	extrinsic motivation, factors affecting and effecting, and its role in sports.		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, lecture and discussion.			

Shahina
Head

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

Sr. Pearl
PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER



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 2020-21

SEM VI Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM VI FEB	1. Meaning of test, measurement and evaluation.	Basic understanding and concept.	E- contents, Online lecture	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>	
MARCH	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.	E- Contents, problem solving, Online lecture	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.	Flipped Classroom, Discussion			
	3. Types of evaluation: formative, summative, objective and subjective.	Types of test and their evaluation methods.	PPT, Audio & Videos tutorials			
APRIL- MAY	1. Physical fitness test: AAHPER youth fitness test for boys and girls,	Objectives, purpose, procedure, evaluation	E- content, PPT, Audio & Videos	Develop physical competence and		



	Kraus Weber test (Minimum muscle strength), Copper's 12 min. run-walk test.	and application	tutorials, Lecture – cum- demonstration.	knowledge of specific test to measure the performance and fitness.	 Head Department of Physical Education Sophia Girls' College. (Autonomous), Ajmer
	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		Lecture –cum- demonstration, Audio & Videos tutorials, Discussion		


PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER



B.A. III (SEMESTER VI)
PHYSICAL EDUCATION- (PAPER II) (PED-602)

(Officiating and Coaching)

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

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


Credit: -

COURSE PLAN 2020-21

SEM VI Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM VI FEB	1. Concept, aims and objectives of officiating and coaching. 2. Importance and Principles of officiating.		PPT, Audio & Videos tutorials	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
	3. Interrelationship of players, officials, coaches and sports administration.				<u>Understanding Based</u> - List the duties of a coach on the field..	
	4. Measures of improving the standards of officiating and coaching.				<u>Higher Order Thinking Skills Based</u>	
MARCH	1. Duties of coach and officials in general, pre, during and post-game. 2. Responsibilities of a coach on and off the field.		PPT, E- Contents, Online lecture	Develop and improve learning, growth and team work from the coaches.	- Discuss the characteristics of an Ideal coach.	
	3. Characteristics of an ideal coach.		PPT, Online lecture			
	4. Psychology of competition and coaching.		E- contents, Online lecture			



MAY

1. Mechanics of officiating- Positions, signals and movement. 2. Ethics of officiating.	Objectives, purpose, procedure, evaluation and application -	PPT, Audio & Videos tutorials, Lecture –cum- demonstration. E-content,	Develop concept on Role of coaches in realizing a motor task effectively.	 Head Department of Physical Education Sophia Girls' College. (Autonomous), Ajmer
3. Qualities and Qualification of coach and official.				
4. Integrity and value of sports		PPT, Audio & Videos tutorials, Discussion		


PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER


PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER