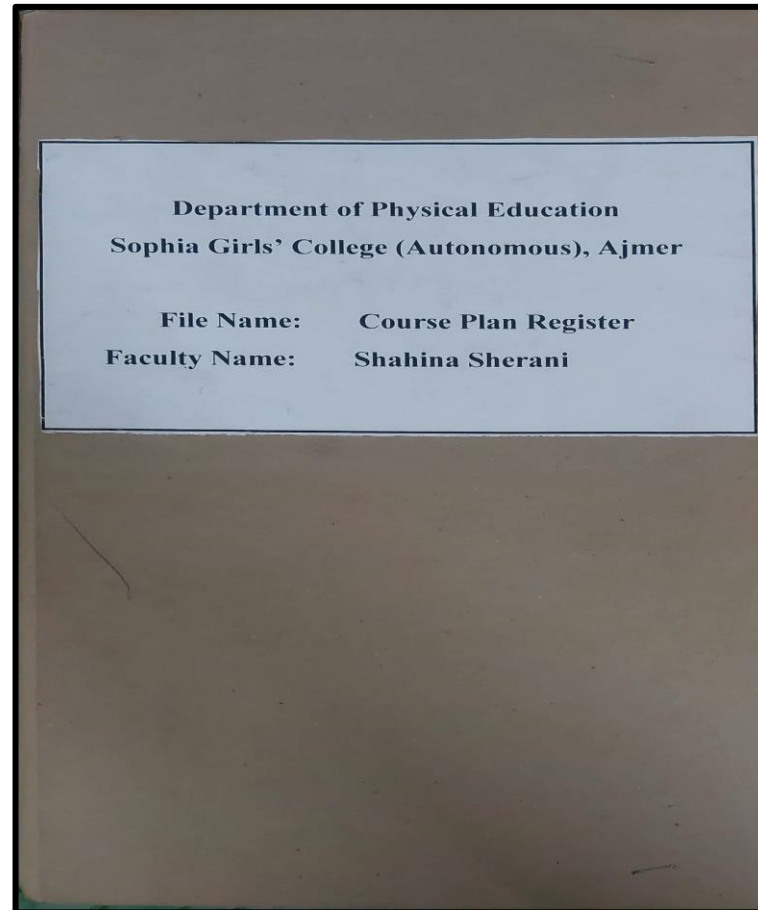




SOPHIA GIRLS' COLLEGE(AUTONOMOUS), AJMER





COURSE PLAN

U.G Programs

Session: 2022-23



A I (SEMESTER I)

SOPHIA GIRL'S COLLEGE (AUTONOMOUS), AJMER

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 2022-23

SEM I Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
August	UNIT I 1. Physical Education: - Meaning, Definitions, Aims & Objectives of Physical Education.	Basic introduction to physical education	Lecture, PPT Videos, 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	Video Tutorials, Outdoor Activities, Discussion, E-contents		<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, PPT, Chart, Group Discussion		<u>Higher Order Thinking Skills Based</u>	
Sept.	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	Audio and Video Tutorials, PPT	To Discover the development of Physical Education and Sports in various period.	-Discuss the Various Education Policies.	



	1000AD) - Medieval Period (1000 AD – 1757 AD)					
	- British Period (Before 1947) - Physical Education in India (After 1947)	Development of physical education program	Lecture, PPT			
	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			
Oct. - Nov.	UNIT III 1. Olympic Games	Ancient and modern Olympic games	Quizzes Documentaries, Video & audio tutorials,	To Enumerate interest in Physical Education & understand the motto of various international games.	- Discuss the development of games and sports.	
	2. Common wealth 3. Asian Games	History, committees & motto				
	4. S.A.F. Games 5. Indian National Games	History, committees & motto				

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

Head
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 2022-23

SEM III Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
July Unit - I	1. Meaning and definition of kinesiology 2. Aims and objectives of kinesiology.	Understanding of kinesiology and its objectives	Lecture, PPT 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, Audio & Video Tutorials, E-content		<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.	Lecture – cum- demonstration, Videos, Discussion		<u>Higher Order Thinking Skills Based</u> -Interpret the role of levers in sports.	
Aug. Unit - II	1. Meaning and definition of sports biomechanics. 2. Aims and objectives of sports biomechanics.	Understanding of sports biomechanics and its objectives	Lecture, Audio & Video Tutorials	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, E-content, 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			
Sept.	1. Types of Muscle Contraction: Isometric, Isotonic (Eccentric,	Muscles contractions and newton's laws in	Flipped Classroom, Videos, PPT,	To examine the types of muscle		



Unit -
III

2. Newton's laws of motion & its applications in physical education & sports.	sports	Discussion	contractions and postural deformities.		
3. Lever: Definition and types of levers & its applications in physical education & sports.	Types of levers in body	Lecture, Circuit PPT, 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.	PPT, Video, Discussion			

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

Shahina Sherani
Head
Department of Physical Education
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 2022-23

SEM III Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
July Unit -I	1. Definition, Need & importance of management in physical education. 2. Concept and Principles of Management	Basic understanding of management	Lecture, PPT, Discussion	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				
Aug. Unit - II	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	Flipped Classroom, 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 and Sports documentaries			
Sept. – Oct.	1. Equipment: Need, importance, purchase, care and maintenance	Steps in equipment procurement	Lecture method PPT Group	Applying a fundamental knowledge and practical		



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

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

K. S. Sharma
Head
Department of Physical Education
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: -3

COURSE PLAN 2022-23

SEM V Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
Unit –I 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	Lecture, Audio & Video tutorials E-Contents	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)					
Unit - II August	1. Definition, aims and objectives of sports rehabilitation.	Understanding of basic concept of rehabilitation process and different types of modalities.	PPT, E- contents, Audio & Videos tutorials, Group discussion	Understand the use of modalities in sports injury management.	<u>Higher Order Thinking Skills Based</u>	
	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 d. Wax Bath		Lecture, PPT, Videos		-Compare the different types of rehabilitation modalities.	
Unit – III Sept.- Oct	1. Meaning and definition of massage.	Basic understanding of massage and its role in rehabilitation.	Lecture- cum- demonstration, PPT, Video Tutorials	Evaluate the common Physiological Effects of massage on body.		
	2. Massage manipulation: a. Effleurage	Benefits and procedure				



	(Stroking) b. Percussion (Tapotement) c. Petrissage (Kneading) d. Friction e. Vibration manipulation	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.	PPT, E- content, Discussion			

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

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



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 2022-23

SEM V Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
July	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.	Lecture, PPT, Video Tutorials	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.	Discussion Audio & Video Tutorials,		<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	Circuit Method, E- contents & Discussion		<u>Higher Order Thinking Skills Based</u>	
Aug.	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.	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)					
Sept. – Oct.	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	Lecture, 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.		Lecture, PPT, Discussion			

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

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



PHYSICAL EDUCATION– (SEMESTER - IV) (PED-402- Sports Psychology) 2022-23

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

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

Credit: 03

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 , Group discussion , Audio & Videos tutorials.	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>	
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.	Lecture, Audio & Videos tutorials, PPT			
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.	Lecture, PPT, Discussion	Examine the ways in which concepts and principles of motivation can be used to upgrade sport performance.		
	4. Meaning, definitions and characteristics of personality. 5. Role of physical activities in the development of personality.	Basic understanding of personality and activities which helps in enhancing one's personality.	Audio and video tutorial, and discussion.			

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

Kaylin
Head
Department of Physical Education
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: -3

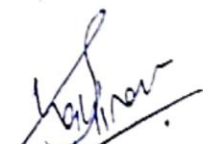
COURSE PLAN 2022-23

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, Discussion	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.	Lecture, 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.	Lecture, 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		, Lecture –cum- demonstration, Discussion Audio & Videos tutorials			


PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER


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



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 2022-23

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. 2. Importance and Principles of officiating.	Basic understanding about professional 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? <u>Understanding Based</u> - List the duties of a coach on the field.. <u>Higher Order Thinking Skills Based</u> - Discuss the characteristics of an Ideal coach.	Knowledge--50 Understanding-35 Higher Order-15
	3. Interrelationship of players, officials, coaches and sports administration.	Relationship between the people associated with sports at all level				
	4. Measures of improving the standards of officiating and coaching.	Factors related to improvement in officiating and coaching				
Unit -II	1. Duties of coach and officials in general, pre, during and post-game. 2. Responsibilities of a coach on and off the field.	Duties and responsibilities of coach and officials and their characteristics	Lecture, PPT, Discussion	Develop and improve learning, growth and team work from the coaches.		
	3. Characteristics of an ideal coach.		Lecture, PPT ,Discussion			
	4. Psychology of competition and coaching	Role of psychology in sports	Case Study, Discussion, E- contents,			
Unit - III	1. Mechanics of officiating- signals and hand gestures. 2. Duties of Officiating. 3. Qualities and Qualification of coach and official. 4. Integrity and value of sports	Officiating signs, qualification and qualities and importance of sports.	Lecture –cum- demonstration.PPT, Audio & Videos tutorials	Develop concept on Role of coaches in realizing a motor task effectively.		

SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER

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