

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY**

**CIRCULAR NO. Syllabus Sec./Phy.Edu. II Yr.Syllabus/85/2014**

It is hereby notified for information of all concerned that, the Hon'ble Vice-Chancellor has accepted the **"Revised Syllabus of B.A. IInd Year Physical Education as an Optional Subject"** on behalf of the Academic Council under Section 14[7] of the Maharashtra Universities Act, 1994 under the Faculty of Physical Education as appended herewith.

This is effective from the Academic Year 2014-2015 and onwards.

All concerned are requested to note the contents of this circular and bring the notice to the students, teachers and staff for their information and necessary action.

University Campus,  
Aurangabad-431 004.  
REF.NO.SYLLABUS SEC./PHY.EDU/  
2014/12220-34

Date:- 11-07-2014.

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**Director,**

**Board of College and  
University Development.**

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**Copy forwarded with compliments to:-**

- 1] The Principals, affiliated concerned Colleges,  
Dr. Babasaheb Ambedkar Marathwada University.

**Copy to :-**

- 1] The Controller of Examinations,
- 2] The Director, University Network & Information Centre, UNIC, with **a request to upload the above syllabus on University Website.**
- 3] The Superintendent, [Professional Unit],
- 4] The Superintendent, [Eligibility Unit],
- 5] The Director, [E-Suvidha Kendra], in-front of Registrar's Quarter,  
Dr. Babasaheb Ambedkar Marathwada University.
- 6] The Record Keeper,  
Dr. Babasaheb Ambedkar Marathwada University.

**Dr. BABASAHEB AMBEDKAR  
MARATHWADA UNIVERSITY  
AURANGABAD**



**Revised Syllabus for B.A.  
(Physical Education)  
(As an optional subject)**

**B.A. Second Year Semester – III & IV  
{Theory and Practical}**

**Effective from 2014-15 onwards**

**DR. BABASAHEB AMBEDKAR MARATHWADA**

**UNIVERSITY, AURANGABAD.**

**PHYSICAL EDUCATION (Optional Subject)**

**Curriculum Structure and Schemes of Evaluation for B.A.**

**With Effect from 2014-2015**

**B.A. II Year ( Semester – III and IV )**

Sr. no	Course Code	Name of the subject	Scheme of Teaching (Periods/Week)				Scheme of Teaching (Periods/Week)		
			L	P	Total Periods	Total Weeks	Theory	Pract/Viva-Voce	Total Marks
1	Phy. Edu. 201	Health Education and Recreation in Physical Education and Sports	6	-	6	4	50	-	50
2	Phy. Edu. 202	Officiating, Coaching and Training Methods in Physical Education and Sports	6	-	6	4	50	-	50
3	Phy. Edu. 203	Practical Physical Education	-	12	4 per Batch	4	-	-	100
Total			12	12	12	12	100	-	200

**Note :** Practical Examination for B.A. II year Semester III and IV  
Will be conducted yearly.

**DR. BABASAHEB AMBEDKAR MARATHWADA  
UNIVERSITY, AURANGABAD.**

**PHYSICAL EDUCATION (Optional Subject)**

**(U.G. LEVEL)**

**Syllabus for – B.A.**

**With effective from 2014 – 2015 onwards**

**B.A. II Year ( Semester -III and IV )**

**Course-I**

Semester	Course	Title of the paper	Marks
Semester – III	Phy. Edu. 201 Paper – IV	Health Education and Recreation in Physical Education and Sports	50
Semester – IV	Phy.Edu.202 Paper – V	Officiating, Coaching and Training Methods in Physical Education and Sports	50
Semester III– IV	Phy.Edu.203 Paper - VI	Practical Physical Education	100

**Note:**

1. One period comprises 50 minutes duration.

**B.A. Second Year**

(Theory) **PHYSICAL EDUCATION – 201** (Semester – III)

Paper - IV

**TITLE: HEALTH EDUCATION AND RECREATION IN PHYSICAL EDUCATION AND SPORTS.**

Time: 2 hours

04 Period per weeks

Marks: 50

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**UNIT – I HEALTH EDUCATION**

- a) Concept and objectives of Health Education.
- b) Importance of Health Education.
- c) Principles of Health Education.

**UNIT – II CONTEMPORARY HEALTH PROBLEMS**

- a) Abuse of Alcohol and its effects on Individual, family and community.
- b) Eating Habits and its effect on Health.
- c) Effect of Drugs and Tobacco on Sports person.

**UNIT – III FAMILY AND HEALTH EDUCATION**

- a) Meaning functions and importance of family as a social institution.
- b) Role of parents in child Health Care.
- c) Health Care during Disasters.

**UNIT – IV RECREATION IN PHYSICAL EDUCATION AND SPORTS.**

- a) Meaning, Need and Scope of Recreation.
- b) Principles of Recreation.
- c) Types of Recreation.

## **UNIT - VPLANNING A PROGRAMME OF RECREATION**

- a) Urban Recreative Programme.
- b) Rural Recreation Programme.
- c) Industrial Recreative Programme.

## **UNIT - VIAGENCIES PROMOTING RECREATION**

- a) Facilities of Recreation.
- b) Organization of Recreation.
- c) Leadership in Recreation.

## **BOOKS FOR REFERENCES PAPER- IV B.A. SECOND YEAR**

1. Officiating, Coaching, Training Method and Recreation in Physical Education and Sports by **Dr. Md. Ataullah Jagirdar**
2. Health Education by **O.P. Aneja**
3. Health Education and Kinesiology by **Dr. Rajive Kumar.**
4. Health Education for Children's by **D. K. Gupta**
5. Health Physical Education and Sports by **Dr. N. P. Sharma**
6. Heath and Physical Fitness for Children's by **D. K. Gupta**
7. Introduction Community Recreation by **Bulter G. D.**
8. Recreation Administration by **Mayer H. D. and G. K. Brightbill**
9. Introduction to Recreation Education by **Janney Hohn H.**
10. Community Recreation a Guide to its organization by **Meyer H. D.**

**B.A. Second Year**

(Theory) **PHYSICAL EDUCATION - 202** (Semester - IV)

Paper - V

**TITLE: OFFICIATING, COACHING AND TRAINING METHODS  
IN PHYSICAL EDUCATION AND SPORTS.**

Time: 2 hours

04 Period per weeks

Marks: 50

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**UNIT: 1 OFFICIATING OF GAMES AND SPORTS**

- a- Meaning and Definition of Officiating
- b- Importance of Officiating in Physical Education and Sports
- c- Qualities of Good Officials
- d- Duties and Responsibilities of Official
- e- Rules and Marking System of Indian and Foreign Games.

**UNIT: II COACHING OF GAMES AND SPORTS**

- a- Meaning and Definition of Coaching
- b- Impedance of Coaching In Games and Sports
- c- Qualities of God Coach.
- d- Duties and Responsibilities of Coaches.

**UNIT: III ORIGINE AND DEVELOPNENT OF GAMES AND SPORTS**

- a) Fundamental and Advanced Skills of Indian Games.
  - i) Kabaddi            ii) Kho-Kho
  - ii) Wrestling        iv) Ball badminton
- b) Fundamental and Advanced Skills of Foreign Games.
  - i) Volley Ball        ii) Soft Ball
  - ii) Badminton        iv) Table Tennis.



## **UNIT: V TRAINING METHODS IN GAMES AND SPORTS**

- a) Need of Sports Training.
- b) Principles of Sports Training.
- c) Factors affecting the Sports Training.
- d) Procedure and Planning of Specific Training.

## **UNIT: VI TYPES OF TRAINING METHOD IN GAMES AND SPORTS**

- a) Weight Training
- b) Circuit Training
- c) Fartlek Training
- d) Interval Training

## REFERENCES

- 1) Scientific Principles of Coaching- **J. W. Bunn** –  
**Englewood Cliffs- M. J. Wetes Hall- INC. New York**
- 2) Training Methods- **Hardayal Singh- S. K. S.Pub.**  
Dehli.
- 3) Sports Training- General Theory and Methods by  
**Hardayal Singh- NSNIS- Patiala Publication**
- 4) Officiating & Science of Coaching by **Dr. Shiledar, Dr.**  
**Vithalsingh Parihar, Abhay Prakashan, Nanded**
- 5) Officiating & Science of Coaching by **Vyankatesh**  
**Wagwal.**
- 6) Officiating, Coaching, Training Method and Recreation  
in Physical Education and Sports by **Dr. MD. Ataullah**  
**Jagirdar**
- 7) Officiating, Coaching and Training Method by**Dr.**  
**Yousufzai N.S**
- 8) Coaching In Sports by **Dr. Ashok kr. Rawat**
- 9) Officiating in Sports by**Dr. Ashok kr. Rawat**

**B.A. Second Year**

**PHYSICAL EDUCATION – 203 (Semester – III& IV)**

**Paper - VI**

**TITLE: PRACTICAL OF PHYSICAL EDUCATION.**

Time: 3:30 hours

04 Period per weeks

Marks: 100

20 Students per Batch

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**Track And Field Events (Practical's)**

**A) Event Wise Performances**

- a) 200 Metros Running For Men And Women (20 Marks)
- b) Triple Jump (Men And Women) (20 Marks)
  - i) Introduction
  - ii) Safety Suggestion
  - iii) Techniques
  - iv) Teaching Steps

**Teaching Steps:-**

- i) Approach Run
- ii) Take Off
- iii) Flight in the air
- iv) Body action
- v) Landing

- c) Discuss Throw (20 Marks)
  - i) Introduction
  - ii) Safety Suggestion
  - ii) Techniques

**Techniques:-**

- i) Standing Throw
- ii) Rotational Throw

**Teaching Steps :-**

**Step:-** i) Holding The Discuss ii) Stance

iii) Action

iv) Follow Throw

**B) Opted Games:- (Any one of the following games) (30 Marks)**

- i) Volleyball
- ii) Ball badminton
- iii) Cricket
- iv) Table Tennis

- a) History of the games
- b) Rules & Regulation of the games
- c) Different Training Methods
- d) Training Schedule
- e) Fundamental Skills of the game
- f) Tactics of the game i) Offensive ii) Defensive
- g) Ground Marking System

C) Preparation of Record Books its Submission Compulsory on  
opted any one game and one athletic event (10 Marks)

- i) Running Event (400 Mtrs.) ii) Jumping Event (Triple Jump)
- iii) Throwing Event (Discuss Throw)

**REFERENCES FOR PRACTICAL PAPER – VI**

**B.A. SECOND YEAR**

- 1) The Art of Officiating Sports by **John W. Bunn.**
- 2) Scientific Principles of Coaching by **John W. Bunn**
- 3) Athletics Coaching Hand – Book of Tropical Areas by **D.J.T.Miller and J. F. Cawley.**
- 4) Track and Field Athletics by **Breshnaham, Tuttle, Cretzmeyer.**
- 5) Modern track and Field by **Dr. Jemeti Doherty.**
- 6) Soccer Coaching by **Walter Winte Bottom]**
- 7) Books of Rules of Games and Sports by **Y.M.C.A. Pub. House.**
- 8) Manual of Athletics Competitions by **Jal D. Pardiwala**
- 9) Officiating and Coaching by **R. H. Tiwari**
- 10) Training Method in Sports by **A. K. Karmarkar**

Faculty of Social Sciences

**B.A. SECOND YEAR EXAMINATION**

**MARCH/APRIL**

**Physical Education (Optional Subject)**

**Semester – III- 201 and Semester IV – 202**

**201- HEALTH EDUCATION AND RECREATION IN PHYSICAL  
EDUCATION AND SPORTS**

**202 – OFFICIATING, COACHING AND TRAINING METHOD IN  
PHYSICAL EDUCATION AND SPORTS.**

Time: 2 hours

Marks: 50

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N.B. 1. Attempt all Questions.

Q.1) Essay Type (15)

Or

Essay Type

Q.2) Essay Type (15)

Or

Essay Type

Q.3) Write short answer of any two of the following. (20)

(a)

(b)

(c)

(d)

**N.B.**

1) Separate heads of passing

a) Theory paper – Minimum passing 18 marks per paper  
(Semester)

b) Practical – Minimum passing 35 marks. (semester)

2) Practical examination should be conducted considering the total strength

Of the appearing candidates for practical exam should be classified in to

Batches.

a) Each batch comprises 20 students.

(Only for B.A. I,II,III YEAR EXAMINATION who of opted physical education as an optional subject)

b) for the conduct of the examination the university appoints examiner as an External Examiner for only for B.A. I, II, III year examination who of opted physical education as an optional subject.

c) one peon and one groundsman, for ground marking, and for supply of water and equipments and placement.

3) in practical for B.A. I and II year the I batches comprises of 20 students, and the II Batch of ½ of the I Batch.

4) Private, external candidates and the candidates from the correspondence courses will not be allow to opted the subject.

5) in practical for B. A. III year the I Batches comprises of 16 students, and the II batch of ½ of the I Batch.

6) During practical university examination uniform/sports kit is essential during the examination and regular periods.



(Dr. Syed Mateenuddin Quadri)

Invited Subject Experts

Ex. Principal

M.S.M's College of Physical Education  
Khadkeshwar, Aurangabad.



(Dr. Md. Ataulah Jagirdar)

Chairman

Physical Education Teachers in

of Affiliated Colleges of Dr. B.A.M.U. Aurangabad  
& H.O.D. Physical Education

Dr. S.S. Shaikh  
Milliya Arts & Science College, Beed