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BENGALURU
CITY UNIVERSITY

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PhNo.080-22131385, E-mail: registrar@bcu.ac.in

No.BCU/BoS/SEP/*Physical Edu* /2024-25

Date: 30.09.2024

NOTIFICATION

- Sub: B.A Physical Education I & II Semesters Syllabus of Bengaluru City University-reg.
- Ref: 1. Recommendations of the Board of Studies in the Physical Education (UG)
2. Approval of the Vice-Chancellor dated. 30.09.2024

In pursuance to the recommendations of the BoS in Physical Education (UG) and the approval of the Vice-Chancellor cited at reference (1 & 2) above, the B.A Physical Education I & II Semesters Syllabus of Bengaluru City University effective from the academic year 2024-25, is hereby notified for information of the concerned.

The copy of the Syllabus is notified in the University Website: www.bcu.ac.in for information of the concerned.

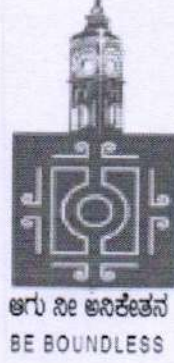
REGISTRAR

To:

The Registrar (Evaluation), Bengaluru City University, Bengaluru.

Copy to;

1. The Dean, Faculty of Education, BCU.
2. The Chairman & Members of BoS in Physical Education (UG), BCU.
3. The P.S. to Vice-Chancellor/Registrar/Registrar (Evaluation), BCU.
4. Office copy / Guard file / University Website: www.bcu.ac.in



BENGALURU CITY UNIVERSITY

CHOICE BASED CREDIT SYSTEM
(as per SEP 2024)

Syllabus for I & II Semester **Physical Education**


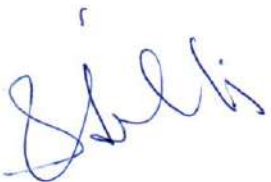

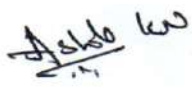
2024-25



BENGALURU CITY UNIVERSITY

Proceedings of The Board of Studies in Physical Education UG under SEP Meeting was held on 11th July 2024 in the Board Room, University College of Physical Education, Bangalore University, Bengaluru.

MEMBERS PRESENT:

- | | | | |
|----|--|---|--|
| 01 | Prof. P. C. Krishnaswamy
Principal & Chairman
University College of Physical Education
Bangalore University, Bangalore. | - | Chairman, B.O.S.  |
| 02 | Dr. S. Madialagan
Professor
DOS in Physical Education &
Sports Sciences, Sports Pavilion
University of Mysore, Mysore-570 006. | - | Member  |
| 03 | Dr. Gerald Santosh D'souza
Director
Dept. of Physical Education,
Mangalore University,
Mangalagangothri, Mangaluru-574199 | - | Member <i>Joined online</i> |
| 04 | Dr. N D Virupksha
Director
Department of Physical Education,
Kuvempu University,
Shankaraghatta, Shivamogga-577 201 | - | Member <i>Joined online</i> |
| 05 | Dr. Rajkumar Malipatil
Professor,
Dept. of Physical Education,
Akkamahadevi Mahila Vishwavidyalara.
Jnana Shakti, Athani Road, Torvi,
Vijapur 586108 | - | Member <i>Joined online</i> |
| 06 | Dr. R. Venkatesha,
Principal,
Sri. K.V. College of Physical Education,
Chikkaballapur. | - | Member <i>Joined online</i> |
| 07 | Mr. Maleques
Principal
YMCA College of Physical Education
Nrupathunga Road, Bengaluru 560001 | - | Member  |
| 08 | Mr. Ashok K N
Associate Professor
Sri. K.V. College of Physical Education,
Chikkaballapur. | - | Member  |

Agenda:

Agenda 1: Regarding preparation of syllabi for UG Programme for first year for the academic year 2024-25 in Physical Education under DSC course.

Decision: The board prepared the syllabi for UG Programme for the academic year 2024-25 which is enclosed in annexure 1,2,3 (for 1st & 2nd semester)

Agenda 2: Panel of examiners for the academic year 2024-25.

Decision: The board prepared panel of examiners and was resolved to send the same to Register Evaluation, Bengaluru City University, Bengaluru, enclosed.

Agenda 3: Any other subject

Decision: There was no subject placed under any other subject.

The Chairman concluded the meeting with vote of thanks.



CHAIRMAN
BOS in Physical Education

Chairman,
Board of Studies in Physical Education,
Bangalore University.

PREAMBLE

Physical education is an integral part of the total education process. It is multi-dimensional in nature, because of its inter-disciplinary characteristics. It's a field of Endeavour that has as its aim, the overall development of an individual like, development of physically, mentally, emotionally, and socially fit citizens through the medium of physical activities.

The proverb which is Greek origin insists that the mind and body should be both healthy and sound. A healthy person can think normally and act instantly in any given situation. A sound body means a healthy body, free from diseases and it does not bulky body. A sound mind means a mind capable of good, positive and free-thinking mind.

Physical education includes the acquisition and refinement of motor skills, development and maintenance of fitness for optimal health and wellbeing, the attainment and knowledge and growth of positive attitudes towards life.

The life style of today's generation has changed tremendously. The fitness level of individual has gone down badly. Students prefer video games rather than to toil sweat in the playfields. Many are suffering from postural deformities and with the common diseases like high/low blood pressure, diabetes, heart problems, and also facing obesity problems also. The only way to remove these factors from society, the roll of physical education and sports become massive it not only improves the health of an individual, and also make him stronger mentally to face huge competition present in today's life & fast changing world. There is a need to develop an atmosphere conducive to involve in physical activities at under graduate level. So, now at this stage there is a lot of opportunity and to consider physical education and sports science as curriculum in choice-based credit system (CBCS).

If the Physical Education and sports science being a subsidiary subject in under graduate colleges, it has a wide range of opportunity in promoting fitness, Health, recreation and wellness of the youths.

This new concept of education opens the door of knowledge with diversified field of study to the under graduate level students. This subject emphasizes fitness concept to the development of motor skills and health related fitness. Knowledge and directed practical experiences will enable student to assess and further develop abilities in basic movement skills, sports skills, motor fitness and physical fitness components as related to body weight management, fitness and sport. Additionally, concepts related to overall health, wellness and disease will be discussed including nutrition, weight control, stress and psychological constructs related to motivation, exercise, etc.

The Physical Education and Sports Science not only allows students to work individually and cooperatively in the theoretical and practical components of the subject, but also assists them in developing critical life skills. As a curricular inclusion, it provides students of varying abilities with experiences that facilitate physical, social, intellectual, cultural, spiritual and emotional growth. Skills related to decision making, problem solving and critical thinking and the use of sport technology are acquired by students undertaking a course of study in physical education and sports science.



Chairman,
Board of Studies in Physical Education
Bangalore University.

SCHEME OF EXAMINATION AND SYLLABI

Formative Assessment		
Assessment	Weightage of Marks	Total Marks
Theory	Theory-80 Marks Internal-20 Marks	100 Marks
Practical's	Practical – 40Marks Internal - 10Marks	50 Marks
Total Marks -		150 Marks

Scheme of Examination: There shall be a university examination at the end of each semester. The Scheme of Examination shall be as follows:

- a) **Theory:** Each paper shall be valued by one examiner (Internal) and review system as per university norms.
- b) **Practicum:** Evaluation in the Practical (game/activity) shall be done by one examiner (Internal or External) as per the following scheme.

i) Demonstration of skill/ techniques/movements	20 Marks
ii) Viva voce	10 Marks
iii) Record book	10 Marks

Total **40 Marks**

Internal Assessment Marks (IA) shall be awarded based on following component:

- Attendance
- Assignment
- Projects
- Seminar
- Field visit etc...

NOTE: The respective subject teacher should explain about the procedure of internal assessment for both practical and theory at the beginning of the Semester.


 Chairman,
 Board of Studies in Physical Education
 Bangalore University.

COURSE: BA/BSc**DSC - Physical Education (Optional Paper)****Scheme of Course-
Semester - I**

Course	Paper	Credits	No. of Teaching Hours/Week	Internal Marks	External Marks	Total
DSC (Theory)	History, Principles and Foundation of Physical Education	3	3	20	80	100
DSC (Practical)	General Exercises and Physical Fitness	2	4	10	40	50
Total		5	7	30	120	150

**Scheme of Course-
Semester - II**

Course	Paper	Credits	No. of Teaching Hours/Week	Internal Marks	External Marks	Total
DSC (Theory)	Health, Wellness, Yoga and Recreation	3	3	20	80	100
DSC (Practical)	Yoga and Recreational Games	2	4	10	40	50
Total		5	7	30	120	150



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COURSE: BA/BSc
DSC - Physical Education (Optional Paper)

Semester – I

03 Credits

C3 Maximum Marks 80
C1 & C2 Maximum Marks 20

Subject Title: History, Principles and Foundations of Physical Education

Objectives:

1. To develop the knowledge of aims and objectives of Physical Education.
2. To know the development of physical Education in various periods.
3. To understand the philosophical, Psychological, Sociological and BiologicalPrincipals of Physical Education.
4. To understand the concept of physical literacy through Physical Education.

Outcome:

1. The students will gain the knowledge of aims and objectives of Physical Education.
2. The students will attain the knowledge regarding physical education of various periods.
3. The students will acquire the knowledge about various philosophical schools, psychological, sociological and biological principal of physical education.
4. The students will understand the concept of physical literacy.

UNIT – I: Introduction to Physical Education

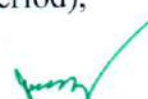
12 Hrs.

- i) Meaning, Definition and Scope of Physical Education
- ii) Aims and Objectives of Physical Education
- iii) Importance of Physical Education, Relationship of Physical Education as anIntegral Part of General Education
- iv) Modern and Ancient Historical perspectives of Physical Education, Olympic Movement and Olympic Games

UNIT – II: History and Development of Physical Education

12 Hrs.

- i) Indus Valley Civilization Period
- ii) Vedic Period, Early Hindu Period & Later Hindu Period
- iii) Medieval Period, Chivalry Period
- iv) British Period (Pre-Independent and Post-Independent Period), YMCA and itsContribution



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UNIT – III Foundation of Physical Education

12 Hrs

- i) Philosophical Foundation – Idealism, Pragmatism, Naturalism, Existentialism, Realism, Humanism
- ii) Psychological Foundation – Introduction, Learning Process, Learning Theories
- iii) Sociological Foundation – Introduction, Society and Culture, Leadership, Socialization Process
- iv) Biological Foundation – Introduction, Growth and Development, Heredity and Environment, Body Types


UNIT - IV Physical Literacy

12 Hrs.

- i) Meaning, Definition and Importance of physical literacy
- ii) Core elements of Physical Literacy.
- iii) Fundamental Movements - Walking, Running, Jumping and Throwing.
- iv) Locomotor and Balance skills.

REFERENCES:

1. Dr.Sanjay A.Rawat (2015), “Heredity Principles and Foundations of Physical Education”, Angel Publication, Delhi.
2. Kamallesh.M.L, (2013), “Physical Education and Exercise Science on Objective Approach”, Friends Publication, New Delhi.
3. Gupta Rakesh, (2013), “Health and Physical Education”, Pinnacle India Edition Publications, New Delhi.
4. Uppal.A.K & Goutam G.P. (2008), “Health and Physical Education”, Friends Publication, New Delhi.


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COURSE: BA/BSc

**DSC-Physical Education (Optional Paper)
SEMESTER - I**

PRACTICAL - I


General Exercises & Physical Fitness

02 Credits

C3 Maximum Marks 40

C1 & C2 Maximum Marks 10

UNIT - I	Warm up General and Specific Exercises	13 Hrs.
UNIT - II	Stretching Exercises, Strengthening Exercises	13 Hrs.
UNIT - III	Physical Fitness Activities	13 Hrs.
UNIT - IV	Flexibility, Agility Exercises	13 Hrs.
UNIT - V	Cool Down & Relaxation Techniques	12 Hrs.


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COURSE: BA/BSc
DSC - Physical Education (Optional Paper)

Semester – II

03 Credits

C3 Maximum Marks 80

C1 & C2 Maximum Marks 20

Subject Title -Health, Wellness, Yoga and Recreation

Objectives:

1. To develop the knowledge of Health and Health Education in Modern Era.
2. To understand the knowledge of various dimensions and Influencing factors of Wellness.
3. To know the basic principles and benefits of Yoga.
4. To know the importance and sources of Recreations.

Outcome:

1. The students will acquire the knowledge of health and Physical fitness.
2. The students will understand about various dimensions of wellness.
3. The students will gain the various knowledge related to yoga.
4. The students will understand about the importance of Recreation.

UNIT– I: Introduction to Health and Physical Fitness

12 Hrs

- i) Meaning, Definitions and importance of health and Physical Fitness.
- ii) Objectives, Scope and Importance of Health Education in Modern Era
- iii) Health related and skill related physical fitness components: Muscular Strength, Muscular Endurance, Cardiovascular Endurance, Flexibility, and Body Composition.
- iv) Skill Related Physical Fitness Components: - Agility, Balance, Co- ordination, Power, Reaction Time and Speed

UNIT – II: Wellness and Life Style

12 Hrs

- i) Meaning, Definitions and dimensions of Wellness
- ii) Wellness through Physical Activities
- iii) Meaning and importance of life style. Characteristics of good life style.
- iv) Lifestyle diseases and its management.

UNIT – III: Yoga

12 Hrs.

- i) Meaning, Definition and Importance of Yoga, Elements of Yoga
- ii) Types of Asanas, Pranayama and Meditation
- iii) Guidelines and Procedure for Yoga Practice
- iv) Physiological Benefits of Asanas, Pranayama, Meditation

UNIT – IV: Recreation

12 Hrs.

- i) Meaning, Definition and Importance of Recreation
- ii) Need and Scope of Recreation, Sources of Recreation
- iii) Classification of Recreation Activities
- iv) Recreation through Sports and Games

REFERENCES:

1. AAHPERD, (1930), "Health Related Physical Fitness Test Manual", Published by Associated Drive, Reston, Virginia
2. Aafid Gulam, (2016), "Integral Journals of Physiology, Nutrition and Physical Education"
3. Ajmir Singh, Jagdish Singh, Jagtar Singh Gill, Rachchpal Singh Brar, (2014), "Essentials of Physical Education", Kalyani Publisher, New Delhi
4. Dr.Sandhyarani.P.S., (2024), "Fitness, Wellness and Lifestyle Management", Current Publication, Agra
5. Jyothi D. M, (2015), "Yoga and Physical Activity", Lulu.Com, Hillsborough, NC 27609, United States
6. Puri K.Chandra.S.S., (2005), "Health and Physical Education", Surjith Publication, New Delhi
7. Russel.R.P., (1996), "Health and Fitness through Physical Education", Human Kinetics, U.S.A.
8. Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama. Subject Expert Committee Physical Education, Sports and Yoga



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COURSE: BA/BSc

DSC - Physical Education (Optional Paper)

SEMESTER – II

PRACTICAL - II

YOGA AND RECREATIONAL GAMES

02 Credits

C3 Maximum Marks 40

C1 & C2 Maximum Marks 10

UNIT - I	Suryanamaskara	13 Hrs.
UNIT - II	Standing Asanas	13 Hrs.
UNIT - III	Sitting Asanas	13 Hrs.
UNIT - IV	Prone and Supine Laying Asanas, Meditative Asanas	13 Hrs.
UNIT - V	Recreation Games/Activates, Hiking and Visit to Recreational Clubs.	12 Hrs.



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**GENERAL PATTERN OF PHYSICAL EDUCATION QUESTION
PAPER (SEP 2024)**

Term End Examination for Discipline Specific Core (DSC)

Time: 3hrs

Max. Marks 80

SECTION-A

Answer any four of the following questions each questions carry 05 Marks 5x4=20

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

SECTION-B

Answer any four of the following questions each questions carry 15 Marks 15x4=60

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Vishal

Malay

[Signature]

Chairman,
Board of Studies in Physical Education
Bangalore University.