



Shri Vishwanath Post Graduate College

Kalan, Sultanpur (U.P.)

(Affiliated)

“तन्मे मनः शिव संकल्पमस्तुः”

[DR. RAM MANOHAR LOHIA AVADH UNIVERSITY, AYODHYA]

Structure of Syllabus

PROGRAM: B.A.

SUBJECT: Physical Education

SEMESTER-WISE TITLES OF THE PAPERS IN COURSE

YEAR	SEME-STER	COURSE CODE	PAPER TITLE	THEORY/ PRACTICAL	CREDIT
CERTIFICATE COURSE					
FIRST YEAR	I	A020101T	Elementals of Physical Education	Theory	4
		A020102P	Fitness and Yoga	Practical	2
	II	A020201T	Sports organization and Management	Theory	4
		A020202P	Sports Event and Track & Field	Practical	2
DIPLOMA COURSE					
SECOND YEAR	III	A020301T	Anatomy and Exercise Physiology	Theory	4
		A020302P	Health and Physiology	Practical	2
	IV	A020401T	Sports Psychology And Recreational Activities	Theory	4
		A020402P	Sports Psychology	Practical	2
DEGREE COURSE					
THIRD YEAR	V	A020501T	Athletic Injuries and Rehabilitation	Theory	4
		A020502T	Kinesiology and Biomechanics in Sports	Theory	4
		A020503P	Rehabilitation and sports	Practical	2
		A020504R	Research Project	Project	3
	VI	A020601T	Research methods	Theory	4
		A020602T	Physical education for DIVYANG	Theory	4
		A020603P	Research and Sports	Practical	2
		A020604R	Research Project	Project	3

Semester – I

Paper-I (Theory)

A020101T- Basic Psychological Processes

Unit	Content
I	Ancient Wisdom in Physical Education, Sports and yoga: <ul style="list-style-type: none">• Patanjli yoga sutra. • Ghrand Sanhita Introduction: <ul style="list-style-type: none">• Meaning, definition and concept of physical education.• Scope, aim and objective of Physical education.• Importance of Physical education in Modern era.• Relationship of physical education with general education
II	Sociological Foundation: <ul style="list-style-type: none">• Meaning, Definition and importance of sports Sociology• Culture and sports • Socialization and sports • Gender and sports.
III	History: <ul style="list-style-type: none">• History and development of Physical education in India: pre- and post independence.• History of physical education in ancient Greece, Rome and Germany.• Eminent person of physical education, awards, schemes
IV	Olympic Games , Asian Games and Commonwealth Games: <ul style="list-style-type: none">• Olympics Movement: Ancient Olympic, modern Olympic, Revival, aim, objectives, spirit, torch, flag, motto, opening and closing ceremonies.• Asian Games. • Commonwealth Games.
V	Health Education: <ul style="list-style-type: none">• Meaning, Definition and Dimensions of Health.• Meaning, Definition objectives, Principals and importance of Health Education.• Role of Different Agencies in Promoting Health (WHO, UNICEF).• Meaning of Balance Diet and Nutrition and its elements.• Health and drugs
VI	Wellness's Life Style <ul style="list-style-type: none">• Importance of wellness and life style.• Role of Physical Activity Maintaining Healthy Life Style.• Stress Management.• Obesity and Weight Management.• Prevention of Disease through Behavioral Modifications.
VII	Fitness : <ul style="list-style-type: none">• Meaning & Definition and types of fitness• Component of physical fitness• Factor affecting physical fitness• Development and maintenances of fitness
VIII	Posture: <ul style="list-style-type: none">• Meaning, Definition of Posture. • Importance of Good Posture. • Causes of Bad Posture.• Postural Deformities (causes and remedial exercise).• Fundamental Movements of Body Parts • Anatomical standing position.

Suggested Readings:

- Dynamics of fitness. Madison: W.C.B Brown.
- General methods of training. by - Hardayal Singh
- Track & Field. by – Gerhardt schmolinsky, Leipzig college of physical culture (DHFk)
- Kamlesh M.L., “Physical Education, Facts and foundations”, Faridabad P.B. Publications.
- Methodology of training. by – Harre

Paper- II (Practical)

A020102P - Fitness and Yoga

Unit	Topics
I	<ul style="list-style-type: none">● Learn and demonstrate the techniques of warm-up, general exercise and cooling down● Learn and demonstrate physical fitness through aerobic, circuit training and calisthenics.● Diet chart & measurement of BMI
II	<p>INTRODUCTION OF YOGA:</p> <ul style="list-style-type: none">● Historical aspect of yoga.● Definition, types scopes & importance of yoga.● Yoga relation with mental health and value education.● Yoga relation with Physical Education and sports. <p>ASANAS:</p> <ul style="list-style-type: none">● Definition of Asana, differences between asana and physical exercise.● Surya-namaskar, Bhujang asana, Naukasana, Halasana, Vajrasana, Padmasana, Shavasana, Makrasana, Dhanurasana, Tad asana. <p>PRANAYAMA:</p> <ul style="list-style-type: none">● Difference and classification of pranayama.● Difference between pranayama and deep breathing.● Anulom, Viham.

Suggested Readings:

1. ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
2. Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)
3. Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.
4. Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.

Semester – II

Paper-I (Theory)

A020201T- Sports organization and Management

Unit	Content
I	Introduction: <ul style="list-style-type: none">• Meaning, concept and definition of sports management.• Nature and scope of sports management.• Aims and objectives of sports management.• Guiding principles of sports management.
II	Event Management <ul style="list-style-type: none">• Meaning and concept event• Planning and management of sports event.• Role of sports event manager.• Steps in event management:<ul style="list-style-type: none">• Planning,• Executing• Evaluating
III	Budget <ul style="list-style-type: none">• Meaning, Definition, Preparation, Principals of making Budget.• Financial Management Opportunities and Challenges.• Basics of Sports Event Accounting
IV	<ul style="list-style-type: none">• The Budget Cycle and Budget Preparation Format.• Preparing the Departmental Financial Plan and estimate.• Expenditure management.• Financial Reporting.
V	Organization <ul style="list-style-type: none">• Meaning and definition of Organization.• Need and importance of Organization.• Guiding principles of Organization.• Structure and functions of S.A.I., University Sports Council and A.I.U.
VI	Supervision <ul style="list-style-type: none">• Meaning and Definition• Principals of Supervision• Techniques of supervision in sports management.• Methods of supervision.• Role of a coach/manager.
VII	Facilities Equipment <ul style="list-style-type: none">• Purchasing Equipment.• Care and maintenance of Equipment.• Procedure to purchase sports goods and equipment.• Stock entry.• Storing and distribution.• List of Consumable and Non- Consumable sports goods and equipment.
VIII	Job Opportunities <ul style="list-style-type: none">• Job specification of sports manager in professional and state regulated sports bodies.• Physical Educational professional, career avenues and professional preparation.• Clients and Sponsorship.

Suggested Readings:

1. Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," MC Grow Hill publication, Now York (US) 2002
2. Hert, Renis(1961) New Patterns of Management, McGraw Hill,.
3. Horine, Larry," Administration of Physical Education and Sport programs. WM-C Brown Publishers Dubuque (US) 1991
4. Kotler,P and G Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo.
5. Sandhu, K. Sports Dynamics: Psychology, Sociology and Management.

Paper-II (Practical)
A020202P - Sports Event and Track & Field

Unit	Topics
I	<ul style="list-style-type: none"> ● To make a plan for organizing an event. ● To organize an Interclass Competition of any games with in the wall. ● To prepare a budget plane for interclass competition with in the wall ● Make a Sample Time Table for college. ● Prepare the list of Consumable and Non-Consumable items. ● Prepare a Bio-data/ Vita/ curriculum vitae.
II	<p>Track & Field :</p> <ul style="list-style-type: none"> ● History. ● Measurements. ● Marking. ● Rules. ● Officials. ● Regulatory Governing Bodies. ● Tournaments- National and International. ● World and National Records.

Suggested Readings:

- Parkhouse, Bonnie L., “The management of Sports – if foundation and application,” Mosby publication, St.Louis (US), 1991
- Bucher, Charles A. and Krotee, March L., “Management of Physical Education and Sport,” MC Grow Hill publication, Now York (US) 2002
- Horine, Larry,” Administration of Physical Education and Sport programs. WM-C Brown Publishers Dubuque (US) 1991
- Kotler,P and G Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo.
- Hert, Renis(1961) New Patterns of Management, McGraw Hill,
- Sandhu, K. Sports Dynamics: Psychology, Sociology and Management.
- Sivia, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. DeenDayalUpadhyaya
- Marg.2005), Marketing: An Introduction, New York: Prentice Hall.

Semester – III

Paper-I (Theory)

A020301T- Anatomy and Exercise Physiology

Unit	Content
I	INTRODUCTION : <ul style="list-style-type: none">● Meaning Definition and Importance of Anatomy and Physiology in the field of Physical Education & Sports● Brief introduction of Cell, Tissue, Organ and system
II	SKELETAL SYSTEM: <ul style="list-style-type: none">● Structural and functional classification of bones.● Types of joints and major movements around them.
III	CIRCULATORY SYSTEM: <ul style="list-style-type: none">● Structure and function of human heart ● Circulation of blood● Effects of exercise on circulatory system
IV	RESPIRATORY SYSTEM : <ul style="list-style-type: none">● Structure and function of respiratory system ● Effects of exercise on respiratory system● The effects of altitude on the respiratory system.
V	DIGESTIVE SYSTEM: <ul style="list-style-type: none">● Structure and function of digestive system● Importance of Digestive system.● Mechanism of Digestive System.● Effects of exercise on digestive system.
VI	NERVOUS SYSTEM: <ul style="list-style-type: none">● Introduction● Main organ of Nervous System.● Functional Classification of Nervous System.● Reflex Action.
VII	ENDOCRINE SYSTEM AND BLOOD: <ul style="list-style-type: none">● Composition and function of blood.● Meaning of Endocrine System.● Meaning of glands.● Endocrine Glands their Locations and Functions.
VIII	GENERAL PHYSIOLOGICAL CONCEPTS : <ul style="list-style-type: none">● Vital Capacity-VC● Second Wind● Oxygen Debt● Fatigue● Types of Fatigue● Blood Pressure

Suggested Readings:

- Jain, J. (2004) Khel DawaonKa (New Delhi : Delhi University Press).
- Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA.
- Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).
- Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.

Paper-II (Practical)

A020302P - Health and Physiology

Unit	Topics
I	<ul style="list-style-type: none">● Draw and label any two-body system.● Prepare an Model of any one System.● Measuring height, weight, waist circumference and hip circumference, calculation of BMI (Body Mass Index) and waist-Hip ratio.● Learn to Measure Blood Pressure by Sphygmomanometer.
II	<p>Chose any one individual sports and games as per given Annexure-A with following activity:</p> <ul style="list-style-type: none">● History and development of selected game/sports● Lay out and measurement of selected game/sports● Rules and regulation of selected games/sports

Suggested Readings:

- ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)
- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.
- Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
- Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health & Wellness Club, New York, U.S.A.
- Jain, J. (2004) Khel DawaonKa (New Delhi : Delhi University Press).
- Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA.
- Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).

Semester – IV

Paper-I (Theory)

A020401T - Sports Psychology And Recreational Activities

Unit	Content
I	INTRODUCTION: <ul style="list-style-type: none">• Meaning, Importance and scope of sports psychology• General characteristics of various stages of growth and development.• Psycho-sociological aspects of human behaviour in relation to physical education.
II	LEARNING: <ul style="list-style-type: none">• Nature of learning, theories of learning.• Law of learning, plateau in learning, transfer of learning• Meaning and definition of personality, characteristics of personality.• Dimensions of personality, personality and sports performance.
III	MOTIVATION : <ul style="list-style-type: none">• Nature of motivation, factors influencing motivation.• Motivational techniques and its impact on sports performance.• Mental preparation strategies: attention, focus, self-talk, relaxation and imaginary.
IV	ANXIETY AND AGGRESSION: <ul style="list-style-type: none">• Aggression and sports, meaning and nature of anxiety, kind of anxiety.• Meaning and nature of stress, types of stress• Anxiety, stress arousal and their effects on sports performance. • Concept of incentives and achievements.
V	PLAY: <ul style="list-style-type: none">• Meaning of Play • Definition of play • Various Theories of play• Significance of Theories of play in Physical Education and Sports.• Significance of play for a Child.
VI	RECREATION : <ul style="list-style-type: none">• Meaning and importance of recreation in physical education• Principles of recreation in physical education• Areas, classification and ways of recreation.• Use of leisure time activities and their educational values.
VII	TRADITIONAL GAMES OF INDIA: <ul style="list-style-type: none">• Meaning. • Types of Traditional Games • Gilli- Danda, Kanche, Stapu, Gutte, etc.• Importance/ Benefits of Traditional Games.• How to Design Traditional Games.• Development of Personalities by the help of Traditional Games.
VIII	INTRAMURALS: <ul style="list-style-type: none">• Meaning. • Importance. • Conducting Extramural Competitions.

Suggested Readings:

1. Alliance, A. (1999). Physical Best Activity Guide, New Delhi,
2. Gangwar, B.R. (1999). Organisation Admn. & Methods of Physical education, Jalandhar: A.P. Pub.
3. Gupta R. Kumar P. & Sharma. D.P.S. (2004). SharirikShiksha Mein Path Yojna. SahyogPrakashan. New Delhi.

Paper-II (Practical)

A020402P – Sports Psychology

Unit	Topics
I	<ul style="list-style-type: none">• Make a Model/ Chart of any one Traditional games• Organize a recreational activity at college level and write a report on it.• Design a Traditional/ Recreational games with new ideas.
II	Chose any one Team Games as per given Annexure-A with following activity: <ul style="list-style-type: none">• History and development of selected game/sports• Lay out and measurement of selected game/sports• Rules and regulation of selected games/sports• Specific exercise for selected game/sports• Techniques and skills of selected game/sports

Suggested Readings:

1. Anand OP(2001) YogDwara Kaya kalp, Sewasth Sahitya Prakashan, Kanpur
2. Martin, GL(2003) Sports Psychology-Practical Guidelines from Behaviour Analysis. Sports Press, Winnipeg, Canada

Semester –V

Paper-I (Theory)

A020501T - Athletic Injuries and Rehabilitation

Unit	Content
I	Athletic Injuries and Athletic Care. i) Concept and Significance. ii) Factors causing Injuries. iii) General Principles of Prevention of Injuries.
II	Common Sports Injuries Strain and Muscle and Ligament Sprain, Frozen Shoulder, Lower Back Strain, Tennis and Golfer's Elbow, Runner's Knee, Shin Pain, Blister, Concussion, Abrasion, Laceration, Hematoma, Fracture, Dislocation
III	First aid – meaning, definition. Importance of First aid. Postural Deformities. Types, Causes and respective corrective exercises of: <input type="checkbox"/> Kyphosis. <input type="checkbox"/> Scoliosis. <input type="checkbox"/> Lordosis. <input type="checkbox"/> Knock Knees. <input type="checkbox"/> Bowlegs. <input type="checkbox"/> Flat Foot Disorders due to Improper Posture. <input type="checkbox"/> Back Pain, Neck Pain and their preventive Exercises.
IV	Rehabilitation- <input type="checkbox"/> RICE- Rest, Ice, Compression, Elevation. <input type="checkbox"/> DRABC- Danger, Response, Airways, Breathing, Circulation. Bandage- <input type="checkbox"/> Types of Bandages. <input type="checkbox"/> Taping and Supports.
V	Physiotherapy- • Definition • Guiding principles of physiotherapy. • Importance of physiotherapy. Massage- • Meaning • Types and Importance.
VI	Hydrotherapy- • Meaning and Methods. • Cryotherapy, Thermotherapy, Contrast bath, Whirlpool bath, Steam bath, Sauna bath, Hot Water Fomentation..
VII	Treatment modalities- • Electrotherapy, Infrared rays, Ultraviolet rays, short wave diathermy, ultra sound.
VIII	Therapeutic Exercise- • Meaning, Definition. • Importance. • Muscle Strengthening through Active and Passive Exercise. • Therapeutic value with Yoga asanas for rehabilitation and strengthening of the muscles.

Suggested Readings:

- Jain, J. (2004) Khel DawaonKa (New Delhi: Delhi University Press).
- Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers).
- Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, (2008), Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi.

Paper-II (Theory)

A020502T - Kinesiology and Biomechanics in Sports

Unit	Content
I	INTRODUCTION: <input type="checkbox"/> Meaning, Definitions, Aims, Objective. <input type="checkbox"/> Importance of Kinesiology for games and sports
II	<input type="checkbox"/> Kinesiological Fundamental Movements. <input type="checkbox"/> Center of Gravity. <input type="checkbox"/> Line of Gravity.
III	<input type="checkbox"/> Axis and Planes <input type="checkbox"/> Classification of joints and Muscles <input type="checkbox"/> Types of muscles contraction.
IV	Location & Action of Muscles at Various Joints: i) Upper extremity – shoulder girdle, shoulder joints, elbow joint. ii) Neck, trunk (Lumbar thoracic region). iii) Lower extremity – Hip joint, knee joint, ankle joint.
V	Biomechanical Concept: INTRODUCTION: <input type="checkbox"/> Newton’s Law of Motion Friction: <input type="checkbox"/> Meaning, Definitions and Types.
VI	FORCE AND LEVERS: FORCE: <input type="checkbox"/> Meaning <input type="checkbox"/> Definitions <input type="checkbox"/> Types <input type="checkbox"/> Application to sports activities. LEVERS: <input type="checkbox"/> Meaning <input type="checkbox"/> Definition <input type="checkbox"/> Uses of them in the Human body.
VII	KINENIAMTICS: <input type="checkbox"/> Meaning of Kinematics. <input type="checkbox"/> Types- Linear and Angular <input type="checkbox"/> Speed, Velocity, Acceleration, Distance, Displacement.
VIII	KINETICS: <input type="checkbox"/> Meaning of Kinetics <input type="checkbox"/> Types- Linear and Angular. <input type="checkbox"/> Mass, Weight, Force, Momentum and Pressure.

Suggested Readings:

1. Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA.
2. Blazevich, A. (2007). Sports Biomechanics. A & C Black Publishers, USA.
3. Breer&Zarnicks (1979). Efficiency of human movement. WIB Sounders Co. USA.
4. Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA.
5. Hay (1993). The biomechanics of sports techniques. Prentice Hall Inc. New Jersey.
6. McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA.
7. Oatis, C.A. (2008). Kinesiology.2nd Ed. Lippincott, Williams & Wilkins, USA.

Paper-III (Practical)

A020503P - Rehabilitation and sports

Unit	Topics
I	<input type="checkbox"/> Practice for Bandaging. <input type="checkbox"/> Practice for massage techniques. <input type="checkbox"/> Demonstration of Therapeutic Exercise. <input type="checkbox"/> A visit to Physiotherapy lab. <input type="checkbox"/> Write a Brief Report on the visit of the lab.
II	Chose any one Individual Games as per given Annexure-A with following activity: <input type="checkbox"/> History and development of selected game/sports <input type="checkbox"/> Lay out and measurement of selected game/sports <input type="checkbox"/> Rules and regulation of selected games/sports <input type="checkbox"/> Specific exercise for selected game/sports Techniques and skills of selected game/sports

Suggested Readings:

- Koley, Shymal(2007) Exercise Physiology – A basic Approach, friends publication New Delhi
- Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers).

Paper-IV (Research Project)

A020504R - Problem Identification & Research Proposal Writing

Unit	Topics
I	<input type="checkbox"/> Chose a topic from your theory syllabus and Prepare a Questionnaire with 20 Questions for your collage students. <input type="checkbox"/> Chose any one sports/ games for your syllabus and conduct an interview for your collage students <input type="checkbox"/> Student has to learn to prepare research report.

Semester – VI

Paper-I (Theory)

A020601T- Research Methods

Unit	Content
I	INTRODUCTION: <input type="checkbox"/> Definition, Meaning of Research. <input type="checkbox"/> Need and Importance of Research in Physical Education and sports. <input type="checkbox"/> Scope of Research in Physical Education and sports.
II	Type of research <input type="checkbox"/> Basic Research <input type="checkbox"/> Applied Research <input type="checkbox"/> Action Research
III	Research Problem: <input type="checkbox"/> Meaning of the term <input type="checkbox"/> Formation of Research problem <input type="checkbox"/> Limitation and Delimitation <input type="checkbox"/> Location and Criteria of Selection of Problem.
IV	Hypothesis: <input type="checkbox"/> Meaning of research Hypothesis. <input type="checkbox"/> Meaning of Null Hypothesis. <input type="checkbox"/> Importance of research and Null hypothesis.
V	Survey of Related Literature: <input type="checkbox"/> Literature sources. <input type="checkbox"/> Library Reading. <input type="checkbox"/> Need for Surveying related literature.
VI	Survey Studies: <input type="checkbox"/> Meaning of Survey <input type="checkbox"/> Tool of survey Research. <input type="checkbox"/> Questionnaire <input type="checkbox"/> Interview
VII	Questionnaire and Interview: <input type="checkbox"/> Meaning of Questionnaire and Interview. <input type="checkbox"/> Construction and development of Questions. <input type="checkbox"/> Procedure of conducting Interview.
VIII	Research Report: <input type="checkbox"/> Meaning of Research Report. <input type="checkbox"/> Qualities of a good research report.

Suggested Readings:

- Author's guide: Research Methods applied to Health Physical and Recreation, Washington, D.C. 1991.
- Best John & Kahni, J.V. 1992). Research in Education, New Delhi. Prentice Hall of India (Pvt.) Ltd.
- Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall.
- Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc.
- Garrett, H.E. (1981). Statistics in psychology and education. New York: VakilsFeffer and Simon Ltd.
- Koul, L. (2002). Methodology of Educational Research, Vikas Publishing House, New Delhi.
- Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). Introduction to research: A guide for the health science professional. Landon: J.B. Lippincott Company.

Paper-II (Theory)

A020602T- Physical education for DIVYANG

Unit	Content
I	INTRODUCTION: <input type="checkbox"/> Meaning and Definition. <input type="checkbox"/> Aims and Objective. <input type="checkbox"/> Need and Importance of Physical Education. <input type="checkbox"/> Historical Review.
II	Physical Disabilities: <input type="checkbox"/> Causes. <input type="checkbox"/> Functional Limitations. <input type="checkbox"/> Characteristics.
III	Mental Retardation: <input type="checkbox"/> Causes. <input type="checkbox"/> Characteristics. <input type="checkbox"/> Functional Limitations.
IV	Outdoor Activities: <input type="checkbox"/> Outdoor program for the disabled. <input type="checkbox"/> Rhythmic and Dance Activities.
V	<input type="checkbox"/> Aquatic Activity Program for disables.
VI	Rehabilitation: <input type="checkbox"/> Functional and Occupational rehabilitation. <input type="checkbox"/> Psychological Rehabilitation.
VII	Programs: <input type="checkbox"/> Personality Development Program for DIVYANG. <input type="checkbox"/> Social Welfare Program for Disabled.
VIII	Inclusion in sports for Adapted People: <input type="checkbox"/> Recreational sports/ games. <input type="checkbox"/> Competitive sports/ games.

Suggested Readings:

- C, Blauwet, (2007). Promoting the Health and Human Rights of Individuals with a Disability through the Paralympic Movement. (ICSSPE,) at 21. (Blauwet-Promoting the Health).
- Barton, L. (1993) „Disability, empowerment and physical education“, in J. Evans (ed.), Equality, Education and Physical Education. London: The Falmer Press.
- Guttmann, L. (1976) Textbook of Sport for the Disabled. Oxford: HM & M Publishers.
- K, DePauw & S. Gavron, (2005). Disability and Sport. (2nd Ed) Illinois: Human Kinetics.
- R, Metts. (2000). Disability Issues, Trends and Recommendations for the World Bank (Washington D.C.:World Bank,).
- Oliver, M. (1990). The Politics of Disablement. Basingstoke: Macmillan.
- Sport England (2000) Young People with a Disability and Sport. London: Sport England.

Paper-III (Practical)

A020603R - Research and Sports

Unit	Topics
I	<ul style="list-style-type: none">• History and development of selected game/sports• Lay out and measurement of selected game/sports• Rules and regulation of selected games/sports• Specific exercise for selected game/sports• Techniques and skills of selected game/sports
II	Paralympic Committee of India (PCI) <ul style="list-style-type: none">• History• Aims and Objective.• Learn about any one para-sports.• <input type="checkbox"/> Para-competition.

Suggested Readings:

- ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)
- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.
- Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.

Paper-IV (Research Project)

A020604R - Research Project

Unit	Topics
I	<ul style="list-style-type: none"><input type="checkbox"/> To conduct a survey or interview of primary or secondary government school students for the interest towards physical education and sports programs.<input type="checkbox"/> Analyze the data and submit a detailed report and a presentation.<input type="checkbox"/> The student will work in groups in completing the project but will write the final paper individually