Saurashtra University, Rajkot

Course of Study and Proposed Syllabus for the Physical Education as an Elective Subject at U.G. Courses
Physical Education as an Elective Subjects for U. G. Courses (All Faculties)

Part I : Theory Subject Exam 60% Weightage /100
Part II : Practical Activity Exam 40% Weightage /100

Semester : I

<table>
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<th>Part</th>
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Paper I : History of Physical Education

Unit - I. : Ancient History of Physical Education in India :
(A) Vaidik Yuga (B) Pauranik Yuga (C) Mahakavye Yuga (D) Budhh Yuga (E) Philosophical (F) British Yuga

Unit - II. : History of Physical Education in Greece, Sparta, Athens, England America and Physical Education activities in USS-Russia.

Unit - III. : Physical Education before and after Freedom in India
(A) Vyaymshala and Akhadas (B) The Institutes for Physical Education and Sports in India. SAI, LNUPE (Gwalior), HVPM (Amravati), GVPM (Rajpipla), YMCA (Chennai), NS-NIS (Patiala) Physical Education Training colleges and courses in Gujarat

Unit - IV. Activities organized for Physical Education and adventure in Gujarat State by the Department of Youth Welfare, N.C.C., N.S.S., Scout and guide, Youth Hostel, Montainiring institutes, Mahajan Shaktidal, SAG and Non Government Organization NGOs in Gujarat. Contribution of Shri Ambubhai and Chhotubhai purani, Pujya Shri Mota in the field of physical education
Unit - V. Awards and Motivation in Physical Education
(A) Arjuna awards, Aklavya, Dronacharya, Scholarship to National sportsman, Sardar Patel award, Jaydeepsinh Bariya award.

Semester: II

Part I : Theory Subject Exam 60% Weightage /100
Part II : Practical Activity Exam 40% Weightage /100

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Semester - II

Paper : 2 : Safety Education and First Aid
Part - A : Safety Education

Unit – I : Concept of Accident and safety, related psychological principles, safety education principles, importance.
Unit – II : Lavatory, Electrical circuits, Kitchen, Medical Store in daily life.
Unit - III : Infrastructure and conditions in school, furniture, working policy and regulations of school, emergency equipments and aid, Essential information, police, Hospital, Fire brigade, Ambulance Services.
Unit – IV : Safety principles of Grounds and buildings, Equipments and dress in sports, Training, Principles for safety in demonstration and competitions
Unit – V : Road, Camp, Tour, Picnic - in related to Safety Education.
Water, Fire, Flood, Cyclone - Natural Calamities hazards
First Aid

As per sent John Ambulance Manual, New Delhi.

Ref. books:

1. Royafra Dr. Josheph & Dr. K Govindran
2. First Aid to the injured - Send John Ambulance association, New Delhi.

Part - II

Games Practical (Any One)

1. Kho-Kho - Grounds, Rules Regulation, Skills, Techniques, Officiating
2. Volleyball - Grounds, Rules Regulation, Skills, Techniques, Officiating
3. Basketball - Grounds, Rules Regulation, Skills, Techniques, Officiating
4. Badminton - Grounds, Rules Regulation, Skills, Techniques, Officiating
Semester - III

Part : I Theory Subject Exam 60% Weightage/100
Part : II Practical Activity Exam 40% Weightage/100

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Semester - III
Paper :3: Health Education

Unit – I Health Education - Meaning and Definition, Objectives, aim, Principles, importance importance for Physical Education teacher

Unit – II Structure of Health Service in India
-Central level, State Level and District level

Unit - III Personal Hygiene, Social Health - description to maintain it

Unit – IV Nutritional Food - Definition, importance, Vitamins, Balanced diet - importance for players

Unit – V Communicable and Non - Communicable disease Malaria, Typhoid, T.B., Cholera, Flu, Johondis Aids - Symptoms and prevention

Part II: Practical Athletics (Jumping)

- General and Specific exercises
- International rules for activities of Jumping


- Grounds, Rules-Regulations, Skills and Techniques
Semester : IV

Part I : Theory Subject Exam 60% Weightage/100
Part II : Practical Activity Exam 40% Weightage/100

Scheme of Examination

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Semester : IV

Paper : 4 : Yoga and Naturopathy

Unit - I Indian Yoga and meditation
Ancient Yoga, What is Yoga, Definition, Aim, Objectives, Importance in Modern life, Role of Yoga in different fields, Types of Yoga

Unit - II Importance of Asnas Truths and Myths

Unit - III Classification, Considerable matter before start Asnas, Considerable

Unit - IV Body Healing Asnas, Meditation Asnas, Relaxation Asnas, Asnas for healthy people, Asnas for youth and children, Asnas for age on 35 and above

Unit - V Naturopathy Food, Fast, Exercise, Water, Mud bath, Sun bath, Massage, Magnetic therapy, Acupressure

Ref.books :
1. Swami Kuvalyanand Asanas (Kaivlyadhm Lonavala)-1993
2. Swami Kuvalyanand pranayam (Kaivlyadham, Lonavala)-1983
3. N.Sarin, Yoga Shiksha Avem Dvara Rog Nivaran Khel Sahitya
Semester : V

Part I : Theory Subject Exam 60% Weightage/100
Part II : Practical Activity Exam 40% Weightage/100

Scheme of Examination

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Semester : V

Paper : 4 : Recreation

Unit - I Recreation-Meaning, Characteristic, Mis Concept of recreation, Definitions, Importance, It's importance for Human being, Values of recreation.

Unit - II History of Recreation in India and abroad :
- Before Freedom, Mogal Yug, Maratha Yug, british yug. Recreational activities in India, movement in America, Britain, USSR

Unit - III Organization and administration in Recreation
- Various Branches, Recreation for in-service people, Professional Recreation, Recreation for Special groups - Sex, Age, disabled
- Recreation and Social organization-Family, School, Religious institutes

Unit - IV Recreation for Urban and rural people, Various equipments, Facilities, Maintains

Unit - V Art and Craft : Games, Play - Various hobbies, Music, Decoration, Natural sight seen, Dance, Camping, Walking,
Construction, Social Occasions, Writing, Reading, Stories.

Ref. Books:
1. Butler G.O. introduction to "Community Recreation" New York, Mcgrow hill co.-1959
2. H.D. mayers and C.K. bright bill, Community recreation Acquire to Its organi station, New Jessey Preutic Hall inc. 1964

Part - II Practical : Athletics : Throwing
(A) Javelin (B) Hammer throw (C) Discuss throw
- Grounds, Rules-Regulations, Skills, Techniques

Semester : VI

Part I : Theory Subject Exam 60% Weightage/100
Part II : Practical Exam 40% Weightage/100

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Semester : VI


Unit - I Sports Terms and Definition

Unit - II Aim and objectives of Training
- Principles of Training, basic methods of Training

Unit - III Coaching - Meaning and Importance, Principles of Coaching,
Responsibilities of Coach.

Unit - IV Officiating - Meaning and Importance, Characteristic of Officials, duties, Procedure to Develop Standard of Officials.

Unit - V Warm-up - Conditioning - Types, Importance Principles of Conditioning, Periodisation, Rest, Sleep.

**Part –II: Practical :Games: (Any one)**

**Cricket:** Specific exercises, Ground, Rules Regulations, Skills, Techniques etc.
Kabaddi: Specific exercises, Ground, Rules Regulations, Skills, Techniques etc.
Hockey: Specific exercises, Ground, Rules Regulations, Skills, Techniques etc.
Football: Specific exercises, Ground, Rules Regulations, Skills, Techniques etc.