



**SARDAR PATEL UNIVERSITY**  
**Vallabh Vidyanagar, Gujarat**  
**(Reaccredited with 'A' Grade by NAAC (CGPA 3.25))**  
**Syllabus with effect from the Academic Year 2021-2022**

Bachelor of Science - Home Science  
(B.Sc.- H.Sc.) (Home Science) Semester (II)

Course Code	UH02EHSC53	Title of the Course	Physical Education & Sports
Total Credits of the Course	02	Hours per Week	02

Course Objectives:	<ol style="list-style-type: none"><li>1. Develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance, as they are important aspects for good performance in different games and sports.</li><li>2. Develop techniques and tactics involved in organized physical activities, games and sports.</li><li>3. Acquire knowledge about human body as its functioning is influenced by physical activities.</li><li>4. Understand the process of growth and development as participation in physical activities has positive relationship with it.</li><li>5. Develop socio-psychological aspects like control of emotions, balanced behavior, development of leadership and followership qualities and team spirit through participation in games and sports.</li></ol>
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Course Content		
Unit	Description	Weightage* (%)
1.	<p>Brief History of Physical Education in India</p> <p>(a) Vaidik Yuga (B) Pauranik Yuga (C) Budhh Yuga (E) Philosophical (F) British Yuga</p> <p>(b) Physical Education before and after Freedom in India</p> <p>(i) Vyaymshala and Akhadas</p> <p>(ii) The Institutes for Physical Education and Sports in India.</p> <p>(c) 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, Mountaineering institutes, SAG and Non Government Organization NGOs in Gujarat.</p>	25
2.	Physical Fitness & Sports Management	25



	<ul style="list-style-type: none"> <li>(a) Meaning &amp; Definition of Physical Fitness</li> <li>(b) Importance of Physical Fitness</li> <li>(c) Maintenance of Physical Fitness</li> <li>(d) Meaning &amp; Definition of Sports Management</li> <li>(e) Scope and Functions of management in Physical Education</li> <li>(f) Importance of management in Physical Education</li> <li>(g) A.A.H.P.E.A.R Youth Fitness Test</li> </ul>	
3.	<p>Leadership &amp; Organization in Physical Education &amp; Sports:</p> <ul style="list-style-type: none"> <li>(a) Meaning &amp; Definition</li> <li>(b) Importance</li> <li>(c) Qualities of good leader</li> <li>(d) Importance of Leadership</li> <li>(e) Leadership and Organization</li> </ul>	25
4.	<p>Recreation</p> <ul style="list-style-type: none"> <li>(a) Recreation-Meaning, Characteristic, Mis Concept of recreation, Definitions, Importance, its importance for human being, Values of recreation.</li> <li>(b) Recreation for Urban and rural people, various equipments, Facilities, Maintains</li> <li>(c) Art and Craft : Games, Play - Various hobbies, Music, Decoration, Natural sight seen, Dance, Camping, Walking, GMP Construction, Social Occasions, Writing, Reading, Stories.</li> </ul>	25

Teaching-Learning Methodology	Flipped Classroom, Assignment Method, Classroom Discussion
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%



Course Outcomes: Having completed this course, the learner will be able to

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| 1. | Knowledge of being physically and mentally strong.  |
| 2. | The importance of Physical Education in the current situation.  |
| 3. | To enhance one's own skill development such as leadership, self confidence, group spirit, event management etc. |

Suggested References:

Sr. No.	References
1.	<i>Health &amp; Physical Education Textbook NCERT- NCERT Campus Sri Aurobindo Marg, New Delhi 110 016.</i>
2.	Clarks, H.,& Clarke H. (1987). <i>Application of Measurement to Physical Education.</i> (6 <sup>th</sup> ed.). Englewood Cliffs. Prentice Hall Inc.
3.	Chakraborty Samiran (2007). <i>Sports Management.</i> New Delhi, Prerna Prakashan.
4.	C.H. Dubey, <i>A Recreation : Gwalior (M.P.), L.N.C.P.E.</i>

On-line resources to be used if available as reference material

On-line Resources

Physical Education – Wikipedia

Physical fitness- Wikipedia

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