

AC 26/2/2015
Item no. 4.31

UNIVERSITY OF MUMBAI



**Syllabus for all UG Programs under the
faculty of Arts, Commerce and Science**

FOUNDATION COURSE IN PHYSICAL EDUCATION

(Semester III and Semester IV)

(w. e. f. Academic Year 2015-16)

UNIVERSITY OF MUMBAI

UNIVERSITY OF MUMBAI SYLLABUS FOR ALL UG PROGRAMS UNDER THE FACULTY OF ARTS, SCIENCE AND COMMERCE

Course: Foundation Course in Physical Education

Semester-III and Semester-IV

1. Syllabus as per Credit based Semester and Grading System
 - i. Name of the Program: : Foundation Course in Physical Education
S.Y. B.A. / B.Sc. / B. Com.
 - ii. Course Code : UGPE103 and UGPE 104
 - iii. Course Title : Foundation Course in Physical Education
 - iv. Semester wise Course Content : Semester III & Semester IV
 - v. References and additional references: As per course submitted
 - vi. Credit Structure : 02 Credits per Semester
 - vii. No. of Hours per Unit : As per Course submitted
 - viii. No. of Hours per week/semester : 04 Lectures per week
60 Lectures per semester
2. Scheme of Examination : As per course submitted
3. Special notes, if any : As below
4. Eligibility, if any : As decided by AC
5. Fee Structure : As decided by AC

The following shall be the syllabi for the Foundation Course in Physical Education of Semester III and Semester IV:

SEMESTER – III

- **04 hours per week for 15 weeks**
- **Semester – III : 02 Credits**
- **Theory : 75 marks**
- **Hours : 60**
- **Marks : 100**
- **Practical's : 25 marks**

THEORY (75 MARKS)

OBJECTIVES:

1. To understand the basic concepts of Holistic health and Personal Fitness.
2. To familiarize the learner with the role of nutrition for Good Health.
3. To create awareness about exercise injuries and its prevention.
4. To acquire the knowledge pertaining to sports training, drug abuse and its effects.

Unit-I Overview of Nutrition (05 Hours)

- a) Introduction to nutrition & its principles
- b) Role of Nutrition in promotion of health
- c) Dietary Guidelines for Good Health
- d) Regulation of water in body and factors influencing body temperature.

Unit-II Evaluation of Health, Fitness and Wellness (04 Hours)

- a) Meaning & Concept of holistic health
- b) Evaluating Personal health-basic parameters
- c) Evaluating Fitness Activities – Walking & Jogging
- d) Myths & mis-conceptions of Personal fitness

Unit-III Prevention and Care of Exercise Injuries (05 Hours)

- a) Types of Exercise Injuries
- b) First Aid- Importance & application in Exercise Injuries
- c) Management of Soft tissues injuries
- d) Management of bone injuries

Unit-IV Sports Training (04 Hours)

- a) Definition, aims & objectives of Sports training
- b) Importance of Sports training
- c) Principles of Sports training

d) Drug abuse & its effects

SEMESTER – IV

- **04 hours per week for 15 weeks**
- **Semester – IV : 02 Credits**
- **Theory : 75 marks**
- **Hours : 60**
- **Marks : 100**
- **Practicals : 25 marks**

THEORY (75 MARKS)

Objectives

1. To acquire knowledge about state & national level awards and schemes.
2. To understand the concept of Stress & ways to overcome it.
3. To know the contribution of Yogic practices to sports.
4. To gain the knowledge pertaining to healthy life style.

Unit-I Stress Management

(05 Hours)

- a. Meaning & concept of Stress
- b. Causes of Stress
- c. Managing Stress
- d. Coping Strategies

Unit-II Awards, Scholarship & Government Schemes

(04 Hours)

- a. State & National level Sports Awards
- b. State Sports Policy & Scholarship Schemes
- c. National Sports Policy & Scholarship Schemes
- d. Prominent Sports Personalities

Unit-III Yoga Education

(05 Hours)

- a. Differences between Yogic Exercises & non- Yogic exercises
- b. Contribution of Yoga to Sports
- c. Principles of Asanas & Bandha
- d. Misconceptions about Yoga

Unit-IV Exercise Scheduling/Prescription

(04 hours)

- a. Daily Routine Prescription.
- b. Understanding Activity level & Calorie requirement.
- c. Adherence & Motivation for exercise.

d. Impact of Lifestyle on Health

Scheme of Examination

➤ **SEMESTER END EXAM: THEORY(Semester III & IV) (75 Marks each)**

- Duration – 2.5 Hours
- **Question paper pattern:** - There shall be four questions each of 15 marks. Question may be sub divided into sub-questions a, b and c only.

➤ **INTERNAL ASSESSMENT (PRACTICUM) (25 Marks)**

SEMESTER -III - (25 Marks)

(Continuous Evaluation during practical sessions conducted for 27 hours)

- a. A learner willing to participate in inter-collegiate/ inter university competitions of any game and sports conducted by the University of Mumbai will be evaluated for 15 marks on the basis of his attendance, sincerity and performance during the training / practice / coaching sessions / camps conducted by the college/University for at least 10 days. It is expected that the colleges should organize training / practice / coaching sessions / camps of various games and sports as per the choice of the learner. However, due to unavailability of the same in his / her college if a learner participates in the training / practice / coaching sessions / camps organized by other organizations or clubs of sports and games, may be considered for evaluation for 15 marks on the basis of the proofs of attendance and participation submitted by a learner.
- b. A learner will be taught the following yogic practices by conducting practicals for at least 10 sessions (one hour each) and will be assessed by the concern teacher for marks out of **10** on the basis of his attendance, sincerity and performance.
 - **Yogic Practices :-** Shirshasana, Sarvangasana, Matsyasana, Halasana, Bhujangasana, Shalabhasana, Dhanurasana, Ardhamatsendrasana, Pashchimotanasana, Mayurasana, Shavasana, Yoga Mudra & Uddiyan Bandh, Nauli, Kapalbhathi, Ujjayyi Pranayam, Bhastrika, Omkar and Dhyana.

(Note:- The above yoga practical sessions should be conducted in a such way that every learner must realize its effects as well as should make it as a part of his/her life style).

SEMESTER -IV- (25 Marks)

(Continuous Evaluation during practical sessions conducted for 27 hours)

- a) A learner willing to participate in inter-collegiate/ inter university competitions of any game and sports conducted by the University of Mumbai will be evaluated for 15 marks on the basis of his attendance, sincerity and performance during the training / practice / coaching sessions / camps conducted by the college/University for at least 10 days. It is expected that the colleges should organize training / practice / coaching sessions / camps of various games and sports as per the choice of the learner. However, due to unavailability of the same in his / her college if a learner participates in the training / practice / coaching sessions / camps organized by other organizations or clubs of sports and games, may be considered for evaluation for 15 marks on the basis of the proofs of attendance and participation submitted by a learner.
- b) A learner will be practically taught different exercises including Suryanamaskara for developing their Motor Performance Components by conducting practical sessions for at least 10 hours (one hour each) and will be assessed by the concern teacher for **marks out of 10** on the basis of his attendance, sincerity and performance.

➤ **Standard of Passing the Examination**

- A learner shall have to obtain a minimum of 40 % marks in aggregate to qualify the each course where the course consists of internal assessment and semester end examination.
- A learner shall obtain a minimum of 40 % marks(i.e. **10** out of **25**) in the internal assessment and obtain a minimum of 40 % marks (i.e. **30** out of **75**) in semester end

Reference Books for Semester III and Semester IV

1. Adams, William. C .(1991)- Foundation of Physical Education Exercises and Sports Sciences, Lea and Febigor: Philadelphia.

2. American College of Sports Medicine, ACSM's, Certification Review.(2006) 2nd Ed.: Lippian Cott Williams and Wilkins .
3. American College of Sports Medicine, ACSM's, Guidelines for Exercise Testing and Prescription. (2013) Ninth Edition,: Lippian Cott Williams and Wilkins.
4. American College of Sports Medicine, ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription. (2006) 5th Ed.,: Lippian Cott Williams and Wilkins.
5. Beashel, P.,& Taylor, J. (1996). Advance Studies in Physical Education and Sports, U.K.: Thomas Nelson and Sons Ltd.
6. Bucher, C.A. (1995). Foundation of Physical Education (12th Ed.) USA : St. Louis, C.V. Mosloy.
7. Colfter, G.R., Hamilton, K.E., Magill R.A.,& Hamilton B.J. (1986). Contemporary Physical Education. USA: Wim C. Brown Publisher.
8. Daryl S. (1994). Introduction to physical education, fitness and sports (2nd ed.). London: Mayfield publishing company.
9. Dheer, S.D.(1991). Introduction to Health Education. New Delhi: Friends Publication.
10. Dr. A.K.Uppal. (2014) Science of Sports Training. Delhi: Friends Publication
11. Dr. A.K.Uppal& Dr. G. P. Gautam (2004). Physical education and Health. Delhi: Friends publisher.
12. Dr. Gharote M. L(2001); Teaching Methods for Yogic Practices. – 2nd Ed.,: Kaivalyadham Samiti, Lonavala.
13. Dr. Gharote M. L(2007); Guideline for Yogic Practices – 2nd Ed., The Lonavala Yoga Institute (India), Lonavala.
14. Greenberg, Dintiman, Oakes. (2004). Physical Fitness & wellness.(3rd ed.) IL:Human kinetics.
15. Halfield, F.C. (2001). Fitness : The Complete Guide. USA : International Sports Science Association.
16. Jackson, A.L., Morrow, J.R. (2004). Physical activity for health & fitness. IL:Human kinetics.
17. Kamlesh, M.L. (2002). Foundation of Physical Education. New Delhi : Metropolitan Book & Co. Ptd. Ltd.
18. Kansal, D.K. (2012). A Text book of Applied Measurement Evaluation and Sports Selection (3rd Ed.). New Delhi : DVS Publication.

19. Lock Hurt and others (1975) Anatomy of the human body, Feber & Feber Oxford University,
 20. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi : Sports.
 21. Murgesh N. (1990)- Anatomy, Physiology and Health Education, Sathya, Chinnalapatti,.
 22. NASPE. (2005). Physical Education for lifelong fitness. The physical Best teacher's guide. IL:Human Kinetics
 23. Nieman, D.C.(1986). Fitness and Sports Medicine : Health Related Approach London: Mayfield Publishing Co.
 24. Nimbalkar. Sadashiv(2004), Yoga for Health and Peace.- 6th Ed., Yoga Vidya Niketan, Mumbai.,.
 25. Pate R.R. & Hohn R.C. (1994). Health Fitness Through Physical Education. USA : Human Kinetics.
 26. Pandey ,&Gangopadhyay.(1995). Health Education for school children. New Delhi : Friends Publication.
 27. Safrit, M. (1990). Introduction to Measurement in Physical Education and Exercise Science. St. Louis,Toronto,Bastan : Times Mirror/Mosby College Publishing.
 28. Sharma, O.P. (1998). History of Physical Education. Delhi: Khel Sahitya Kendra.Werner.
 29. W.K., Hoeger. (2007). Fitness and Wellness. (8th ed.). Wadsworth, Cengage Learning.
 30. जोशी, विजया(१९९५)- व्यायामाचे शरीर क्रीया शास्त्र, अमित ब्रदर्स, नागपूर,
 31. वाखारकर,दि.गो.(१९९२) - शरीर विज्ञान व आरोग्य शास्त्र, क्रीडातंत्र, पुणे,
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