

**SIDDHARTH UNIVERSITY,
KAPILVASTU
SIDDHARTH NAGAR**



DEPARTMENT OF PHYSICAL EDUCATION

(Revised by Board of Studies)

**NATIONAL EDUCATION POLICY -2020
UG COURSE STRUCTURE**

COURSE STRUCTURE FOR MAJOR SUBJECT PHYSICAL EDUCATION (UG Four Year)

Session: 2025-26

SEMESTER I - PAPER I

Course code: PE 101 (E020101T)		Year: First	Semester: First
First Course Title: Elements of Physical Education			
Course Outcomes:			
<ul style="list-style-type: none">• The Physical Education is very wide concept and this course teaches about introduction and sociological concept of physical education.• To understand the historical development of physical education in India and other countries.• This course introduces the general concept of good health and wellness.• To Promote Sports Culture and Traditional Sports of India.			
Unit	TOPICS		Credit
I	Ancient Wisdom in Physical Education, Sports and Yoga: <ul style="list-style-type: none">• Meaning and Definition, Need and Importance of Yoga in Physical Education.• Ancient Physical Culture and Traditional Games in India.• Meaning, definition and concept of physical education.• Aims and objectives of Physical education.		04
II	History of Physical Education: <ul style="list-style-type: none">• History and development of Physical education in Pre and Post independence of India.• History of physical education in ancient Greece.• History of Physical Education in Rome.		
III	Sociological Foundation of Sports: <ul style="list-style-type: none">• Meaning, Definition and importance of Sports Sociology.• Culture and sports.• Socialization and sports.		
IV	Olympic Movement: <ul style="list-style-type: none">• Ancient Olympic Games, Modern Olympic Games.• Aims and Objectives of Olympic Games.• Olympic Spirit, Olympic Torch, Olympic Flag, Olympic Motto.		
V	Philosophies of Physical Education: <ul style="list-style-type: none">• Idealism• Naturalism• Pragmatism		
VI	Institutions of Physical Education and their contribution in Physical Education and Sports: <ul style="list-style-type: none">• YMCA, SAI, LNIPE• IOA, IOC		
VII	National Awards: <ul style="list-style-type: none">• Arjuna Award.• Major Dhyan Chand Khel Ratna Award.• Dronacharya Award• Moulana Abul Kalam Azad(MAKA) Trophy		
VIII	Meaning of the Terms related to Physical Education:		

	<ul style="list-style-type: none"> • Physical Culture, Physical Fitness, Physical Training. Health Education, Drill, Sports and Games. • Contribution and scope of the term related to Physical Education. 	
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SYLLABUS FOR MINOR (c) CO-CURRICULUM COURSE AT U.G. LEVEL

Physical Education & Sports

Programme: Under Graduate	Year: First	Semester-I	Course Code: CoC1 101
Course Title: SPORTS		Name of Course: Qualifying	
Unit	TOPICS	CREDIT	
I	Ancient and Modern Sports Knowledge system of India	01	
II	Meaning, definition and Concept of Physical Education, Aim of Objective of Physical Education.	01	
III	History of Physical Education in India, Sports and Sociolization.	01	
IV	Nutrition and Balance diet.	01	
V	Health Education.	01	
VI	Important Sports tournament and Institution: Asian Game, Common Wealth Game, Olympic Game, Inter University and Khelo India.	01	
	Total	06	
	Credits		