

DEPARTMENT OF PHYSICAL EDUCATION

Banasthali Vidyapith, Banasthali

Minutes of the Board of studies in physical education held on 28 December 2018, in the conference Hall, Vidya Mandir, Banasthali Vidyapith.

Present

Dr. Prahlad Kumar Sharma	:	Internal Member
Sh. Ghanshyam Matariya	:	Internal Member
Dr. Usha Tiwari	:	Internal Member
Prof. Sophie Titus	:	Convener

Note: - Prof. B.C. Kapri (External Member), B.H.U. Varanasi, could not attend the meeting.

The meeting started with a welcome of the members by the convener of board of studies for physical education, Prof. Sophie Titus, Head, Department of Physical Education, Banasthali Vidyapith, Rajasthan.

1. The board took up the minutes of its last meeting held on May 07, 2013.

The board resolved that the minutes to be confirmed.

2. The board reviewed the existing panel of examiners and suggested to update the address and phone numbers of the existing examiners for each examination keeping in view the by-law 15.03.02 of the Vidyapith. Updated panel is sent to the examination and secrecy section.

3. The board reviewed the Study/Curricula, scheme of B.A. examination and recommended the following changes :

i.	First Semester Course curricula, December, 2019	No Change
ii.	Second Semester Course curricula, April/May 2020	No Change
iii.	Third Semester Course curricula, December, 2020	No Change
iv.	Fourth Semester Course curricula, April/May 2021	No Change
v.	Fifth Semester Course curricula, December, 2021	Minor Change
vi.	Sixth Semester Course curricula, April/May, 2022	Minor Change

Programme specific outcomes and objectives of B.A. Course curricula (Physical Education) is attached and marked as **Annexure-I**

The learning outcomes, list of suggested books and e-resources of the B.A. (Physical Education) Programme is attached and marked as **Annexure-II**

Annexure I

Name of the Programme: B.A.

Programme Educational Objectives:

The main objectives of the B.A programme are:

- To create awareness in society about physical activities and sports.
- To appreciate and understand the value of physical education and its relationship to a healthy, active lifestyle.
- Experience enjoyment and satisfaction through physical activity, develop social skills that demonstrate the importance of teamwork and cooperation in group activities.
- To transform students into healthy and active citizens.
- Build confidence and self-esteem through acquired skills.
- Build up an understanding of sports as a medium of National and International Integration.
- Understanding of various Biological, Physiological, Psychological and Sociological foundations of physical education and its implications.
- Development of basic understanding of various systems of human body and effect of exercise on them.
- Develop an attitude of sportsmanship and fair play in all activities.
- Develop locomotive movements (walk, run, hop, skip, jump, gallop, slide, and leap), rolling, balancing and weight transfer, throwing, catching, kicking, punting, volleying and striking, chasing, fleeing, dodging (skills used in tag and group games).
- Knowledge about Health Education and its relationship with physical health.
- Develop an understanding of handling emergencies, and the role of First-aid.
- Enable the students to understand philosophy of yoga through classical yoga.

PROGRAMME EDUCATIONAL OUTCOME:

PO1: Physical Education Knowledge: .Possess knowledge and comprehension of the core and basic knowledge associated with the profession of physical education. Develop motor skills necessary to participate successfully in a variety of physical activities. Be aware of the movement as a creative medium connected to expression and aesthetic appreciation. Have confidence and competence in facing challenges as individuals and in group or teams, through a wide range of learning activities.

PO2: Planning abilities: Demonstrate effective planning abilities including time management, resource management, delegation skills and organizational skills. Students will be able to develop an exercise program that will meet all components of fitness through physical activities. Student will have an understanding of the genesis of Sports and Physical Education and its development through the years in India and across world.

PO3: Problem analysis: Utilize the principles of Scientifics training in sports and making decision related strategies during competition, thinking analytically, clearly and critically, while solving problems and making decision during daily practice

PO4: Modern tool usage: Learn, select, and apply appropriate procedures, resources, and modern infrastructure and equipment in physical education and sports.

PO5: Leadership skills: Demonstrate resonant leadership skills in sport, physical activity and coaching, also develop effective team building skills and ability to create synergy as a leader.

PO6: Professional Identity: Understand, analyze and communicate the value of their professional roles in society (e.g. health care professionals, promoters of health, fitness trainers, yoga instructors etc.).

PO7: Physical Education Ethics: Apply ethical principles while making decisions and taking responsibility for the outcomes associated with the decisions. Honor personal values and apply ethical principles in professional and social contexts.

PO8: Communication: Communicate effectively with the society at large; motivate them with effective demonstration, documentation and instruction related to human movement and benefits.

PO9: Physical Education and society: Apply knowledge to assess societal health and wellness and also encourage youth for outdoor activities.

PO10: Environment and sustainability: Understand the impact of physical education, games and sports in societal and environmental contexts.

PO11: Life- long learning: Recognize the need for understanding of physical education as lifelong learning process.

**Curriculum Structure
Bachelor of Arts**

Semester - I					
Course Code	Course Name	L	T	P	C
PHED101	Introduction and History of Physical Education	4	0	0	4
PHED101L	Games and Sports Skills -I	0	0	8	4
Semester Wise Total:		4	0	8	8

Semester - II					
Course Code	Course Name	L	T	P	C
PHED102	Foundations fo Physical Education	4	0	0	4
PHED102L	Games and Sports Skills-II	0	0	8	4
Semester Wise Total:		4	0	8	8

Second Year

Semester - III					
Course Code	Course Name	L	T	P	C
PHED201	Anatomy Physiology and Exercise Physiology	4	0	0	4
PHED201L	Games and Sports Skills -III	0	0	8	4
Semester Wise Total:		4	0	8	8

Semester - IV					
Course Code	Course Name	L	T	P	C
PHED202	Health Education and First-Aid	4	0	0	4
PHED202L	Games and Sports Skills -IV	0	0	8	4
Semester Wise Total:		4	0	8	8

Third Year

Semester - V					
Course Code	Course Name	L	T	P	C
PHED301L	Games and Sports Skills -V	0	0	8	4
	Discipline Elective I	4	0	0	4
Semester Wise Total:		4	0	8	8

Semester - VI					
Course Code	Course Name	L	T	P	C
PHED302L	Games and Sports Skills -VI	0	0	8	4
	Discipline Elective II	4	0	0	4
Semester Wise Total:		4	0	8	8

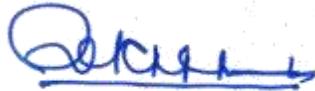
List of Discipline Elective

PHED301
PHED302

Scientific Principles Of Sports Training	4	0	0	4
Introduction To Yoga	4	0	0	4
Adapted Physical Education (New Course)	4	0	0	4
Corrective Physical Education and Rehabilitation(New Course)	4	0	0	4
Methods In Physical Education(New Course)	4	0	0	4

Scheme of evaluation for theory courses

Continuous Assessment (CA) (Max Marks)				End-semester Assessment (ESA) (Max Marks)	Grand Total (Max Marks)
Assignment		Periodical Test		60	100
I	II	I	II		
10	10	10	10		

Verified

Offg. Secretary
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