

**SYLLABI AND SCHEME OF EXAMINATIONS
FOR
SKILL ENHANCEMENT COURSES (SEC)
FOR
UNDER GRADUATE PROGRAMS
(MULTIDISCIPLINARY IN ONE MAJOR
DISCIPLINE) WITH HONS. IN
B.A. PHYSICAL EDUCATION**

(Based on Curriculum and Credit Framework and formative assessment guidelines for UG Programs under NEP 2020)



**MAHARSHI DAYANAND UNIVERSITY
ROHTAK (HARYANA)**

To be applicable on the students w.e.f. session 2024-25 (3rd Semester onwards) and on the students w.e.f. session 2025-26 (1st semester onwards)

**Credit Structure for Undergraduate Program (Multidisciplinary in One Major Discipline) with Hons. for Skill Enhancement Courses (SEC)
in B.A Physical Education**

Skill Enhancement Courses (SEC)	TYPE OF PROGRAM			Credits Distribution			Total Credits	Workload			Total Workload	Total Marks
	SINGLE MAJOR PROGRAM SEMESTER	Nomenclature of Course	Course Code	L	T	P		L	T	P		Internal Assessment
SEC 1 @ 3 credits	1	Light Apparatus and Marching	24PED401SE01	0	0	3	3	0	0	6	6	75
SEC 2 @ 3 credits	2	Indigenous Games	24PED402SE01	0	0	3	3	0	0	6	6	75
SEC 3 @ 3 credits	3	Minor Games	25PED403SE01	0	0	3	3	0	0	6	6	75
SEC 4 @ 4 credits	7	Basic of Games: Football & Hockey	27PED407SE01	0	0	4	4	0	0	8	8	100
SEC 5 @ 4 credits	8 (4yr. UG Hons.)	Theory of Athletics: Long Jump & Javelin Throw	27PED408SE01	0	0	4	4	0	0	8	8	100
SEC 5 @ 4 credits	8 (4yr. UG Hons. with Research)	Theory of Athletics: Long Jump & Javelin Throw	27PED408SE01	0	0	4	4	0	0	8	8	100

L: Lecture; T: Tutorial; P: Practical

Syllabi for U.G Programme B.A. (Multidisciplinary in One Major Discipline) with Hons. for Skill Enhancement Courses (SEC) in B.A. Physical Education Semester: I

Name of Program	B.A (Physical Education)	Program Code	UMBA4
Name of the Course	Light Apparatus and Marching	Course Code	24PED401SE01
Hours per Week	06 Hours	Credits	03 (L: 0, T: 0, P: 3)
Maximum Marks	75 (Internal)		
Note: Distribution of Marks will be as follows:			
Regular assessment through observation and class discussion:	10		
Lab Work (practical file)/ Field work (report)/ Portfolio	30		
Assignment/ Case study/ Mini project (2x10)	20		
Seminar/ Presentation	10		
Attendance:	05		
Total:	75		
Course Learning Outcomes (CLO):			
CLO 1: Students will be able to execute fundamental marching techniques, including fall in, attention, stand at ease, turning right and left, arm-leg coordination, quick march, halt, about turn while marching, marching with salute, and the national anthem, demonstrating discipline, precision, and teamwork.			
CLO 2: Students will be able to perform a variety of traditional light apparatus exercises using Lezium and wands, such as Lezium Lapet, Char Thoka, Atth Thoka, Aage Paon, Peeche Paon, Betha Firki, and Wands exercises with four, eight, and sixteen counts, showcasing rhythmic coordination and cultural appreciation.			
CLO 3: Students will be able to conduct and participate in exercises with dumbbells, wands, and flags, as well as physical training (P.T) and free hand exercises, demonstrating proper form, strength, and endurance.			
CLO 4: Students will be able to effectively use modern light apparatus such as Swiss balls, medicine balls, and jump ropes, as well as perform plyometric exercises, to enhance overall physical fitness.			
Unit 1: Marching			
- Fall in, Attention, Stand at Ease - Roll Call and Prayer - Turning right & Turning left - Arm Leg Coordination, Marching - Quick March, Hault, About turn while marching, Marching with Salute, National Anthem			
Unit 2:Light Apparatus (Traditional)			
- Lezium- Lezium Lapet, Lezium Arm, Lezium Ready - Lezium – Char Thoka, Atth Thoka, Adi Lagao			

- Lezium - Age paon, Peeche Paon, Betha Firki - Wands – Four Count, Eight Count & Sixteen Count Exercise.
Unit 3: Apparatus Exercises and Callisthenics (free hand) - Exercise with Dumbbells, Exercise with wands and flag - Physical Training (P.T) Exercises and Free Hand Exercises - Aerobics - Basic turn, Leaps with music, Aerobics Steps
Unit 4: Light Apparatus (Modern) - Swiss Ball Exercises - Medicine Ball Exercises - Plyometric Exercises - Jump Rope
References: - Human Kinetics. (2011). <i>Teaching fundamental motor skills</i>. Human Kinetics. - Rao, N. S. (2013). <i>Physical education and health</i>. APH Publishing. - McGowan, J. A. (2015). <i>The complete guide to physical education and fitness</i>. Routledge. 4059.

Semester: II

Name of Program	B.A (Physical Education)	Program Code	UMBA4
Name of the Course	Indigenous Games	Course Code	24PED402SE01
Hours per Week	06 Hours	Credits	03 (L: 0, T: 0, P: 3)
Maximum Marks	75 (Internal)		
Note: Distribution of Marks will be as follows:			
Regular assessment through observation and class discussion:		10	
Lab Work (practical file)/ Field work (report)/ Portfolio		30	
Assignment/ Case study/ Mini project (2x10)		20	
Seminar/ Presentation		10	
Attendance:		05	
Total:		75	
Course Learning Outcomes (CLO):			
CLO 1:Students will be able to demonstrate, practice, and compete in indigenous games such as Gatka, Mallkhamb, Tug of War, and Dangal Kushti, showing understanding and skill in traditional physical activities.			
CLO 2: Students will be able to perform and teach traditional games like Carrom, Surya Namaskar, and Ghoda Kabaddi, incorporating proper techniques and rules for effective participation.			
CLO 3: Students will be able to execute and explain the rules and techniques of traditional games such as Rassi-Kood, Pitthoo, and Gilli Danda, reflecting proficiency in these indigenous activities.			
CLO 4: Students will be able to facilitate and engage in cultural games like Chhupam-Chhupai, Chor-Police,			

Dog in Boon (Rumal Chappata), and Langdi Tang, demonstrating their ability to lead and participate in these traditional games.

Unit 1: Demonstration

- Gatka – Demonstration, Practice and competition
- Mallkhamb
- Tug of War
- Dungal Kushti

Unit 2: Demonstration

- Carrom
- Surya Namaskar
- Ghoda Kabaddi

Unit 3: Demonstration

- Rassi – Kood
- Pitthoo
- Gilli Danda

Unit 4: Demonstration

- Chhupam-Chhupai
- Chor-Police
- Dog in Boon (Rumal Chappata)
- Langdi Tang

References:

1. Bedi, H. S., & Kaur, M. (2016). *Traditional games and sports in India*. National Book Trust.
2. Kumar, R. (2017). *The encyclopedia of traditional games and sports*. Rajkamal Publications.
3. Sharma, A. (2018). *Cultural games and physical education in India*. Scholarly Publications.
4. Singh, P. (2019). *Folk games of India: A historical and practical perspective*. Academic Press.

Semester: III

Name of Program	B.A (Physical Education)	Program Code	UMBA4
Name of the Course	Minor Games (Aerobic Dance)	Course Code	25PED403SE01
Hours per Week	06 Hours	Credits	03 (L: 0, T: 0, P: 3)
Maximum Marks	75 (Internal)		
Note: Distribution of Marks will be as follows:			
Regular assessment through observation and class discussion:		10	
Lab Work (practical file)/ Field work (report)/ Portfolio		30	
Assignment/ Case study/ Mini project (2x10)		20	
Seminar/ Presentation		10	
Attendance:		05	
Total:		75	
Course Learning Outcomes (CLO):			
CLO 1: Students will be able to demonstrate basic and advanced aerobic dance steps with rhythm and coordination.			
CLO 2: Students will be able to understand how to vary intensity from low to high for aerobic workouts.			
CLO 3: Students will be able to apply group dynamics and sequence formation in both individual and group aerobic routines.			
CLO 4: Students will be able to prepare structured lesson plans and measure key physical fitness components relevant to aerobic exercise.			
Unit 1: Basics of Aerobic Dance			
• Warm-up & Cool down • On-the-spot stepping • Forward and backward stepping • Sideward stepping • Double sideward stepping			
Unit 2:Coordination and Step Variations			
• Cross over stepping • V-shape stepping • Upper body aerobic dance • Jump and stepping			
Unit 3: Intensity and Group Work			
• Slow to high intense aerobic dance • Individual and group aerobic dance • Sequence of exercises			

Unit 4: Planning and Fitness Measurement

- Physical fitness components measurement
- Preparation of lesson plan for aerobic dance
- Practical lesson for aerobic dance

References:

1. Kaur, G. (2015). Aerobics for Fitness and Wellness. New Delhi: Sports Publications.
2. Sharma, V. M. (2014). Health and Physical Education. New Delhi: Sports Publications.
3. Dhillon, S. S. (2016). Aerobic Dance and Fitness. New Delhi: Khel Sahitya Kendra.
4. Uppal, A. K. (2012). Physical Fitness and Wellness. New Delhi: Friends Publications.
5. Singh, R. (2011). Fundamentals of Exercise Physiology. New Delhi: Surjeet Publications.

Name of Program	B.A.	Program Code	
Name of the Course	Basic of games: Football & Hockey	Course Code	27PED407SE01
Hour per Week	8Hour	Credits	04(L:0,T:0,P:4)
Maximum Marks	100 (External -70, Internal - 30)		
Course Learning Outcomes (CLO): CLO1: Execute core technical skills in both sports with high mechanical efficiency and accuracy. CLO2: Apply tactical game strategies, such as set-piece execution and defensive shadowing, in match simulations. CLO3: Interpret and demonstrate the official laws of the game and umpire/referee signals correctly. CLO4: Design professional field layouts and manage the procurement of standardized sports equipment.			
Practical 1: Technical Skill Mastery ➤ Football: Demonstrate advanced ball control using the chest and thigh, followed by a zig-zag dribbling course using both the inside and outside of the foot. ➤ Hockey: Demonstrate the "Indian Dribble" for close control and the "Slap Hit" for quick, accurate passing over medium distances.			
Practical 2: Offensive and Defensive Tactics ➤ Football: Execute the Instep Drive for power shooting and practice "Jockeying" to maintain defensive positioning without committing to a tackle. ➤ Hockey: Perform a Penalty Corner routine, alternating roles between the pusher, stopper, and hitter (or drag-flicker).			
Practical 3: Officiating, Rules, and Signals ➤ Demonstrate the official hand signals for common fouls: Offside and Corner Kick in Football; Danger Play and Penalty Stroke in Hockey. ➤ Explain the duration of play, substitution rules, and the disciplinary card systems for both sports.			
Practical 4: Field Dimensions and Facility Management ➤ Prepare a precise technical layout of a standard Football pitch and a Hockey field, including all mandatory markings (Penalty Area, "D" Circle, etc.). ➤ Draft a professional "Purchase Proposal" for essential team equipment (e.g., FIFA-approved balls, composite hockey sticks, and protective shinguards).			
References: 1. Modern Text Book of Physical Education, Health and Sports by Singh, Ajmer et al. (2022) 2. Science and Soccer by Williams, A.M. (2018) 3. Field Hockey: Steps to Success by Elizabeth Anders (2017) 4. FIFA Laws of the Game (Latest Edition 2026) 5. FIH Rules of Hockey (Latest Edition 2026)			

6. Skills and Strategies for Coaching Soccer by Hargreaves, A. and Bate, R. (2019) 7. The Hockey Handbook by Percival, L. (Revised 2020)	
Suggested Evaluation Methods	Practical:100marks
	Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File = 70 marks Attendance = 10marks Field work = 10 marks Presentation/Seminar = 10 marks

Semester: VII

Name of Program	B.A.	Program Code	
Name of the Course	Basic of games: Football & Hockey	Course Code	27PED407SE01
Hours per Week	8Hour	Credits	04(L:0,T:0,P:4)
Maximum Marks	100 (Term end exam) 70- Internal, 30- External)		
Course Learning Outcomes (CLO): CLO1: Execute core technical skills in both sports with high mechanical efficiency and accuracy. CLO2: Apply tactical game strategies, such as set-piece execution and defensive shadowing, in match simulations. CLO3: Interpret and demonstrate the official laws of the game and umpire/referee signals correctly. CLO4: Design professional field layouts and manage the procurement of standardized sports equipment.			
Practical 1: Technical Skill Mastery ➤ Football: Demonstrate advanced ball control using the chest and thigh, followed by a zig-zag dribbling course using both the inside and outside of the foot. ➤ Hockey: Demonstrate the "Indian Dribble" for close control and the "Slap Hit" for quick, accurate passing over medium distances.			
Practical 2: Offensive and Defensive Tactics ➤ Football: Execute the Instep Drive for power shooting and practice "Jockeying" to maintain defensive positioning without committing to a tackle. ➤ Hockey: Perform a Penalty Corner routine, alternating roles between the pusher, stopper, and hitter (or drag-flicker).			
Practical 3: Officiating, Rules, and Signals ➤ Demonstrate the official hand signals for common fouls: Offside and Corner Kick in Football; Danger Play and Penalty Stroke in Hockey. ➤ Explain the duration of play, substitution rules, and the disciplinary card systems for both sports.			
Practical 4: Field Dimensions and Facility Management ➤ Prepare a precise technical layout of a standard Football pitch and a Hockey field, including all mandatory markings (Penalty Area, "D" Circle, etc.). ➤ Draft a professional "Purchase Proposal" for essential team equipment (e.g., FIFA-approved balls, composite hockey sticks, and protective shinguards).			
References: 8. Modern Text Book of Physical Education, Health and Sports by Singh, Ajmer et al. (2022) 9. Science and Soccer by Williams, A.M. (2018) 10. Field Hockey: Steps to Success by Elizabeth Anders (2017) 11. FIFA Laws of the Game (Latest Edition 2026) 12. FIH Rules of Hockey (Latest Edition 2026) 13. Skills and Strategies for Coaching Soccer by Hargreaves, A. and Bate, R. (2019) 14. The Hockey Handbook by Percival, L. (Revised 2020)			
Suggested Evaluation Methods	Practical:100marks		
	Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File = 70 Internal marks External Marks -30 Attendance=10marks Field work = 10 marks Presentation/Seminar = 10 marks		

