ANDHRA KESARI UNIVERSITY

CURRICULUM FRAMEWORK

BACHELOR OF PHYSICAL EDUCATION (D.P.Ed.)

TWO YEAR PROGRAMME

Syllabus

Approved by

Board of Studies in Physical Education & Sports Sciences
Andhra Kesari University on 03.09.2026

As per the guidelines of the
NATIONAL COUNCIL FOR TEACHER EDUCATION
And
Common core syllabus approved by
Andhra Pradesh State Council of Higher Education

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Semester - I

Part-A : Theoretical Course						
Course Code	Title of the Papers	Total Lectures per week	Credit	Internal Marks	External Marks	Total Marks
Core Course						
R(22)-DP-101	History and Principles of Physical Education	4	4	30	70	100
R(22)-DP-102	Foundations of Physical Education	4	4	30	70	100
R(22)-DP-103	Basic Anatomy and Physiology	4	4	30	70	100
R(22)-DP-104	Recreation and value education	4	4	30	70	100
Part-B : Practical Course						
R(22)-DP-105	Track and Field– Running events *Gymnastics/ *Swimming (*Any one)	6	4	30	70	100
R(22)-DP-106	Badminton, Cricket, Football, Kabaddi, Throwball	6	4	30	70	100
R(22)-DP-107	Minor Games	6	4	30	70	100
R(22)-DP-108	Project work : on Flag Hoisting & March-Past) and any one of the following Calisthen ics, Dumb-bell, , , Hoops, Lezium,, , Umbrella, Wands, Kolatam, Flower sticks	6	4	30	70	100
	Total	**40**	**32**	**240**	**560**	**800**

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

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Semester-II

Part-A : Theoretical Course						
Course Code	Title of the Papers	Total lectures per week	Credit	Internal Marks	External Marks	Total Marks
Core Course						
R(22)-DP-201	Yoga Education	4	4	30	70	100
R(22)-DP-202	Health Education and Environmental Studies	4	4	30	70	100
R(22)-DP-203	Methods of Physical Education	4	4	30	70	100
R(22)-DP-204	Adapted Physical Education and Corrective Exercises	4	4	30	70	100
Part-B : Practical Course						
R(22)-DP-205	Track and Field –Jumping Events *Gymnastics /*Swimming (*Any one)	6	4	30	70	100
R(22)-DP-206	Ball Badminton, Handball, Hockey, Kho-Kho ,Softball	6	4	30	70	100
R(22)-DP-207	Aerobics, Chess, Mallkhambh, Shooting, Yoga	6	4	30	70	100
R(22)-DP-208	Project Work: Teaching Practice, Coaching lesson plans in games in I & II semesters, General Lesson Plans in Activities from Semester I & II. Out of 10 lessons 9 Internal & 1 External and 10 lessons at Schools.	6	4	30	70	100
	Total	**40**	**32**	**240**	**560**	**800**

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

Semester-III

Part-A : Theoretical Course						
Course Code	Title of the Papers	Total Lectures per week	Credit	Internal Marks	External Marks	Total Marks
Core Course						
R(22)-DP-301	Sports Training	4	4	30	70	100
R(22)-DP-302	Child Psychology and Sociology	4	4	30	70	100
R(22)-DP-303	Information Technology in Physical Education	4	4	30	70	100
R(22)-DP-304	Officiating and coaching	4	4	30	70	100
Part-B : Practical Course						
R(22)-DP-305	Project Work: Records on Track and Field – Throwing Events *Gymnastics /*Swimming (*Any one)	6	4	30	70	100
R(22)-DP-306	Basketball, Table –Tennis, Tennikoit , Tennis, Volleyball	6	4	30	70	100
R(22)-DP-307	Boxing, Fencing, Judo, Karate, Taekwondo, Bharathiyam, Combatives, Dands & Baithaks, National Songs, Surya Namaskaram, Martial Arts, Astanga Yoga.	6	4	30	70	100
R(22)-DP-308	Particular lesson plans in any one game from Semester I,II & III. 5 lessons (4 Internal & 1 External)	6	4	30	70	100
	Total	**40**	**32**	**240**	**560**	**800**

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

Semester-IV

Part-A : Theoretical Course						
Course Code	Title of the Papers	Total Lectures per week	Credit	Internal Marks	External Marks	Total Marks
Core Course						
R(22)-DP-401	Sports injuries and Rehabilitation	4	4	30	70	100
R(22)-DP-402	Organisation and Administration of Physical Education	4	4	30	70	100
R(22)-DP-403	Test and Measurement in Physical Education	4	4	30	70	100
R(22)-DP-404	Nutrition and Naturopathy	4	4	30	70	100
Part-B : Practical Course						
R(22)-DP-405	Specialization in Athletics	6	4	30	70	100
R(22)-DP-406	Project Work: Record submission on Game of Specialization: Badminton, Ball Badminton, Basketball , Cricket, Football Handball, Hockey , Kabaddi, Kho-Kho, Softball, Tennis,, Throwball, Tennikoit, Table Tennis, Volleyball (Any one of these)	6	4	30	70	100
R(22)-DP-407	Teaching Practice in Sports Specialization: coaching lesson Plan in Track and Field / Swimming /Gymnastics (Any one of these)	6	4	30	70	100
R(22)-DP-408	Teaching practice in Game of specialization: Coaching lessons: Badminton, Ball Badminton, Basketball , Cricket, Football Handball, Hockey , Kabaddi, Kho-Kho, Softball, Tennis, Throwball, Tennikoit, Table Tennis, Volleyball (Any one of these)	6	4	30	70	100
	Total	**40**	**32**	**240**	**560**	**800**
Grand Total for four semesters		**160**	**128**	**960**	**2240**	**3200**

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

SCHEME OF EXAMINATION

SEMESTER-I

Paper Code	Internal	External	Total Marks
R(22)-DP-101	30	70	100
R(22)-DP-102	30	70	100
R(22)-DP-103	30	70	100
R(22)-DP-104	30	70	100
R(22)-DP-105	30	70	100
R(22)-DP-106	30	70	100
R(22)-DP-107	30	70	100
R(22)-DP-108	30	70	100
TOTAL	**240**	**560**	**800**

SEMESTER-II

Paper Code	Internal	External	Total Marks
R(22)-DP-201	30	70	100
R(22)-DP-202	30	70	100
R(22)-DP-203	30	70	100
R(22)-DP-204	30	70	100
R(22)-DP-205	30	70	100
R(22)-DP-206	30	70	100
R(22)-DP-207	30	70	100
R(22)-DP-208	30	70	100
TOTAL	**240**	**560**	**800**

SEMESTER-III

Paper Code	Internal	External	Total Marks
R(22)-DP-301	30	70	100
R(22)-DP-302	30	70	100
R(22)-DP-303	30	70	100
R(22)-DP-304	30	70	100
R(22)-DP-305	30	70	100
R(22)-DP-306	30	70	100
R(22)-DP-307	30	70	100
R(22)-DP-308	30	70	100
TOTAL	**240**	**560**	**800**

SEMESTER-IV

Paper Code	Internal	External	Total Marks
R(22)-DP-401	30	70	100
R(22)-DP-402	30	70	100
R(22)-DP-403	30	70	100
R(22)-DP-404	30	70	100
R(22)-DP-405	30	70	100
R(22)-DP-406	30	70	100
R(22)-DP-407	30	70	100
R(22)-DP-408	30	70	100
TOTAL	**240**	**560**	**800**

Semester-I - Theory Course

R(22)-DP-101 : HISTORY AND PRINCIPLES OF PHYSICAL EDUCATION

Unit- 1 Meaning and Definition of Education and Physical Education, Aim and Objectives of Physical Education, Role of Physical Education in General Education.

Unit-2 Historical Development of physical education in India: Pre and post Independent India in world (Greece, Germany)

Unit-3 Policies, Schemes, Awards: Bharata Ratna, Padmasri, Padmabhushan, Padmavibhushan, Arjuna, Dronacharya, Rajiv Khel Ratna, Ekalavya, Jhansi Laxmibai, Abhimanya,, Trophies/ Cups in Physical Education and Sports at State/National level.

Unit-4 Institutes bodies for Physical Education and Sports in India (YMCA, LNUPE, SAI, NSNIS, IOA, AIU, SGFI, CABPE, PYKKA, RGKA, SAAP, Physical Education & Sports Universities,))

References:

1) Nixon, E.E. & Cozen, F.W. ***An Introduction to Physical Education***, Philadelphia.W.B. Saunders Co. 1969.
2) Obertuffer; ***Delbert Physical Education***. New York, Harper & Brothers Publisher, 1970.
3) Sharman, J.R. ***Introduction to Physical Education***, New York, A.S. Barnes & Co. 1964.
4) William J.F. ***The Principles of Physical Education***, Philadelphia, W.B. Saunders Co 1964.
5) Deshpande, ***S.H. Physical Education in Ancient India***. Amravati, Degree College of Physical Education 2014
6) M.L.Kamalesh, ***Principle and History of Physical Education & Sports,*** Friends publications, Delhi.

R(22)-DP-102 : FOUNDATIONS OF PHYSICAL EDUCATION

Unit- 1 Physical Education in relation to Humanities (Pedagogy, Psychology, Sociology, Statistics)

Unit-2 Physical Education in relation to Science Disciplines: Anatomy, Physiology, Anthropometry, Kinesiology, Biomechanics, Nutrition.

Unit-3 Heredity Traits, Unsynchronized development, Growth and Development at various levels - pre-adolescence, adolescence, adulthood, Differences in boys and girls, Classification of body types : Kretchmer's and Sheldon classification.

Unit-4 Learning - meaning and definition, Theories of Learning - Trial and Error Theory, Conditioned Response Theory, Insightful Learning, Laws of Learning: Law of Readiness, Law of Use and Disuse, Law of Effect, Law of Recency, Law of Frequency, Types of Learning - Primary, associate, concomitant, Transfer of Learning, Learning Curve

References:

1) Harold M. Barrow, Man and Movement: ***Principles of Physical Education***. 2nd edition, London, Kempton pub. 1977.
2) Ramesh Chandra Pradhan, ***Foundation of Physical Education*** New Delhi sports pub. 2011
3) Retune B. Frost, ***Physical Education Foundation Practices Principles***, London, Addison- Worley. Pub. Cont. 1975.
4) Sharma S.N., ***Philosophical and Sociological Foundation of Education***, New Delhi, Kanishka pub. Distributors, 1995.
5) D.G. Wakharkar, ***Physical Education and Sports In India***, Amravati Shree H.V.P.M. Pub., 1988.
6) Bucher Charles A. ***Foundation of Physical Education***, St. Louis: The C.V. Mosby Co., 1972.

R(22)-DP-103 : BASIC ANATOMY AND PHYSIOLOGY

Unit- 1 Meaning, Definition and importance of Anatomy and Physiology

Cell : Definition and importance, structure and functions of cell.

Unit-2 Skeletal System: Bones, in Axial and Appendicular skeleton , structure , functions and types of bones – types of joints – structural and functional classification, movements around joints, effects of exercise on skeletal system.

Muscular System: Structural and functional classification of muscles, characteristics of muscles, fatigue and performance, palpated muscles around shoulder, elbow, hip and knee joint, Effects of Exercise on muscular system.

Unit-3 Digestive system: Structure of digestive system, process of digestion, effects of exercise on digestive system.

Respiratory system: Structure of human respiratory system, mechanism of respiration, oxygen debt and second wind, effects of exercise on respiratory system.

Circulatory System: Composition and functions of blood, structure and functions of human heart, effects of exercise on circulatory system.

Unit-4 Excretory system: Structure and functions of skin and kidneys, effects of exercise on Excretory system.

Nervous system: Structure and functions of human brain and spinal cord.

References:

1) Karpovich. Peter V. ***Physiology of Muscular Activity*** London. W.B. Saunders Co. 1059.
2) Morehouse, L.E. & Miller, J. ***Physiology of Exercise*** St. Louis The C.V. Mosby Co. 1967.
3) Lamb, G.S. ***Essentials of Exercise Physiology***. Delhi, Surjeet Publication, 1982.

R(22)-DP-104 : RECREATION AND VALUE EDUCATION

Unit- 1 Meaning and Importance of Recreation in physical education, Principles of recreation in physical education, qualities and qualifications of recreation leader, worthy use of leisure time activities and their educational values

Unit-2 Organisation of recreational activities, individual and home agencies, government agencies, voluntary agencies, private agencies and commercial agencies: qualities of the recreation leader.

Meaning and importance of picnic, Benefits of picnic, organisation of picnic, Essential constituents of good picnic.

Unit-3 Inculcation of Human Values, Ethical values, Spiritual values through Sports.

Unit-4 Social values, ethical values of officials and coaches on sports ground, ethical behaviour in sports and sportsman spirit, ethical judgment.

References:

1) Bucher Charles A, ***Foundation of Physical Education*** St. Louis: The C.V. Mosby Co., 1072.
2) Johnson, R.C. ***Measurements in Physical Education & Athletic***, New York, Mac. Milan & Co. 1980.
3) Nixon, E.E. & Cozen, F.W. ***An Introduction to Physical Education***, Philadelphia. W.B. Saunders Co. 1969.
4) Obertuffer; ***Delbert Physical Education***, New York, Harper & Brothers Publisher, 1970.
5) Sharman, J.R. ***Introduction to Physical Education***, New York, A.S. Barnes & Co. 1964.
6) William, J.F. ***The Principles of Physical Education***, Philadelphia, W.B. Saunders Co. 1964.
7) Jackson Roger, ***Sports Administration Manual***, Canada, Roger Jackson & Associate Ltd., 2005.
8) Butler, G.D., ***Introduction to community recreation***
9) Jacks L.P. : ***Education through recreation***
10) Nash J.B. : ***Philosophy of Recreation***
11) Pitzgerald : ***Community organisation for recreation***
12) Gangwar B.E: ***Organisation, administration & Methods of physical education***, A.Ppublishers, Jalandhar, 2005

Semester-II - Theory Course

R(22)-DP-201 : YOGA EDUCATION

Unit- 1 Meaning, Definition, Importance of Yoga. Streams of Yoga: Karma Yoga, Raja Yoga, Jnana Yoga, Bakti Yoga, Hatha yoga and their values; Development of Yoga in India

Unit-2 Effects of yogasanas on various systems of the body: Muscular system, respiratory system, digestive system, circulatory system; Types and importance of asanas with special reference to physical education and sports. Suryanamaskara of 12 stages

Unit-3 Meaning and importance of Ashtanga Yoga - Yama, Niyama, Asana, Pranayama, Pratyahar, Dharna, Dhyan, Samadhi

Unit-4 Bandhas:Moolabandha, Udyana Bandha, ,Shatkriyas,

Mudras: Yoga mudra, Chinmayamudra, Aswani mudra, Brahma mudra

References:

1) Duggal, Satyapad: ***Teaching Yoga*** (the Yoga Institute, Santacruz, Bombay, 1985)
2) Swami Satyananda : ***Yoga Education for Children Saraswati*** (Bihar School of Yoga, Munger, 1990)
3) Gawande, E.N.: ***Value oriented Education*** (Sarup & sons, New Delhi - 110002)
4) Nagendra, H.R. and Nagarathna R: ***New Perspectives in Stress Management*** (V.K.Yogas, Bangalore, 1988)
5) Udupa, K.N.: ***Stress and its Management by Yoga*** (Motilal Banarsidass, Delhi)
6) Ghorote, M.L.: ***Applied Yoga***, Lonavala.
7) BKS Iyengar, ***Light on Yoga***
8) Swami Ramdev – ***Pranayama, Suryanamaskar***

R(22)-DP -202 : HEALTH EDUCATION & ENVIRONMENTAL STUDIES

Unit- 1 Meaning, Definition, Dimensions and Importance of Health; Principles of Health Education. Factors influencing health – Heridity, Environment and Health Habits. Coordinated school health programme – Health services, Health instruction, Health records and Health supervision

Unit-2 Common Health Problems in India, Communicable and Non-Communicable Diseases, Hygiene – Personal, Environmental, Occupational Health, Cleanliness and awareness through educational activities.

Unit-3 Environmental Studies - Meaning, natural and men made Hazards. Environmental pollution – Meaning, Definition, prevention and control of Air, Water, Soil and Sound Pollution.

Unit-4 Natural Calamities – Cyclone, Tsunami, Earthquake – Their prevention and safety measures. WHO, UNICEF, UNESCO and other agencies

References:

1) Moss and *et. al.* "***Health Education***" (National Education Association of U.T.A.)
2) Nemir A. "***The School Health Education***" (Harber and Brothers, New York).
3) Frank H. Walter H., Turners School Health Education, the C.Y. Mosby Company, Saint Louis-1976
4) Agrawal, K.C. ***Environmental Biology*** (Bikaner: Nidhi publishers Ltd.) 2001.
5) Miller T.G. Jr., ***Environmental Science*** (Wordsworth publishing Co.)
6) Odum,E.P. ***Fundamental of Ecology*** (U.S.A.: W.B. Saunders Co.) 1971.
7) Townsend C. ***Essentials of Ecology*** (Black well science)

R(22)-DP -203 : METHODS OF PHYSICAL EDUCATION

Unit- 1 Meaning, Definition, Importance and Factors Influencing on Methods of teaching

Unit-2 Principles of Presentation Technique and Class Management in physical education:

Commands, Class Formation, Teaching aids : Audio visuals

Unit-3 Methods of classification of students: Mccloy method, YMCA method.

Method of teaching: Command Method, Lecture Method, Demonstration Method, Discussion Method, Part Method, Whole Method, Part-Whole Methods, Whole part whole method and their application in minor, major, rhythmic calisthenics and Gymnastics

Unit-4 Lesson Plan – Concept of lesson plan, Principles, importance of lesson plan. Preparation of Lesson Plan in Physical Education – Steps in lesson plan.

References:

1) Bossing, N.L. Progressive, ***Methods & Teaching Secondary Schools.***
2) Knap, C. & Hagma. E.P. ***Teaching Methods for Physical Education***, New York: McGraw Hill Book Co. Inc 1958.
3) Kozman H.C. Cassidy R. & Jackson C. ***Methods in Physical Education*** London: W.B. Saunders Co. 1960.
4) Tirunarayanan, C. & Hariharan, S. ***Methods in Physical Education*** Karaikudi: South India Press, 1969.
5) Dhanunjoy shaw – Seema kaushik – ***Lesson planning, Teaching methods & class management in Physical Education***, KSK, Delhi
6) Kamalesh, ***Methods in Physical Education***
7) J.P.Thomas, ***Physical Education Lesson.***

P. Jayarao

R(22)-DP -204 : ADAPTED PHYSICAL EDUCATION AND CORRECTIVE EXERCISES

Unit- 1 Adapted Physical Education- Meaning, Definition, Objectives and Importance

Unit-2 Concept and Significance of Good Posture: Postural Deformities, Lordosis, Kyphosis, Kypholordosis, Scoliosis, Knocknees, Bow legs, flat foot and their Remedies, Corrective Exercises for Postural illnesses and deformities

Unit-3 Classification of various disabilities (Different abled) – physically challenged, mentally challenged, visually challenged, hearing impaired, Principles of adapted Physical Education programme

Unit-4 Co-curricular activities for the disabled - Indoor/ Outdoor programmes, rhythmic and dance activities, aquatic activities, fitness testing of disabled child

References:

1) Author David Jean Pyfer, ***Adapted Physical Education and Recreation*** V. 5th ed. S.T Louis Mostly College pub. 1985.
2) Pomerocy Janet, ***Recreation for the Physically Handicapped*** N. York The Macmillan Comfogy 1964
3) Gandhi P. K. & S.R. Mohisini, ***The Physically handicapped and the Government*** Delhi Seema pub. 1982
4) Graham Uplon , ***Physical and creative activities for the mentally Handicapped*** New York. Cambridge University Press.
5) Bryant J. Craatty, ***Adapted Physical Education for Handicapped Children and Youth***, London Lever Pub. Comfort 1980