



**INTEGRAL
UNIVERSITY**



INTEGRAL UNIVERSITY LUCKNOW

1st Semester Syllabus
w.e.f. Session-2019-20

For

Bachelor of Education (B.Ed.)

Faculty of Education



Integral University, Lucknow

Effective from Session: 2019-20							
Course Code	ED401	Title of the Course	Philosophical and Sociological Perspectives of Education	L	T	P	C
Year	1	Semester	1	3	1	0	4
Pre-Requisite	Graduation	Co-requisite					
Course Objectives	To enable students to describe concept of education and its relation to philosophy						
	To help students enumerate essential features of philosophy in education						
	To make students abreast with different agencies of education						
	To enable students to understand the concept of social change, social stratification, social mobility and culture						
	To make students identify values of democracy, secularism, harmony and national integration through education						

Course Outcomes	
CO1	Describe concept of education and its relation to philosophy
CO2	Enumerate essential features of philosophy in education
CO3	Explain different agencies of education
CO4	Understand the concept of social change, social stratification, social mobility and culture
CO5	Identify values of democracy, secularism, harmony and national integration through education

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	EDUCATION AND PHILOSOPHY	Education- Aims, Nature, Scope and Need. Nature of Philosophy, Relationship between Philosophy and Education	8	1
2	PHILOSOPHICAL FOUNDATIONS OF EDUCATION	: Philosophical foundation of Education: Essential features of Naturalistic ,Pragmatic, Idealistic and Realistic approaches and their educational implications	8	2
3	AGENCIES OF EDUCATION	Formal, Informal and Non formal Home, School, Community, State, Religion, and Peer group	8	3
4	EDUCATION AND SOCIAL CHANGE	Meaning and Nature of Social Change, Factors retarding social change,-caste, language and religion. Social Mobility and Modernization-Their nature and their impact on Education. Social Stratification and its effects on Education. Culture-Meaning, Concept, types, Importance and Impact of Education on Culture	8	4
5	VALUES ENSHRINED IN THE CONSTITUTION	Concept of Democracy and its relationship with Education. Secularism and its relevance to Education Role of Education for National Integration and Harmony.	8	5

Reference Books:

1. Taneja, V.R (2007) Educational Thought and Practice
2. Choube, S.P& Choube A(2007) Foundations of Education, Vikas publishing House, Pvt .Ltd New Delhi Value of Education Source Book (1994)
3. Oad L.K,(Ed)(1988) Nutan Ayam,Jaipur Rajasthan,Hindi Granth Academy
4. Anand,C,Lal(Eds) (1983) The teacher and education in emerging Indian Society, NewDelhi ,NCERT

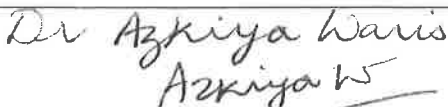
e-Learning Source:

https://ebooks.lpude.in/arts/ma_education/year_1/DEDU401_PHILOSOPHICAL_AND_SOCIOLOGICAL_FOUNDATIONS_OF_EDUCATION_ENGLISH.pdf

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Course Articulation Matrix: (Mapping of Cos with Pos and PSOs)															
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1	3	1	2	1	1	1	2	3	1	1	1	1	3	3	1
CO2	3	1	2	1	1	1	2	3	1	1	1	1	3	3	1
CO3	3	1	2	1	1	1	3	3	1	1	1	1	3	3	1
CO4	3	1	2	1	1	1	2	3	1	2	1	1	3	3	1
CO5	3	2	1	1	1	2	3	3	1	1	1	1	3	3	1

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

 Name & Sign of Program Coordinator	 Sign & Seal of HoD
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Effective from Session: 2025-2026

Course Code	ED402	Title of the Course	Psychology of the Learner and Teaching Learning Process	L	T	P	C
Year	I	Semester	1	3	1	0	4
Pre-Requisite	Graduation	Co-requisite					
Course Objectives	The aim of this undergraduate course is to provide fundamental and essential knowledge of Educational Psychology. By applying the principles of learning and teaching, students can develop the skills to become more effective educators. Upon completing the course, students will be equipped to explore the subject in its various dimensions.						

Course Outcomes

CO1	Students will understand the basics of Educational Psychology and its methods.
CO2	Students will understand the key concepts, stages, and influential factors of human growth and development, including major developmental theories and adolescence.
CO3	Students will examine the nature of learning, learning theories, the role of motivation in education, and strategies to enhance student motivation.
CO4	Students will explore the concept of intelligence and personality, including various theories.
CO5	Students will be aware of the concept of memory, Exceptional children and Creativity.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Educational Psychology and its methods	- Introduction to Psychology and Educational Psychology: Definition, Nature, Characteristics, and Significance - Scope of Educational Psychology: Relevance and Practical Application for Teachers - Methods in Educational Psychology: Case Study, Observation, and Experimental Method - Applying Educational Psychology: Strategies for Addressing Common Classroom Challenges	08	1
2	Growth and Development	- Concept of Growth and Development Growth and Development differentiated - Stages of Development: Contrasting Characteristic of each stage - Stages of Development: Jean Piaget's Theory of Cognitive Development - Erikson's sequential stages of psychosocial Development - Kohlberg's theory of Moral development - Role of Heredity and Environment - Adolescence: Meaning and Concept, Development during Adolescence - Stanley Hall's Theory of Adolescence, concept of Stress and storm.	08	2
3	Psychology of Learning and Motivation	- Learning: Nature and concept of Learning, Factors influencing learning. Transfer of learning and its types. - Learning Theories of Pavlov, Skinner, Thorndike, Kohler and their Educational implications. - Motivation: Nature of motivation and its types: Intrinsic and Extrinsic. - Maslow's Theory of Hierarchy of needs. Role of motivation in learning and teaching. Techniques of enhancing learner's motivation.	08	3
4	Intelligence and Personality	- Concept, Nature and development of Intelligence - Intelligence: Concept of IQ, formula for IQ testing. History of IQ testing - Theories of intelligence- Two factors theory, Multi factor Theory, Structure of intellect (SI) Model, Intelligence Testing and Types of Intelligence tests. - Personality: Meaning and Nature, Determinants - Assessment of Personality: Projective and non-projective techniques - Personality Theories: Type theory: Krestchmer, Sheldon and Young. Trait theory: Allport.	08	4
5	Memory, Forgetting, Creativity and Exceptional Children	- Memory: Definition, Components, and Types of Memory (Sensory, Short-Term, Long-Term) and Effective Memorization Strategies - Retention and Forgetting: Concepts, Ebbinghaus's Forgetting Curve, and Factors Affecting Retention - Creativity: Concept, Key Elements, Measurement - Methods to Nurture Creativity in Students - Exceptional Children: Definition, Types Gifted and Backward, Characteristics, and Educational Approaches	08	5

Reference Books:

1. Woolfolk, A. (2006). Educational psychology (14th ed.). Pearson.Dorley Kindersley Publication Inc.New Delhi.
2. Mangal, S. K. (2002). Advanced educational psychology. PHI Learning Pvt. Ltd.New Delhi.
3. Bhatia, H. R. (1975). Elements of educational psychology 5th ed. Orient Longman.New Delhi.

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4. Ramnath, S., & Sharma, R. K. (1996). Advanced Educational Psychology, Surjeet Publications, Delhi
5. Chauhan, S. S. (2009). Advanced educational psychology. Vikas publishing house, Ghaziabad.
6. Sharma, N. (2018). Understanding early childhood care and education in India. SAGE Publications, New Delhi.
7. Asch, M. (2005). An introduction to educational psychology. Sarup & Sons, Daryaganj, Delhi.
8. Walia, J. S. (2011). Foundations of educational psychology. Paul Publishers, Jalandhar.

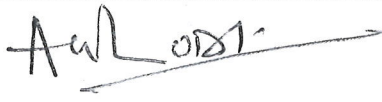
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<https://egyankosh.ac.in/handle/123456789/7978>

PO- PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1	3	3	2	3	3	1	3	3	3	2	1	2	2	2	2
CO2	3	3	2	3	3	1	1	3	3	3	1	2	3	2	3
CO3	3	3	3	2	2	2	2	3	3	3	1	2	3	2	3
CO4	3	1	3	3	3	3	1	3	3	2	1	2	2	1	3
CO5	3	1	2	3	2	1	3	3	3	2	1	2	3	2	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

 Name & Sign of Program Coordinator	 Sign & Seal of HoD
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Effective from Session: 2019-20				L	T	P	C
Course Code	ED403	Title of the Course	Environmental Education and Conservation	3	1	0	4
Year	I	Semester	I				
Pre-Requisite	Graduation in any Discipline	Co-requisite					
Course Objectives	The purpose of this graduate course is to impart theoretical and practical knowledge of Environmental Science.						

Course Outcomes

CO1	Students understand the concept, aim, objectives and importance of environmental education.
CO2	Students understand the concept, aim, objectives and importance of environmental education.
CO3	Establish the relationship of man with environment.
CO4	Appreciate the role of various agencies working in the area of environment.
CO5	Understand possible environmental hazards and their negative effects.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction of Environmental Education	Meaning, Nature, Need, Importance and Scope of Environmental Education, Relationship of Man and Environment, Need for conservation of environment.	8	1
2	Eco-system and Man	Eco-system: Structure and Function, producer, consumer and decomposer, Food chain & Food Web, Flow of energy: Bio-geochemical cycle: oxygen, carbon, nitrogen and water, Effect of human activities on eco-system, Acid rain, Greenhouse effect, Global Warming, Ozone depletion, Deforestation and soil degradation.	8	2
3	Environmental Education in the curriculum	Presents status of environmental education in school curriculum in India, Methods of teaching Environment Education. Project, Survey, Problem Solving activity, Lecture cum demonstration method.	8	3
4	Environmental pollution	Air pollution: sources, effects and control measures. Water pollution: sources, effects and control measures.	8	4
5	Environmental pollution and role of media	Soil pollution: sources, effects and control measures. Role of media-print, film, TV, & AV aids.	8	5

Reference Books:

1. NCERT (1981) Environmental Education at school level, New Delhi.
2. Sharma, R.C. (1981) Environmental Education at school level, New Delhi, Metropolitan, UNESCO.
3. Sharma, R.A. Environment Education, Meerut.
4. Nasrin, Education Environment and Society, AMU, Aligarh.
5. Harishchandra Vyas (2001), Paryavran Siksha, New Delhi, Vidya Vihar.

e-Learning Source:

1. https://www.tutorialspoint.com/environmental_studies/environmental_studies_energy_flow_in_ecosystem.htm
2. <http://www.pioneerishiksha.com/news/3202-environmental-education-in-school-curriculum-an-overall-perspective.html>
3. https://www.researchgate.net/publication/323751233_Role_of_Media_in_Enhancement_of_Environmental_Awareness#:~:text=Mass%20Media%20plays%20an%20important,life%20

PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1	3	3	1	3	2	1	1	3	2	2	1	3	3	2	2
CO2	3	3	1	3	2	2	2	2	3	3	3	3	3	1	3
CO3	3	2	1	2	2	1	1	3	2	2	3	2	3	3	3
CO4	2	3	1	2	2	1	1	3	3	3	3	3	3	2	2
CO5	2	2	2	2	2	2	1	3	2	3	2	3	3	2	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

<i>Dr Azkiya Waris</i> <i>Azkiya W</i> Name & Sign of Program Coordinator	<i>Md Ali Imran</i> Sign & Seal of Head of Education
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Effective from Session: 2025-26

Course Code	ED404	Title of the Course	EDUCATIONAL TECHNOLOGY AND COMPUTER APPLICATION	L	T	P	C
Year	I	Semester	I	2	1	0	3
Pre-Requisite	Graduation	Co-requisite	Nil				
Course Objectives	.The objective of this course is to impart the knowledge, an understanding, and importance of educational technology and computer application with their related aspects that will make teaching-learning process more interesting and effective						

Course Outcomes

CO1	Students will be able to understand the concept, meaning and nature of educational technology and its related aspects.
CO2	Students will be able to comprehend about concept and different aspects of teaching and instructional resources.
CO3	Students will be able to know about Communication Technology.
CO4	Students will be aware of fundamentals of computers and its various applications.
CO5	Students will be able to know about computer in education and its networking.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Educational Technology and its Related Aspects	● Meaning, definitions of educational technology, Scope and Significance ● Types of Educational Technology: Hardware, Software and System Approach. ● Forms of Educational technology: Teaching Technology, Instructional Technology, Behavioural Technology, -their difference. ● E-Learning: Meaning, Nature, Characteristics, Modes and Styles of E-Learning: Support Learning, Blended Learning, and Complete E-Learning	8	1
2	Teaching and Instructional Resources	● Teaching: Meaning, Definition, Characteristics, Difference in Teaching Instruction, Conditioning, Training and Indoctrination. ● Phases of teaching-pre active, active and interactive and Level of teaching-Memory, understanding and reflective ● Models of Teaching: Meaning, Definition, Characteristics and Types: Concept attainment model, Group Investigation Model, Advanced Organizer Model with Its syntax. ● Instructional Resource centre CIET, IGNOU, UGC, ET CELL, NCERT, SCERT, NCTE	8	2
3	Introduction to Communication Technology	● Communication: concept, component and process ● Types of communication ● Barriers to communication and ways to overcome it ● 7 C'S of communication ● Art of Listening ● Edger Dale's Cone of Experiences ● Computer Assisted instructions. ● Computer Managed instructions.	8	3
4	Fundamentals of Computers and its Applications	● Basic of computers: CPU, memory, storage devices, input and output, windows OS. ● Internet and its applications: websites, web pages, web browsers. ● Theoretical framework of MS word, MS PowerPoint, MS Excel. ● Concept of Flipped Classroom, Virtual Classroom	8	4

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5	Computer in Education and Networking	- Computers in teaching Learning Process - Problem based learning (PBL) - Programmed Instruction: Meaning, Characteristics, Types (Linear, Branching). - Computer in Educational Networking: Internet, email, search engine and world wide web(www), LAN/WAN	8	5
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Reference Books:

1. Aggarwal, J.C. (2001). Essentials of Educational Technology. New Delhi: Vikas Publications
2. Sharma, R. A. (2016). Essentials of instructional technology. Meerut: R Lall Publisher & Distributors
3. Sharma, R. A. (2012). Essentials of Educational technology and management. Meerut: R Lall Publisher & Distributors.
4. Kumar, K.L. (2012). Educational Technology. New Delhi: New Age International Pvt Ltd Publishers.
5. Bhatia, K.K. (2001). Foundation of Teaching Learning Process. Ludhiyana: Tandon Publishers.
6. Joyce, B. (2009). Models of Teaching. New Delhi: Phi Learning.
7. Mangal, S.K. (2009). Essentials of Educational Technology. New Delhi: PHI Learning Private Limited

e-Learning Source:

<https://ciet.nic.in/>

<https://www.ugc.gov.in>

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PO- PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO															
CO1	1	3	1	3	2	1	1	2	1	1	3	2	3	3	1
CO2	1	3	1	2	2	3	1	1	2	1	3	1	3	3	1
CO3	3	2	2	2	2	1	1	2	2	2	3	2	3	2	2
CO4	2	3	1	2	2	1	1	2	2	2	3	2	2	3	1
CO5	2	3	2	2	2	3	3	1	2	2	3	1	2	3	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

<i>Dr Azkiya Waris</i> <i>Azkiyah</i> Name & Sign of Program Coordinator	<i>Azkiyah</i> Head Department of Education Sign & Seal of HoD Integral University Lucknow
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Effective from Session: 2025-26							
Course Code	ED405	Title of the Course	SCHOOL MANAGEMENT	L	T	P	C
Year	I	Semester	I	3	1	0	4
Pre-Requisite	Graduation	Co-requisite	NA				
Course Objectives	The pupil-teacher will be able to understand core school management concepts, develop time and resource management skills, and identify key factors for effective activity implementation. They will also be equipped with knowledge of educational supervision and modern multi-level planning techniques.						

Course Outcomes	
CO1	Understand the concepts and concerns of the School Management.
CO2	Develop skills of Time Management and Resource Management at school.
CO3	Identify factors conducive to the effective implementation of various school activities.
CO4	Analyze the need and importance of Educational Supervision.
CO5	Acquaint with the concept of multi-level planning and modern management techniques

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Educational Management	- Meaning, Definition and Concept. - Principles of Management. - Difference between Management and Administration. - Functions of Educational Management; Planning, Organizing, Staffing, Directing, Coordinating, Reporting and Budgeting.	8	1
2	Elements of School Management	- School Climate: Meaning and Types. - School Timetable: Need, Types and Principles of constructing weekly, Monthly and Yearly Timetable. - Physical resources: Meaning, Types, Procedure of management of Building, Classrooms, Laboratory, management of the library, Hostel and Playground etc. - Financial Resources: Meaning, Sources of Income and Expenditure, Budgeting, Developing and monitoring a budget. - Human Resources: Meaning, Objective and Scope, Procedure to manage human resources at school.	8	2
3	Managing School Activities	- Qualities of Principal/Headmaster, Roles and responsibilities of Principal: Administration and supervisory and leadership role. - School Staff: Role and duties, essential qualities of a good teacher, Teacher's relationship with principal, students and parents. - Role of teacher in administration work- admission. - Classification and maintenance of office and school records. - Managing the examination and evaluation.	8	3
4	Educational Supervision	- Meaning, Objective, Need and Scope of Supervision. - Principles of Supervision. - Types of Supervision. - Importance of democratic procedures. - Evaluation of Supervisory effectiveness. - Academic vs Administrative Supervision.	8	4
5	Multi-Level Planning and School Management	- Concept of multi-level planning and school management. - School as a unit of Decentralized Planning - Monitoring and evaluation in terms of modern Management techniques- case study	8	5

Reference Books:

- Sharma, R. A. (2004). *Educational administration and management*. Meerut.R. Lall Book Depot
- Chandra, S. S., & Chakraborty, A. K. (2005). *School administration, organization, and management*. Meerut. R. Lall Publication
- Vashist, S. R. (2004). *Supervision in elementary school*. New Delhi Anmol Publications
- Kochhar, S. K. (2003). *Secondary school administration*. New Delhi. Sterling Publications Private Limited.
- Agarwal, J. C. (1994). *Educational administration, management, and supervision*. New Delhi Arya Book Depot.

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6. Halpin, Andrew W. (1966). Administrative Theory in Education-London. Macmillan Corporation.

7. Mort, P. B. (1946) Principles of School Administration. India. McGraw Hill.

e-Learning Source:

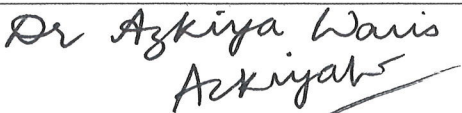
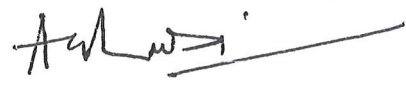
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• [http://ignou.ac.in/userfiles/PGDSLMI\(1\).pdf](http://ignou.ac.in/userfiles/PGDSLMI(1).pdf)

• https://www.researchgate.net/publication/359701558_A_Study_on_Educational_Management_and_Administrati
on System of IGNOU

PO- PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1	1	2	1	3	3	2	2	3	3	3	3	3	3	3	3
CO2	3	2	2	3	3	3	2	3	2	3	3	3	2	1	3
CO3	3	2	2	3	3	3	3	3	3	3	3	3	3	2	3
CO4	3	2	3	3	2	3	3	2	3	3	3	3	2	3	3
CO5	3	2	3	3	3	3	3	2	3	3	3	3	3	3	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

 Name & Sign of Program Coordinator	 Sign & Seal of HoD
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Effective from Session: 2019-20

Course Code	ED406	Title of the Course	Health and Physical Education	L	T	P	C
Year	I	Semester	I	2	0	0	2
Pre-Requisite	Graduation in any Discipline	Co-requisite	Nil				
Course Objectives	The Purpose of this course is to impart theoretical and Practical knowledge of Health and Physical Education. By studying this course, the students will be able to make and draw conclusions and prediction about progress.						

Course Outcomes

CO1	Develop right concept about health and factors influencing health.
CO2	Justify the need of physical education program , and contribution of physical education towards the holistic development of students .
CO3	Design plays activities for different groups of students.
CO4	Organizing and conducting of sports competitions in schools.
CO5	Acquire knowledge of recreational activities and be able to design recreational program for school children.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mappe d CO
1	Health Education	Health : Concept , meaning ,definition, dimension , aim and objective , scope , concept ,and importance . Personal hygiene: meaning of Personal Hygiene, importance of Personal Hygiene and Cleanliness.	8	1
2	Physical Education.	Physical Education: meaning, definition, aim and objective , and scope. Importance of physical Education programs in schools.	8	2
3	Recreational Activities.	School health programs. Modern trends of Physical Education. Recreational: meaning significance and recreational program in school.	8	3
4	Organization and administration in sports.	Sports competitions: meaning, types, need and importance in school. Types of Yoga, importance of meditation in schools.	8	4
5	Physical Fitness and Training Methods.	Physical fitness; meaning, importance, motor component of physical fitness (speed , strength, endurance , flexibility, agility, neuromuscular coordination.) Training methods of physical fitness	8	5

Reference Books:

- Agashe , S.R . (2013). Introduction to health education . New Delhi India: khel sahitya kedra.
- Gupta , M.C. (2012) . Physical fitness and health . New Delhi , India: khel sahitya kedra.
- Human kinetics (2012) . introduction to recreation and leisure (U 2nd ed). Champaign , IL: Human kinrtics.
- Thomas , J.P. (1964) . Organization of physical education . Madras, india : gnanodaya.
- Jaskson , A.W. (2003). Physical activity for health and fitness. Champaign , IL.: Human kinrtics.
- Kilander, H.F (1971) school health education . New York McMillian Copany.

e-Learning Source:

- https://ilizone.iul.ac.in/pluginfile.php/169169/mod_resource/content/4/unit%201st%20.pdf
- https://ilizone.iul.ac.in/pluginfile.php/169184/mod_resource/content/5/topic%2034.pdf

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1	1	2	1	1	1	1	1	1	3	2	1	1	3	1	1
CO2	2	2	3	1	2	2	1	1	1	1	3	1	1	2	1
CO3	2	2	2	2	3	2	2	1	2	2	1	2	1	2	1
CO4	1	2	1	2	1	1	3	2	2	2	3	2	1	1	2
CO5	3	2	1	1	2	1	3	2	3	1	1	1	2	3	1

1- Low Correlation: 2- Moderate Correlation: 3- Substantial Correlation

Dr Azkiya Wariis
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Name & Sign of Program Coordinator

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Sign & Seal of Head



Effective from Session: 2025-26							
Course Code	ED494	Title of the Course	Educational Technology and Computer Application	L	T	P	C
Year	I	Semester	I	0	0	2	1
Pre-Requisite	Graduation	Co-requisite	Nil				
Course Objectives	.The objective of this paper is to make students comprehend with the application of educational technology by training them in skills to use Microsoft office, google classroom and other relevant technological tools.						

Course Outcomes	
CO1	Students will be able to understand the applications of Microsoft Office.
CO2	Students will be able to gain knowledge on creation of virtual classroom.
CO3	Students will be able to explore internet and its e-tools in education.
CO4	Students will be able to learn about different educational websites and their initiatives.
CO5	Students will be able to create e-forms .

Unit No.	Title of the Practical	Content of Unit	Contact Hrs.	Mapped CO
1	Microsoft office Applications	- Creation of document through MS Word - Creation of presentation through MS Powerpoint - Creation and working on excel sheet through MS Excel	4	1
2	Virtual Classroom	Creation of Google classroom and use of different features of google classroom.	3	2
3	Internet and e-tools in Education	- E-mail: its creation and its different features. - Use of e-tools: Keep (Google tool), blogger, earth, Gemini, ChatGpt, Perplexity for education purpose.	4	3
4	Educational websites	Exploring educational websites and how to use them: official websites of instructional resources, google scholar, e-PG Pathshala, Shodhganga, Shodhgangotri etc.	4	4
5	Development of e-form	Creation of Google forms and how to collect responses through it.	3	5

e-Learning Source:

<https://www.vlab.co.in/>

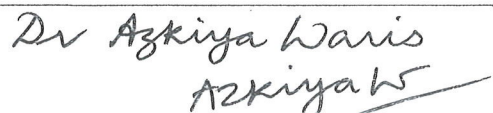
shodhgangotri.inflibnet.ac.in

shodhganga.inflibnet.ac.in

epgp.inflibnet.ac.in

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1	1	3	1	3	2	1	1	1	2	1	3	1	1	1	1
CO2	1	2	3	2	1	2	1	1	1	2	3	1	2	2	2
CO3	2	2	1	2	2	1	2	1	2	1	3	2	2	1	1
CO4	2	2	3	2	2	1	1	1	2	2	3	2	1	1	1
CO5	1	3	1	2	2	2	3	2	1	1	3	1	2	1	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

 Name & Sign of Program Coordinator	 Sign & Seal of HoD
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APPROVED BY
ACADEMIC COUNCIL
ON...26/10/2024.....

Department of Education
Integral University, Lucknow



Integral University, Lucknow

Effective from Session: 2019-20							
Course Code	ED495	Title of the Course	Health and Physical Education (Practical)	L	T	P	C
Year	I	Semester	1	0	0	4	2
Pre-Requisite	Graduation with any Discipline	Co-requisite	Nil				
Course Objectives	The purpose of this graduate course is to impart theoretical and practical knowledge of Different Outdoor and Indoor games. Starting from history, organization, field measurements, equipments and rules and regulations of National and International Championship						

Course Outcomes	
CO1	Understand the concept, importance of Field Measurement of Football
CO2	Understand the concept, importance of Field Measurement of Volleyball
CO3	Understand the concept, importance of Field Measurement of Basketball
CO4	Understand the concept, importance of Field Measurement of Lawn Tennis
CO5	Understand the concept, importance of Field Measurement of Table Tennis
CO6	Understand the concept, importance of Field Measurement of Badminton
CO7	Understand the concept, importance of Field Measurement of Yoga

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Football	History of football, Organizations of football. Field measurement, equipments. Rule and regulations, National and International Championship.	8	1
2	Volleyball	History of Volleyball, Organizations of Volleyball. Field measurement, equipments. Rule and regulations, National and International Championship.	7	2
3	Basketball	History of Basketball, Organizations of Basketball. Field measurement. Equipments. Rule and regulations, National and International Championship.	8	3
4	Lawn Tennis	History of Lawn Tennis, Organizations of Lawn Tennis. Field measurement. Equipments. Rule and regulations, National and International Championship.	6	4
5	Table Tennis	History of Table Tennis, Organizations of Table Tennis. Field measurement, equipments. Rule and regulations, National and International Championship.	7	5
6	Badminton	History of Badminton, Organizations of Badminton. Field measurement, equipments. Rule and regulations, National and International Championship.	6	6
7	Yoga	History of Yoga, Organizations of Yoga. Field measurement, equipments. Rule and regulations, National and International Championship.	6	7

Reference Books:

1. Sports and Games Rules and Regulation Pankaj Vinayak Pathak

e-Learning Source:

1. https://ncjindalps.com/pdf/Health_Wellness/The-Sports-Rules-Book.pdf

PO- SO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO4	PSO5	PSO6	PSO7	PSO8
CO														
CO1	3	3	1	2	2	1	1	1	2	3	3	1	2	2
CO2	3	3	1	2	2	1	1	2	2	3	2	1	2	2
CO3	3	3	2	2	1	2	1	2	1	3	2	2	2	1
CO4	2	3	1	2	2	1	1	2	2	1	1	2	2	1
CO5	2	3	1	2	2	1	1	1	2	2	2	2	1	1
CO6	1	2	1	1	1	1	2	1	2	3	3	1	2	3
CO7	1	1	3	1	1	1	1	2	2	1	2	1	3	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator

Dr Azkiya Kariis
Azkiya W

Sign & Seal of Head

MO Aliman

