



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, New Delhi, NCERT

e-Learning Source:

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

https://rgu.ac.in/wp-content/uploads/2021/02/Download_588.pdf

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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Integral University, Lucknow

Effective from Session: 2019-20				L	T	P	C
Course Code	ED402	Title of the Course	Psychology of Teacher and Learning Process	3	1	0	4
Year	1	Semester	I				
Pre-Requisite	Graduation	Co-requisite					
Course Objectives	The purpose of this undergraduate course is to impart basic and key knowledge of Educational Psychology. By using the principal of learning and teaching students may enable themselves to be a better teacher. After successfully completion of course, the student will able explore subject into their respective dimensions.						

Course Outcomes

CO1	Students would understand basics of Educational Psychology, its methods along with concept of Growth and Development.
CO2	Students would have sound Knowledge of nature, concept and factors affecting learning.
CO3	Students would understand basic nature and Theories of Intelligence and Personality
CO4	After completing this course students awareness about memorization , Exceptional Children and Concept of Creativity would Increase
CO5	Students would be well acquainted with concept of mental Health and Adjustment Mechanism

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Psychology and Teaching Learning Process	Meaning, Nature, Scope and Methods of Educational Psychology- Case Study, Survey, Experimental, observation and interview methods. Understanding learner characteristics and development- Concept of growth and Development, Stage Specific Characteristics and development in relation adolescent, Role of Heredity and Environment.	08	1
2	Psychology of Learning and Motivation	Learning: Nature and concept of Learning, Factors influencing learning. Educational implications of the theories of Thorndike, Pavlov, and Skinner, and Kohler's insight theory of learning. Transfer of learning: Concept, theories and factors influencing transfer of learning Motivation: its nature, and types. Its role in learning and teaching. Techniques of enhancing learners and teacher's motivation	08	2
3	Intelligence and personality	Intelligence: Nature, Definition and development of intelligence, Theories of intelligence- Two factors theory, Multi factor Theory, Structure of intellect (SI) Model, Types of Intelligence tests. Personality: Definition, Nature, Type and trait theories, Assessment of personality.	08	3
4	Memory and Forgetting	Concept, Factors influencing Retention, Strategies of memorization. Exceptional Children: Concept, Types (Gifted and backward) Characteristics and their education. Creativity concept measurement and nurturing creativity.	06	4
5	: Adjustment and Mental Health	Concept of Mental Health, Mal-adjustment, Symptoms , Causes of mal adjustment	03	5

Reference Books:

- Sharma, P.N. & R. K. Sharma (1996) Advanced Educational Psychology, Surjeet Publications, Delhi
- Walia J.S. Foundations of Educational Psychology, Paul Publishers, Jalandhar.
- Mangal S. K. (2000) An Introduction to Psychology, Prakash Brothers, Ludhiana.
- Woolfolk Anita & Woolfolk Hoy Anita (2008) Educational Psychology, Pearson, New Delhi.

e-Learning Source:

<https://classroom.google.com/c/MjQzMDgyODM1Nzk2?cjc=33ltciv>

Google Class Code: 33ltciv

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	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

Dr Azkiya Waris
Azkiya W

Sign & Seal of Head





Integral University, Lucknow

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.pioneershiksha.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

Dr Azkiya Waris Azkiya W Name & Sign of Program Coordinator	Md Ali Sign & Seal of Head of Department of Education
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Integral University, Lucknow

Effective from Session: 2019-20

Course Code	ED404	Title of the Course	Educational Technology and Computer Application	L	T	P	C
Year	1	Semester	1	2	1	0	3
Pre-Requisite	Graduation in any Discipline	Co-requisite					
Course Objectives	The purpose of this graduate course is to impart the scope and importance of educational technology, its hardware and software aspects. To understand the meaning scope and importance of computer in education and understand the instructional applications of internet and web resources						

Course Outcomes

CO1	Define the scope and importance of educational technology.
CO2	Know hardware and software aspects and type of educational technology
CO3	To understand the meaning, scope, and importance of communication technology
CO4	To get familiar with generations and fundamentals of computer.
CO5	To understand the instructional applications of the computer, internet and web resources.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Nature and concept of educational technology	Meaning, definitions and importance of educational technology. Hardware and software. Revolutions of Education, Historical overview with special reference to Psychological factors of learning Forms of Educational technology- Teaching, Behavioural and Instructional.	8	1
2	Instructional resources and teaching	Teaching, instruction and behavioral technology. Instructional resources centers: CIET, IGNOU,UGC, ET Cell, NCERT, SCERT. Phases of Teaching- pre active, active and interactive. Levels of teaching- Memory, Understanding and reflective	8	2
3	Introduction to communication technology	Communication: concept, component and process, Types of Communication, Barriers of Communication & overcoming it. 7Cs of Communication, art of listening Edger Dale's cone of Experiences, Computer assisted and Computer-Managed instructions	8	3
4	Introduction to computers	Generation, types and characteristics of computers, Computer fundamentals: CPU, memory, storage devices, input and output.	8	4
5	Computers in education and networking	Computer in teaching Learning Process-Problem based learning (PBL). Computer in Educational Administration. Internet, email and world wide web (www). Meaning and uses of LAN and WAN, Search Engine, Educational websites, Cyber laws and Cyber Crime	8	5

Reference Books:

1. Das, R.C. (1993) Educational technology, A basic text Sterling Publishers, New Delhi.
2. Dececco, J.P. (1964), Educational Technology, reading in programmed instruction Holt Rinehart and Winston.
3. Percivale, F & Ellengten, H (1984).A Handbook of Educational Technology, billings and sons limited, Worcester.
4. Rajavaman, V. (1999). Fundamentals of Computer, Prentice Hall of India, New Delhi.
5. Ruhela, S.P. (1973) . Educational Technology, New Delhi, Raj Prakshan.
6. Sinha P.K. (1997) Computer Fundamental BPB Publication, New Delhi.
7. Xavier, C (1997) Introduction to Computer and basic Programming, New Age International limited Publishers.
8. Mangal, S.K. Mangal Uma ; (2009), Essentials of Educational Technology, PHI Learning Pvt.Ltd., New Delhi.
9. Mongal esquema ngalu MA 20 09 essentiels off educational technology bh I learning private limited New Delhi

e-Learning Source:

https://drive.google.com/drive/folders/1n0S0wS-yODfhQcZcGw_sIMJhf8e3rBOP?usp=sharing

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	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

<p><i>Dr Azkiya Waris</i> <i>Azkiya W</i></p> <p>Name & Sign of Program Coordinator</p>	<p><i>Md Akh Imam</i></p> <p>Sign & Seal of Department of Education</p>
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Integral University, Lucknow

Effective from Session: 2019-20							
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 know the various aspects and dimensions of school management						

Course Outcomes	
CO1	Understand the concept of educational management, school organization and school administration
CO2	Develop skills for the optimum utilization of resources.
CO3	Identify factor 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 AT THE SCHOOL LEVEL	<ul style="list-style-type: none"> • Concept and function of Educational Management • Basis of Management – Planning, Organizing, • Control, Direction and Financing 	8	1
2	MANAGEMENT OF TIME AND RESOURCES	<ul style="list-style-type: none"> • Time Management- Time schedules for various activities of schools weekly, monthly and yearly calendar of activities • Preparation of daily, weekly, monthly and yearly plans for the individual and the school. • Management of Material Resources • School building, library, laboratory, hostels, playground etc. • Management of financial Resources- Developing and monitoring budgets at school level. 	8	2
3	MANAGING THE SCHOOL ACTIVITIES	<ul style="list-style-type: none"> • Qualities of a Principal/Head Master, Role and responsibilities of principal: Administration & supervisory and leadership role. • School Staff: Role and duties. Essential qualities of a good teacher. Teacher's relation with principal, Students and Parents. • Role of a teacher in administration work-admission • Classification, maintenance of office and school records. • Managing the examination and evaluation. 	8	3
4	EDUCATIONAL SUPERVISION	<ul style="list-style-type: none"> • Meaning, objectives, need and scope of supervision • Principles of supervision. • Importance of democratic procedures. • Evaluation of Supervisory effectiveness. • Academic Supervision Vs. Administrative supervision 	8	4
5	MULTI LEVEL PLANNING AND SCHOOL MANAGEMENT	<ul style="list-style-type: none"> • Concept of multi- Level Planning and school Management. • School as a unit of Decentralized Planning. • Monitoring and Evaluation in term of Modern Management Techniques- Case study 	8	5

Reference Books:

- Getzeb, Lipham & Campbell Educational Administration as Social Process, Harper & Row.
- Moehlman, A.B., School Administration, Houghton & McGraw Hill.
- Mort, P.B., Principles of School Administration, McGraw Hill.
- Reader, W.G., The Fundamentals of Public School Administration.
- Halpin, Andrew W.(e.), Administrative Theory in Education- Macmillan Co., London.
- Kimbrough, Ralph B. Nunnery, Michael Y., Educational, Administration an Introduction, Macmillan
- Banghman, Anderson, Smith, Wiltse Administration & Supervision of Modern Secondary School- Parker Publishing Co
- Williams, W. Stanley, Educational Administration in Secondary School, Holt Rinehart & Winston.

e-Learning Source:

<https://egyankosh.ac.in/handle/123456789/49325>

<https://egyankosh.ac.in/handle/123456789/1907>

<https://www.egyankosh.ac.in/bitstream/123456789/8674/1/Unit-2.pdf>

<https://uou.ac.in/bed-17>

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

<p><i>Dr Azkiya Waris</i> <i>Azkiya W</i></p> <p>Name & Sign of Program Coordinator</p>	<p><i>Ud Akhman</i></p> <p>Sign & Seal of HoD</p>
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Integral University, Lucknow

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:

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

e-Learning Source:

1. https://ilizone.iul.ac.in/pluginfile.php/169169/mod_resource/content/4/unit%201st%20.pdf
2. 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. Azkaya Lina
Azkaya Lina

Name & Sign of Program Coordinator

Signature
Sign & Seal of Head





Integral University, Lucknow

Effective from Session: 2019-20							
Course Code	ED494	Title of the Course	Educational Technology and Computer Application(Practical)	L	T	P	C
Year	I	Semester	I	0	0	2	1
Pre-Requisite	Graduation in any discipline	Co-requisite					
Course Objectives	The purpose of this lab course is to impart the application of Microsoft word, Excel and Power Point.						

Course Outcomes	
CO1	Students will understand the applications of Microsoft word, Excel and Power Point Presentation.
CO2	Students have to present the power point presentation of the assigned topics
CO3	Students have to present the power point presentation of the Bloom's Taxonomy.
CO4	Students have to present the power point presentation on CIET/ UGC/IGNOU/SCERT/NCTE, ET Cell, DIET.
CO5	Students have to present the power point presentation on Development of Computer aided materials/slides.

Experi ment No.	Title of the Experiment	Content of Unit	Contat Hrs.	Mappd CO
1	Microsoft word, Excel and Power Point Presentation	Introduction of Microsoft word, Excel and Power Point and its application.	4	1
2	Power Point Presentation.	Preparation and presentation of slides for assigned topics.	4	2
3	Power Point Presentation.	Power Point Presentation on Bloom's Taxonomy	4	3
4	Power Point Presentation.	Power Point Presentation on CIET/ UGC/IGNOU/SCERT/NCTE, ET Cell, DIET	4	4
5	Power Point Presentation.	Power Point Presentation on Development of Computer aided materials/slides.	4	5
e-Learning Source:				
https://www.vlab.co.in/				

Course Articulation Matrix: (Mapping of COs with POs and PSOs)															
PO PS O 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

<p style="font-size: 1.2em; font-family: cursive;">Dr Azkiya Harris</p> <p style="font-size: 1.2em; font-family: cursive;">Azkiya W</p> <p style="text-align: center;">Name & Sign of Program Coordinator</p>	<p style="font-size: 1.2em; font-family: cursive;">Md. A. H. Imam</p> <p style="text-align: center;">Sign & Seal of HoD</p>
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Integral University, Lucknow

Effective from Session 2019-20						
Course Code	ED405	Title of the Course	Health and Physical Education (Practical)	L	T	P
Year	1	Semester	1	0	0	4
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-PSO	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 Waris
Azkiya W

MD Ali Man
Sign & Seal of HoD

