

# UNIVERSITY OF LADAKH



**SYLLABUS**

**OF**

**THE FOUNDATION COURSE**

**OF**

**BEHAVIOURAL SCIENCE**

**(UNDER NEP – 2020)**

**(Implemented w.e.f Academic Session 2023-24)**

# UNIVERSITY OF LADAKH

## SYLLABUS OF THE FOUNDATION COURSE IN BEHAVIOURAL SCIENCE UNDER NATIONAL EDUCATION POLICY - 2020 (Session 2023-2024)

### 1<sup>st</sup> SEMESTER

Course Title: INTRODUCTORY COURSE IN BEHAVIOURAL SCIENCE-I

Course Code: EBS-BS-101-M

**Total Credits= 4**

**Theory=3**

**Practicum=1**

**Max. Marks:100**

**Objective:** The main objective of Introductory course in Behavioural Science (Education, Psychology and Physical Education) discipline, as a foundation course in undergraduate program is to deliver the basic understanding and importance of Behavioural science and their application in everyday life, and also its relationship with understanding of human behavior and its impact on physical changes.

### UNIT 1 INTRODUCTION TO PSYCHOLOGY

1.1: Psychology: Meaning, Nature and history

1.2: Early perspectives: Structuralism, Functionalism, and Gestalt

1.3: Modern perspectives: psychodynamic, behavioural, humanistic, biological and cognitive. Psychology in India.

1.4: Perceptual processes: Perception, Laws of perceptual organization. perceptual constancies, depth perception, illusion

### UNIT 2 INTRODUCTION TO PHYSICAL EDUCATION & SPORTS

2.1: Meaning, definition & Nature of Physical Education ( physical education as an art of science).

2.2: Aims and objectives of physical Education.

2.3: Scope of Physical education & sports, misconceptions about physical education.

2.4 Physical education in the modern Era.

### UNIT 3 EDUCATION AND AGENCIES OF EDUCATION

3.1: Meaning and definition of education.

3.2: Aims of Education.

3.3: Agencies of Education.

3.4: Curriculum; Concept.

### UNIT 4 METHODS IN BEHAVIOURAL SCIENCE

4.1: Posing Questions, Explanations and Theories, Hypothesis

4.2: Finding Answers, Research Methods: Naturalistic Observation, Survey Research-Interview and Questionnaire, Case Study, Correlational Research, Experimental Research.

4.3: Measures of Central tendency: Mean, Median, Mode

### **Practicum**

One experiment/practical/field work to be conducted from each discipline.

### **References:**

#### **Essential Readings:-**

1. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.
2. Chadha, N.K.(1991) Statistics for Behavioural and Social Sciences. Reliance Pub. House: New Delhi
3. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
4. Dr. Ajmer Singh & Jagdish Bians (2016). Essentials Of Physical Education. Kalyani Publication, New Delhi.
5. Dr. M. L. Kamlesh (2016). Principles and History of Physical Education. Khel sahitya Kendra, New Delhi.
6. Aggarwal, J.C (2001) '*Theory and Principles of Education*'. New Delhi: Vikas Publishing House Pvt Ltd
7. Dhimman O. P. (2008). *Foundations of Education*; New Delhi: A.P.H. Publishing House
8. D. Conner, D.J. '*Introduction to Education*'
9. Aggarwal, J.C '*Theory and Principals of Education*' New Delhi Vikas Publishing House Pvt
10. Dewey John '*Democracy and Education*'
11. Sharma S. P Basic '*Principles of Education*'
12. Kneller, George F. '*Philosophy of Education*'
13. Saundra K. Ciccarelli, Noland white J. Adopted by Mishra G. *Psychology fifth edition (2019)*.
14. Robert A. Baron. Misra G. *Psychology 5<sup>th</sup> edition. Indian subcontinent edition (2018)*.
15. Hussain A. *Experiment in Psychology. Eastern economy edition (2014)*.

#### **Suggested Readings:-**

1. Bhatt, B. D & Sharma, S. R. (2006). *Sociology of Education*, New Delhi: Kasnishka Publishing House Pvt. Ltd.
2. Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning, NewDelhi.
3. Chandra, S. S. and Sharma, R. K. (2004). *Principles of Education*. New Delhi: Atlantic Publishers and Distributors.
4. Ciccarelli, S. K & Meyer, G.E (2008). *Psychology (South Asian Edition)*. New Delhi:Pearson
5. Daryl L. Siedentop & Hans Van Der Mars (9th Edition). *Introduction to Physical Education, Fitness, and Sport*. Human Kinetics, New York.
6. Feldman. S.R. (2009). *Essentials of understanding psychology (7th Ed.)* New Delhi: Tata Mc GrawHill.

7. Giddens, A. (1987) *Sociology - An Introduction*: New Delhi: John Wiley India Pvt. Ltd.
8. Glassman, W.E. (2000). *Approaches to Psychology* (3rd Ed.) Buckingham: Open University Press.
9. Khan, M. A. & Bhat, S. A. (2013). *Basics in Education*, New Delhi: Delpreet Publishing House.
10. Kulbeer Singh & Jaswinder Singh (2016) *Foundation of Physical Education*, Khel Sahitya Kendra, New Delhi.
11. M L Kamlesh *Foundation of Physical Education*, Sports Publications. New Delhi.
12. Mattoo, M. I. (2013). *Foundations of Education*. Srinagar: Ali Mohammad & Sons.
13. Mattoo, M. I. (2019). *Fundamentals of Education*. New Delhi: Kumud Publications.

# **Syllabus of the Foundation Course in BEHAVIOURAL SCIENCE under NEP-2020**

## **2<sup>ND</sup> SEMESTER**

**Course Title: INTRODUCTORY COURSE IN BEHAVIOURAL SCIENCE-II**

**Course Code: EBS-BS-201-M**

**Objective:-** the basic objective of foundation course in behavioural sciences (Education, Psychology and Physical Education) is to impart basic knowledge about the subjects to the learner which will help them to decide the discipline of interest and also to acquaint the student with the breadth of inter-disciplinary fields and to provide a broad basis of knowledge for taking up more advanced courses in subsequent semesters.

### **UNIT 1 BASIC PSYCHOLOGICAL PROCESSES**

1.1: Learning: Principles and Applications of Classical Conditioning, Operant Conditioning and Observational Learning.

1.2: Memory: Process, Information Processing Model. Forgetting, Improving memory.

1.3: Motivation: Nature of motivation; Motives: biogenic, sociogenic and psychogenic. theory of motivation: Freud, Maslow, and Vroom.

1.4: Emotions: Nature of emotions and key emotions. theories of emotion; James-Lange, Cannon-Bard, and Schacter-Singer.

### **UNIT 2 HISTORY & PRINCIPLES OF PHYSICAL EDUCATION**

2.1: History of Physical Education in ancient civilization in reference to Greece, Rome & China.

2.2: History of physical education of Europe in reference to Germany, Sweden, Denmark, USSR & USA.

2.3: Historical development of physical education in India during pre & post-Independence.

2.4: Foundation & Principles of physical Education; Philosophical, biological, psychological & sociological foundations.

### **UNIT 3 EDUCATION AND ITS RELATIONSHIP WITH OTHER SCIENCES**

3.1: Meaning and definition of educational sociology, Relationship between education and sociology.

3.2: Meaning and definition of educational psychology; Relationship between education and psychology.

3.3: Meaning and definition of educational philosophy; Relationship between education and philosophy.

3.4: Meaning and definition of educational technology; Relationship between education and technology.

### **UNIT 4 APPLICATIONS OF BEHAVIORAL SCIENCE**

4.1: Human resource development through sports, nation building, character building & patriotism in sports.

4.2: Main Applications of Psychology: Educational psychology, Counselling psychology, Clinical psychology, Industrial and Organizational psychology, Health psychology, Sports psychology, Forensic psychology, Environmental psychology.

4.3 Scope of education; distinction between education and training, education and literacy, education and instruction.

### **Practicum**

One experiment/practical/field work to be conducted from each discipline.

### **References:**

#### **Essential Readings:-**

1. Saxena Swaroop, N.R. (2001) '*Philosophical and Sociological Foundations of Education*' Meerut: Surya Publication.
2. Sodhi, T.S. & Suri, Aruna (1998) '*Philosophical and Sociological Foundations of Education*' Patiala: Bawa Publication
3. Aggarwal, J.C. (2001): '*Essentials of Educational Psychology*' Vikas Publishing House, New Delhi.
4. Bhatia, H.R. (1968): '*Elements of Educational Psychology*' 3rd Edition, Orient Longman, Calcutta
5. Bhatnagar, Suresh (2001): '*Advanced Educational Psychology*' R. Lal Book Depot, Meerut
6. Chauhan, S.S. (1978): '*Advanced Educational Psychology*' Vikas Publishing House Pvt. Ltd, New Delhi:
7. Carsson, R.C. Butcher, J.N., Mineka, S. & Hooley, J.M. *Abnormal Psychology. New delhi: Pearson (2008).*
8. Barlow D.H. & Durand, V.M. *Abnormal Psychology: An Integrated Approach 4<sup>th</sup> edition. Wadsworth: New York (2005).*
9. Bucher, C. A. (n.d.) *Foundation of physical education. St. Louis: The C.V. Mosby Co.*
10. Deshpande, S. H. (2014). *Physical Education in Ancient India. Amravati: Degree college of Physical education.*
11. Dr. Ajmer Singh & Jagdish Bians (2016). *Essentials Of Physical Education. Kalyani Publication, New Delhi.*
12. Dr. M. L. Kamlesh (2016). *Principles and History of Physical Education. Khel sahitya Kendra, New Delhi.*

#### **Suggested Readings:-**

1. Barlow D.H. and Durand, V.M. (2005). *Abnormal Psychology: An Integrated Approach (4th Ed.)*. Wadsworth: New York.
2. Carsson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). *Abnormal Psychology*. New Delhi: Pearson.
3. Earle F. Zeigler (2006). *Sport and Physical Education in the Middle Ages* Trafford Publishing
4. Frude, N. (1998). *Understanding abnormal psychology*. Oxford: Blackwell Publishers.

5. Jerrold S. Greenberg, George B. Dintiman (3rd edition). Lifetime Physical Fitness and Wellness. Human Kinetics, New York.
6. Krishnaswamy Rajagopalan (2014). A Brief History of Physical Education in India, Authorhouse UK.
7. Mattoo, M. I. (2019). Fundamentals of Education. New Delhi: Kumud Publications.
8. Peter, I. Berger. (1979). Introduction to Sociology. New York: Garden City Doubleday.
9. Sharma, Y. K. (2003). Foundations in Sociology of Education. New Delhi: Kanishka Publishers and Distributors.
10. Sollivan, E. E. (1988). Education and Social Change. New Delhi: Asia Publishing House.