

SYLLABUS OF B.A. (PART-I) PHYSICAL EDUCATION

FOR THE YEAR - 2018-19

SEMESTER – I (PAPER -A) THEORY

PART –A	THEORY	50 marks (External-36 Internal-14)	5 Hrs Per week for Per Unit
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Note: Teaching hrs: 5 Periods per week of one unit contains 70-80 students.

Pass Marks: 35%

INSTURCTIONS FOR THE PAPER-SETTER

- a) There are shall be nine questions in all.
- b) First question is compulsory. It will contain 6 short type questions, spread over the whole syllabus. It will carry 12 marks (2 X 6).
- c) Rest of the paper shall contain two units I and II for descriptive questions. Each unit shall have four question and the students shall be given internal choice i.e. the student shall attempt two question from each unit. (6X 4= 24 Marks). Max Time: 3 Hours

UNIT- I

1. **Physical Education:** - Meaning, Objectives, Scope, Importance of Physical Education in the modern society.
2. **Olympic Games:** - Organization, administration and ceremonies of ancient and modern Oympic games.
3. **Description of the following**
 - I. **N.S.N.I.S** (Netaji Subhash National Institute of sports)
 - II. **S.A.I** (Sports Authority of India)
 - III. **I.O.C.** (International Olympic Committee)
4. **Personal hygiene:** Meaning and importance of rest, relaxation and sleep .
5. **Volleyball: History:** - layout, General Rules and regulation, officials, major tournaments and Arjuna Awardees.
6. **Athletics:** Classification of Events, types of start and finish, general rules of track events.

UNIT- II

1. **Anatomy & Physiology ;** Meaning and importance of Anatomy and physiology,
2. **Cell:** Structure & function of different parts of cell.
3. **Individual Differences:** - Meaning causes and types of differences.
4. **Growth and Development:** - Meaning, Difference, Principles, stages and factors affecting growth and development.
5. **Heredity and Environment:-** Meaning and effect of heredity and environment on growth and development.
6. **Football:** - History, layout, general, rules and regulation, officials, Major tournaments and Arjuna awardees.

References:

- Kang G.S. DEOL N.S.: - An introduction to Health and Physical 21th century Patiala 2008.
- Revenes , R.S.: Foundation of physical Education , Bostan:-Houghton Niftlin co ,1978 latest edition.
- Bucher Charles : A Foundation of Physical Education , 5th edition 1968 Lius C.V. Bosby co.
- Khan Eraz Ahmed : History of physical Education patna : Scientific Book co., latest edition 1964.
- Sangral M.S. & Joshi Joginder Singh Sererak Patiala . Punjabi University .
- Ajmer Singh , R.S.Brar and Jagtar Gill: Essential of Physical Education and Olympic movement Kalyani Publishers Ludhina 2004.

SEMESTER – I (PAPER-B) PRACTICAL

PART –B	Skill and Prowess	50 marks (External)	4 Hrs Per week for Per Unit
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Note: Teaching hrs: 4 Periods per week (2 periods x 2 Days) of one unit (one unit contains 30-40 students)

VOLLEYBALL, FOOTBALL AND SPRINTS (Athletics)

Evaluation will be based on skill test, performance and Viva-voce.

Content to be covered during practical sessions:

- I. Measurement of the field and preparation of the field.
- II. Equipment and Materials of the game /event.
- III. Fundamental skill and lead up games.
- IV. Techniques.
- V. Rules and regulation of the game/event
- VI. Officiating:
 - Duties of officials.
 - Knowledge of score sheet.
 - Signals of officiating
 - Technical equipment for officiating.

SYLLABUS OF B.A. (PART- II) PHYSICAL EDUCATION

FOR THE YEAR - 2018-19

SEMESTER – III (PAPER -A) THEORY

PART –A	THEORY	60 marks (External-45 Internal-15) Pass Marks: 35%	5 Hrs Per week for Per Unit
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Note: Teaching hrs: 5 Periods per week of one unit contains 70-80 students.

INSTRUCTION FOR THE PAPER-SETTER

- a) There shall be nine questions in all.
- b) First question is compulsory. It will contain 9 short answer type questions, spread over the whole syllabus. It will carry 9 marks (1*9).
- c) Rest of the paper shall contain two units I and II for descriptive questions. Each unit shall have four question and the students shall be given internal choice i.e. the student shall attempt two question from each unit . (9*4= 36 Marks).

UNIT- I

1. **Yoga:** Meaning, aim, importance and types of yoga
2. **Pranayam :** Meaning, types, objective and its role in sports.
3. **Sudhi Kirya:** Meaning, types, Objective and its effects on body and mind.
4. **Asanas:** Importance, types and technique of (padamasana, vajraasana, sukhasana, shavasana, makarasana.
5. **Physiological** Effect of yoga on various systems of body.
6. **Kabaddi(National style):** History, layout, general, rules and regulation, officials, Major tournaments and Arjuna awardees

UNIT- II

1. **Play:** Meaning, theories and importance.
2. **Childhood:** Growth and development during childhood (physical, mental, emotional& social.)
3. **Integration:** Meaning and its importance of sports at National and international.
4. **Digestive system:** Structure & function of different parts of digestive system.
5. **Socialization:** - Meaning, characteristics and role of family, school and sports in socialization.
6. **Shot put:** - Rules, Layout and technique.

SEMESTER – III (PAPER-B) PRACTICAL

PART –B	Skill and Prowess	40 marks (External)	4 Hrs Per week for Per Unit
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Note: Teaching hrs: 4 Periods per week (2 periods x 2 Days) of one unit (one unit contains 30-40 students)

KABADDI, YOGA AND SHOT PUT

Evaluation will be based on skill test, performance & viva voce.

Contents to be covered during the practical sessions:

1. Measurement of the field and preparation of the field.
2. Equipment and Materials of the game/ Event.
3. Fundamental skill and lead up games.
4. Techniques.
5. Rules and regulation of the game/event
6. Officiating:
 - Duties of officials.
 - Knowledge of score sheet.
 - Signals of officiating
 - Technical equipment for officiating.

References:

- Kang G.S. DEOL N.S.: - An introduction to Health and Physical 21th century Patiala 2008.
- Revenes , R.S.: Foundation of physical Education , Bostan:-Houghton Nifflin co ,1978 latest edition.
- Bucher Charles : A Foundation of Physical Education , 5th edition 1968 Lius C.V. Bosby co.
- Khan Eraz Ahmed : History of physical Education patna : Scientific Book co., latest edition 1964.
- Sangral M.S. & Joshi Joginder Singh Sererak Patiala . Punjabi University .
- Ajmer Singh , R.S.Brar and Jagtar Gill: Essential of Physical Education and Olympic movement Kalyani Publishers Ludhina 2004.

SYLLABUS OF B.A. (PART- III) PHYSICAL EDUCATION

FOR THE YEAR - 2018-19

SEMESTER – V (PAPER -A) THEORY

PART –A	THEORY	60 marks (External-45 Internal-15) Pass Marks: 35%	5 Hrs Per week for Per Unit
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Note: Teaching hrs: 5 Periods per week of one unit contains 70-80 students.

INSTURCTIONS FOR THE PAPER-SETTER

- a) There are shall be nine questions in all.
- b) First question is compulsory. It will contain 9 short type questions, spread over the whole syllabus. It will carry 9 marks (1 X 9).
- c) Rest of the paper shall contain two units I and II for descriptive questions. Each unit shall have four question and the students shall be given internal choice i.e. the student shall attempt two question from each unit. (9X 4= 36 Marks). Max time: 3 hours

UNIT-I

1. **Recreation:** Meaning, aims, objectives, types, principles, importance and providing agencies of recreation.
2. **Camping:** Meaning, objectives, importance, types, layouts and organizations of camps.
3. **Picnic and Athletic meet:** Planning, organization and importance.
4. **Posture:** Meaning and characteristics of good posture Walking, standing, reading sitting and lying postures, Causes and corrective measures of these postures.
5. **Postural deformities:** Meaning, causes and corrective measures for spinal deformities (Kyphosis, Lordosis and Scoliosis), foot and leg deformities (flat foot, knock knee and bow legs).
6. **Handball:** - History, layout, general rules and regulation, officials, Major tournaments & Arjuna awardees.

UNIT-II

1. **Respiratory System:** Structure & function of different parts of respiratory system.
2. **Obesity and Over Weight Management :** Meaning, Causes and Risk Factors.
3. **Motion:-** Meaning types Laws of motion and their application in sports and games
4. **Physical Education as Profession:** Qualification, qualities of Physical Education Teachers and Admission criteria for Different Courses in Physical Education.
5. **Sports Personalities:** S. Milkha Singh, P.T. Usha, S. Ajmer Singh, Abhinav Bindra
6. **Javelin throw:-** Rules and regulations, layout and technique.

Reference:-

- Kang G.S. DEOL N.S.:- An introduction to Health and Physical 21th century Patiala 2008.
- Revenes , R.S.: Foundation of physical Education , Bostan:-Houghton Niftlin co ,1978 latest edition.
- Bucher Charles : A Foundation of Physical Education , 5th edition 1968 Lius C.V. Bosby co.
- Khan Eraz Ahmed : History of physical Education patna : Scientific Book co., latest edition 1964.
- Sangral M.S. & Joshi Joginder Singh Sererak Patiala . Punjabi University .
- Ajmer Singh , R.S.Brar and Jagtar Gill: Essential of Physical Education and Olympic movement Kalyani Publishers Ludhina 2004.

SEMESTER – V (PAPER-B) PRACTICAL

PART – B	Skill and Prowess	40 marks (External)	4 Hrs Per week for Per Unit
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Note: Teaching hrs: 4 Periods per week (2 periods x 2 Days) of one unit (one unit contains 30-40 students)

HANDBALL AND JAVELIN THROW

Evaluation will be based on skill test, performance and Viva-voce .

Content to be covered during practical sessions:

1. Measurement of the field and preparation of the field.
2. Equipment and Materials of the games.
3. Fundamental skill and lead up games.
4. Techniques .
5. Rules and regulation of the games
6. Officiating:
7. Duties of officials .
8. Knowledge of score sheet.
9. Signals of officiating
10. Technical equipment for officiating