

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

FOR THE YEAR - 2023-2024

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

- There are shall be nine questions in all.
- First question is compulsory. It will contain 6 short type questions, spread over the whole syllabus. It will carry 12 marks (2 X 6).
- 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

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

UNIT- II

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

Harjinder Singh

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Manjinder Singh

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References:

- Kang G.S. DEOL N.S.: - An introduction to Health and Physical 21st 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.
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- Wells K." Kinsiology" Philadelphia W.B. saunder Co., 1984.
- Copper & clesco ,"Kinesiology" St, Louis, C.V. Mosby Co. 1968.

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.

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

FOR THE YEAR – 2023-2024

SEMESTER – II (PAPER -A) THEORY

PART –A	THEORY	50 marks (External-36 Internal-14) 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

- There are shall be nine questions in all.
- First question is compulsory. It will contain 6 short type questions, spread over the whole syllabus. It will carry 12 marks (2 X 6).
- 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

- Classification of age:** - Chronological age , Physiological age and Anatomical age .
- Body types:** - Sheldon and Kretschmer Classification.
- Warming up and Cooling Down:-** Meaning , Methods and importance .
- Fatigue:-** Meaning ,Types and remedial measures.
- Hockey:-** History, layout, General rules and regulations, officials Major tournaments and Arjuna awardees.
Long jump: rules, Layout and technique.
- Sports Awards:-**
 - Maharaja Ranjit Singh
 - Arjuna Award
 - Dronacharya award
 - MAKA Trophy
 - Major Dhyan Chand Khel Ratna Award

UNIT- II

- Health Education:-** Meaning, scope, objective, and principles.
- Communicable Diseases:-** Incubation period, Mode of transmission , prevention, and control of communicable Diseases (Tuberculosis, Cholera, Hepatitis A, B & C, Malaria, Typhoid and AIDS)
- Drugs:-** Use and abuse , Side effects and its control.
- Skeleton System:** Types & functions of bone.
- Joints-**Meaning and Classification of joints of Human Body.
- Basketball:** History, layout, general rules and regulation, officials, Major tournaments and Arjuna Awardees.

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Marjinder Singh*

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References:

- Kang G.S. DEOL N.S.: - An introduction to Health and Physical 21st century Patiala 2008.
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- Wells K." Kinsiology" Philadelphia W.B. saunder Co., 1984.
- Copper & clesco , "Kinesiology" St, Louis, C.V. Mosby Co. 1968.

SEMESTER – II (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)

LONG JUMP, BASKETBALL AND HOCKEY.

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.

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

FOR THE YEAR - 2023-2024

SEMESTER – III (PAPER -A) THEORY

PART –A	THEORY	50 marks (External-36Internal-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%

INSTRUCTIONS FOR THE PAPER-SETTER

- There are shall be nine questions in all.
- First question is compulsory. It will contain 6 short type questions, spread over the whole syllabus. It will carry 12 marks (2 X 6).
- 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

- Yoga:** Meaning, aim, importance and types of yoga
- Pranayama :** Meaning, types, objective and its role in sports.
- Sudhi Kriya:** Meaning, types, Objective and its effects on body and mind.
- Asanas:** Importance, types and technique of (padamasana, vajraasana, sukhasana, shavasana, makarasana.)
- Physiological** Effect of yoga on various systems of body.
- Kabaddi(National style):** History, layout, general rules and regulations, officials, Major tournaments and Arjuna awardees

UNIT- II

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

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SEMESTER – III (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)

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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.

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

FOR THE YEAR – 2023-2024

SEMESTER – IV (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%

INSTRCTIONS FOR THE PAPER-SETTER

- There are shall be nine questions in all.
- First question is compulsory. It will contain 6 short type questions, spread over the whole syllabus. It will carry 12 marks (2 X 6).
- 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

- Sports Psychology:** Meaning, importance and its relationship.
- Learning:** Meaning, types, laws of learning and their implication in sports.
- Transfer of Training:** Types and its application in sports.
- Motivation:** Meaning, types, methods of motivation and its importance in physical education and sports.
- Growth and development:** Psychological characteristics and problems of an Adolescent
- High jump:** Rules and regulations, layout and technique.
Discus Throw: Rules and regulations, Layout and Technique.

UNIT- II

- Muscles:** structure, function, structural and function classification of muscles.
- Circulatory System:** Structure and function of heart and types of blood vessels.
- Sports injuries:** - Causes symptoms, treatment and prevention of (Sprain, Strain, contusion, dislocation and fracture).
- First Aid:** - Meaning, principles, and qualities of first aider.
- First aid in Accidents-** for burns, electric shock, drowning, and heat stroke.
- KHO-KHO:** - History, layout, general rules and regulations, officials, Major tournaments.

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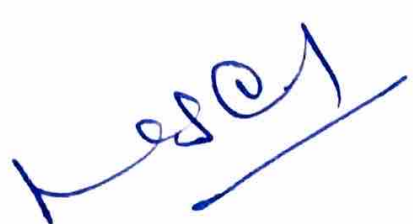




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SYLLABUS OF B.A. (PART- III) PHYSICAL EDUCATION

FOR THE YEAR - 2023-2024

SEMESTER – V (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

- There are shall be nine questions in all.
- First question is compulsory. It will contain 6 short type questions, spread over the whole syllabus. It will carry 12 marks (2 X 6).
- 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

- Recreation:** Meaning, aims, objectives, types, principles and importance of recreation.
- Camping:** Meaning, objectives, importance, types, layouts and organizations of camps.
- Picnic and Athletic meet:** Planning, organization and importance.
- Posture:** Meaning and characteristics of good posture Walking, standing, reading sitting and lying postures.
- 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).
- Handball:** - History, layout, general rules and regulation, officials, Major tournaments & Arjuna awardees.

UNIT-II

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

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SEMESTER – V (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)

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

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

FOR THE YEAR -2023-2024

SEMESTER – VI (PAPER -A) THEORY

PART –A	THEORY	50 marks (External-36 Internal-14) 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.

Pass Marks: 35%

INSTRUCTIONS FOR THE PAPER-SETTER

- There are shall be nine questions in all.
- First question is compulsory. It will contain 6 short type questions, spread over the whole syllabus. It will carry 12 marks (2 X 6).
- 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

- Intramural and Extramural Tournaments:** meaning its importance and organization.
- Tournaments:** Elimination (knock out), Round robin (League- Cyclic method and staircase method)
- Leadership:** Meaning, importance, qualities and responsibilities of leader.
- Balanced Diet:** Meaning, sources, components and their functions.
- Sports performance:-** Indian performance at Olympics and World Championships, methods of improving Indian sports performance.
- Relay Races:-** Rules and regulations, layout and technique.

UNIT – II

- Physical fitness:** Meaning and its components (Speed, strength, endurance, agility, Co-ordination and flexibility).
- Sports Training:** Meaning, aims, objectives and principles.
- Training Method:** Circuit training, Interval training, Fartlek training, Weight training and Cross country.
- Blood pressure:-** Meaning, types and technique of measurement.
- Physiological Terminology:** - Cardiac output, stroke volume, Oxygen Debt, Vital Capacity, B.M.I and B.M.R.
- Badminton:** - History, layout, general rules and regulation, officials, Major tournaments & Arjuna awardees.

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SEMESTER – VI (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)

BLOOD PRESSURE, HANDBALL AND BADMINTION

- I. Evaluation will be based on skill test, performance and Viva-voce.
- II. Content to be covered during practical sessions:
- III. Measurement of the field and preparation of the field.
- IV. Equipment and Materials of the game / event.
- V. Fundamental skill and lead up games.
- VI. Techniques.
- VII. Rules and regulation of the game/event
- VIII. Officiating:
- IX. Duties of officials.
- X. Knowledge of score sheet.
- XI. Signals of officiating
- XII. Technical equipment for officiating.

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