

Session 2015-16

B.A. /B.Sc. (Semester System) (12+3 System of Education)

(Faculty of Physical Education)

SEMESTER-I

PHYSICAL EDUCATION

(THEORY)

Time: 3 Hours Max. Marks: 80

Theory Marks: 48 Practical Marks: 32

Instructions for the Paper Setters:

Part A: All questions are compulsory. Each question carry 2 marks. 6×2 Marks
=12

Part B: Candidates have to attempt 6 Questions out of 10. Each question carry 6 marks. 6×6

Marks=36

1. Definition of the terms: Education, Physical Education, Physical Training and Coaching.
2. Aims and Objectives of Physical Education.
3. Relationship of Education and Physical Education.
4. Biological Principles:
 - (a) Growth and Development.
 - (b) Age and sex differences.
 - (c) Effects of heredity and environment on growth and development.
 - (d) Chronological age, physiological age, Anatomical age and mental age.
 - (e) Body types.
5. Development of Physical Education and Sports in India.
 - (a) Pre-Independence
 - (b) Post- Independence
 - (c) Sports Schemes in India
 - (i) N.S.N.I.S.
 - (ii) Sports Authority of India.
 - (iii) Punjab Sports Department.
 - (iv) Punjab State Sports Council.
6. Olympic Games:
 - (a) Ancient Olympics.
 - (b) Modern Olympics.

7. Commonwealth Games.

8. Asian Games

SEMESTER-I
PHYSICAL EDUCATION
(PRACTICAL)
Practical (External) Marks: 32

- **Athletics Performance** ————— 100M, Shot-put for Boys : 6 marks
- **Games (Boys & Girls) ——— Fundamentals, Rules, Performance**
Volleyball, Cricket : 6 marks
- **Viva** : : 5 marks
- **Practical file**: : 5 marks
- **Specific game performance** : 10 marks

Suggested Readings:

1. Barrow, H.M. Man and His Movements: Principles of Physical education, Lea and Febiger, 1973, Latest Edition.
2. Reverse, R.S., Foundations of Physical Education Houghton Mifflin Co. Boston, 1978, Latest Edition.
3. Bucher, C.S. Foundations of Physical Education 5th Edition, 1968, at Louis C.V. Mosby. C.
4. Eraz Ahmad Khan, History of Physical Education – Scientific Book Co., Patna-4, Latest Ed.
5. Singh Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi, 2000.
6. Tadan D.K. et al,: Scientific basis of Physical Education and Sports, Friends Publication, New Delhi, 2001.
7. Singh Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana, 2004.
8. Kang G.S. and Deol N.S.: An Introduction to Health and Physical Education 21st Century, Patiala,

SEMESTER-II
PHYSICAL EDUCATION
(THEORY)

Time: 3 Hours Max. Marks: 80

Theory Marks: 48

Practical Marks: 32

Instructions for the Paper Setters:

Part A: All questions are compulsory. Each question carry 2 marks. 6×2 Marks
=12

Part B: Candidates have to attempt 6 Questions out of 10. Each question carry 6 marks.

6×6

Marks=36

1. Cell: Structure and Functions.
2. Skeletal System: Types of bones, names of the various bones of the body, Various types of Joints.
3. Muscular System: Various types of muscles, structure of skeletal muscles.
4. Digestive System: It's organs and mechanism of digestion.
5. Nutrition: Elements of balanced diet, Functional Diet/Food
6. Meaning and scope of health education. Hygiene problems of educational institutions and their remedial measures.
7. Personal hygiene; Care of eyes, teeth, ears, skin, hair and nail.
8. Air and water pollution and its remedial measures.
9. First aid in case of snake bite, drowning, electric shock, burns, fracture, dislocation, sprain and strain.
10. Effects of Alcohol and smoking on health.
11. Doping in sports.
12. Communicable Diseases: Mode of transmission, prevention and control of tuberculosis, hepatitis (A & B), Rabies and HIV/AIDS.

SEMESTER–II

(PRACTICAL)

Practical (External) Marks: 32

- **Athletics Performance** ————— 100M, Long Jump : 6 marks
- **Games (Boys & Girls)—— Fundamentals, Rules, Performance**
Handball, Kho–Kho : 6 marks
- **Viva** : 6 marks
- **Practical file**: 6 marks
- **Specific game performance** : 10 marks

Suggested Readings:

1. John Raynor Anatomy and Physiology, New York, Harper & Row, 1983.
2. Rose and Wilson Foundations of Anatomy and Physiology, 1981, 5th ed.
3. Parror, J.W. anatomy and Physiology for Physical Education Teachers, Lend; Edward Arnold
Healthful Living McGraw Hill, 1983.
4. Tadan D.K. et al,: Scientific basis of Physical Education and Sports, Friends Publication, New Delhi, 2001.
5. Singh Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana, 2004.
6. Kang G.S.: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University, Patiala, 2000.
7. Kang G.S. and Deol N.S.: An Introduction to Health and Physical Education 21st Century, Patiala, 2008.

Semester-III
PHYSICAL EDUCATION
(Theory)

Time: 3 Hours Maximum Marks: 80

Theory Marks: 48

Practical Marks: 32

Instructions for the Paper Setters:

Part A: All questions are compulsory. Each question carry 2 marks. 6×2 Marks

=12

Part B: Candidates have to attempt 6 Questions out of 10. Each question carry 6 marks.

6×6

Marks=36

1. Meaning of Learning, Nature of Skill Learning and laws of Learning.
2. Learning Curve.
3. Motivation in Physical Education.
4. Play meaning and theories.
5. Psychological factors effecting sports performance i.e. stress tension, anxiety, aggression.
6. Psychological characteristics of the adolescent in sports situations.
7. Transfer of training, its application in sports situations.
8. Growth and development during childhood;
 - i) Physical
 - ii) Mental
 - iii) Emotional
 - iv) Inter-personal social development.
9. Sports and Economy.
10. Causes of poor performance of Sports in India.
11. Sports and Socialization-integration through sports (National & International)
12. Sports, Politics and their relationship.

Semester-III
PHYSICAL EDUCATION
(Practical)

Marks:32

- **Athletics Performance** ----- 200M, Discus Throw : 6 marks
- **Games (Boys & Girls)** ---- Fundamental, Rules, Performance
Football, Lawn tennis : 6 marks
- **Viva** : 6 marks
- **Practical file**: 6 marks
- **Specific game performance** : 10 marks

Books Recommended:

1. Singh, Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi, 2000.
2. Tandan, D.K. et.al,: Scientific basis of Physical Education and Sports, Friends Publication, New Delhi, 2001.
3. Singh, Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana, 2004.
4. Kang, G.S.: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University, Patiala, 2000.
5. Kang, G.S. and Deol, N.S.: An Introduction to Health and Physical Education, 21st Century, Patiala, 2008.

Semester-IV
PHYSICAL EDUCATION
(Theory)

Time: 3 Hours Maximum Marks: 80

Theory Marks: 48

Practical Marks: 32

Instructions for the Paper Setters:

Part A: All questions are compulsory. Each question carry 2 marks. 6×2 Marks
=12

Part B: Candidates have to attempt 6 Questions out of 10. Each question carry 6 marks.

6×6

Marks=36

1. Meaning, aims and types of Yoga.
2. The practice of Asans and their importance, meditative poses, Padma, Vajra, Sukh Asanas, Cultural poses, Halasan, Sarvangasana, Bhujangasna, Salbhasana, Dhanurasana, Chakarasana,
3. Pranayam, its types, objectives and Physiological values.
4. Sudhi kirya; its types, objectives and Physiological values.
5. Effect of Yogic and Physical exercises on various systems of the body.
6. Respiratory system, Organs of respiratory, Mechanism of respiration.
7. Excretory system; Structure and functions of kidney and skin.
8. Endocrine system, Meaning of endocrine glands, functions and location of pituitary, thyroid and adrenal glands.
9. Nervous System : Its organs and functions.
10. Circulatory System: Heart and Its structure, Mechanism of circulation of Blood, various types of blood vessels.
11. Care, prevention of causes and cure of sports injuries (sprain, contusion, dislocation and fractures).

Semester-IV
PHYSICAL EDUCATION
(Practical)

Marks: 32

- **Athletics Performance** ----- 200M, relay race for Boys : 8 marks
- **Games (Boys & Girls)----** Fundamentals, Rules, Performance
Hockey, Wrestling : 8 marks
- **Viva** : 6 marks
- **Practical file** : 6 marks
- **Specific game performance** : 12 marks

Books Recommended:

1. Singh, Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi, 2000.
2. Tandan, D.K. et.al,: Scientific basis of Physical Education and Sports, Friends Publication, New Delhi, 2001.
3. Singh, Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana, 2004.
4. Kang, G.S.: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University, Patiala, 2000.
5. Kang, G.S. and Deol, N.S.: An Introduction to Health and Physical Education, 21st Century, Patiala, 2008.

SEMESTER-V
PHYSICAL EDUCATION
THEORY

Time: 3 Hours. Max. Marks: 100

Theory Marks: 60

Practical Marks: 40

Note:- Question paper will be divided into three sections.

Section-A: The candidates are required to attempt all the six questions. Each question carrying two marks. $6 \times 2 = 12$ Marks

Section-B: The candidates are required to attempt seven out of twelve questions. Each question carrying four marks. $7 \times 4 = 28$ Marks

Section-C: The candidates are required to attempt two out of four questions. Each question carrying ten marks. $10 \times 2 = 20$ Marks

1. Recreation: Meaning and Importance of Recreation.
2. Aims and objectives of recreation.
3. Intramural and Extramural Sports Competitions and their Importance.
4. Muscular contraction: Ecentric, Concentric, Motor unit, Isotonic, Isometric, Isokinetic Exercises.
5. Laws of motion, Lever and its types, Equilibrium, Its types and Laws, Centre of Gravity, Force and its types.
6. Posture: Meaning and Types of postures.
7. Postural-Deformities: Spinal Foot and Knock-Knees, Their Causes and Corrective Exercises.
8. Meaning and Aims of Sports Training.
9. Normal Load, Creast Load, Over Load.
10. Meaning and Importance of Warming up and Cooling down in sports.

SEMESTER–V
PHYSICAL EDUCATION
(PRACTICAL)

Marks: 40

- Athletics Performance ----- 800M, Triple Jump for Boy : 8 marks
- Games (Boys & Girls) ----- Fundamentals, Rules, Performance
Basketball, Judo : 8 marks
- **Viva** : 6 marks
- **Practical file**: 6 marks
- **Specific game performance** : 12 marks

Books Recommended:

1. Singh Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi 2000.
2. Tandon D.K. et.al.: Scientific Basis of Physical Education and Sports, Friends Publication New Delhi, 2001.
3. Singh Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic movement, Kalyani Publishers, Ludhiana, 2004.
4. Kang G.S.: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University Patiala 2000.
5. Kang G.S. and Deol, N.S.: An Introduction to Health and Physical Education 21st Century, Patiala, 2008.

SEMESTER-VI
PHYSICAL EDUCATION
(THEORY)

Time: 3 Hours Max. Marks: 100

Theory Marks: 60

Practical Marks: 40

Note:- Question paper will be divided into three sections.

Section-A: The candidates are required to attempt all the six questions. Each question carrying two marks. $6 \times 2 = 12$ Marks

Section-B: The candidates are required to attempt seven out of twelve questions. Each question carrying four marks. $7 \times 4 = 28$ Marks

Section-C: The candidates are required to attempt two out of four questions. Each question carrying ten marks. $10 \times 2 = 20$ Marks

1. Effect of exercises on muscular, respiratory and circulatory systems.
2. General concept of Vital capacity, Blood pressure, General and Specific conditioning.
3. Tournaments: Draw of fixture, types of tournaments.
 - (a) Knock Out
 - (b) League
 - (c) Combination Tournament
 - (d) Challenge Tournament
4. Organisation of Camps, Play days (Sports Meet)
5. Need and scope of coaching in India. Professional preparation of coaches. Qualifications and responsibilities of a coach.
6. Meaning and Importance of Kinesiology.
7. Joints, Muscles, heir types and Movements.
8. Therapeutic Exercises, their classification and benefits.
9. Components of Physical Fitness, Speed, Strength, Endurance, Agility and Flexibility.
10. Training Methods; Circuit, Interval, Fartlek, Weight-Training and Cross Country.
11. Methods of Improving Strength, Speed, Endurance, Flexibility and Agility.

SEMESTER–VI
PHYSICAL EDUCATION
(PRACTICAL)

Marks: 40

- **Athletics Performance** -----1500M, Javelin Throw : 8 marks
- **Games** ----- Fundamentals, Rules, Performance
Kabbadi, Badminton : 8 marks
- **Viva** : 6 marks
- **Practical file**: 6 marks
- **Specific game performance** : 12 marks

Books Recommended:

1. Singh Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi 2000.
2. Tandon D.K. et.al,: Scientific Basis of Physical Education and Sports, Friends Publication New Delhi, 2001.
3. Singh Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic movement, Kalyani Publishers, Ludhiana, 2004.
4. Kang G.S.,: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University Patiala 2000.
5. Kang G.S. and Deol, N.S.: An Introduction to Health and Physical Education 21st Century, Patiala, 2008.