

B. A. (Social Sciences) Session 2015-16
Semester II

Physical Education

Theory	30
Practical	10
Internal Assessment	10
Total Marks	50

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 3 marks.

6×3 Marks=18

Theory

Part A

1. Introduction to Physical Education, its aims and objectives.
2. Difference between Education, Physical Education, Physical training and Coaching.
3. Personal Hygiene.
4. Body posture. Guide to right posture.

Part B

1. Components of Physical Fitness.
2. Body types.
3. National Sports Awards.
4. Causes of India's poor performance at International level sports.

Part C

1. Basic yogic exercises; their techniques and benefits.
2. Intramural & Extramural tournaments.
3. Modern Olympic Games.
4. Organization of Annual Sports meets.

Practical

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| 1. 100 Mtr Race for Girls. | } | 02 Marks |
| 2. 200 Mtr Race for Boys. | | |
| 3. Long jump for boys & girls. | | 02 Marks |
| 4. Shot put for boys & girls. | | 02 Marks |
| 5. Practical file (Athletic, Hockey, Football, Cricket) | | 04 Marks |

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