

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

*(Faculty of Physical Education)*

**SEMESTER-I (2017-18)**

**PHYSICAL EDUCATION**

**(THEORY)**

Time: 3 Hours

Max. Marks: 100

Internal Assessment: 20

Theory Marks: 48

Practical Marks: 32

**Instructions for the Paper Setters and candidates:**

**Set three questions from each Section**

Candidates have to attempt 8 Questions out of 12, selecting at least two questions from each

Section. Each question carries 6 marks.

**8×6 Marks=48**

**Section A**

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.

**Section B**

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.

**Section C**

5. Development of Physical Education and Sports in India.

- (a) Pre-Independence (b) Post-Independence (c) Sports Schemes in India

**Major Sports Organizations:**

- (i) N.S.N.I.S. (ii) Sports Authority of India.  
(iii) Punjab Sports Department. (iv) Punjab State Sports Council.

**Section D**

6. Major international tournaments

- (a) Olympic Games: (i) Ancient Olympics (ii) Modern Olympics. (iii) Winter Olympics  
(b) Commonwealth Games.  
(c) 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** : : 6 marks
- **Practical file** : : 6 marks
- **Specific game performance** : 8marks

**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 5<sup>th</sup> 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 21<sup>st</sup> Century, Patiala,

**SEMESTER-II**  
**PHYSICAL EDUCATION**  
**(THEORY)**

Time: 3 Hours

Max. Marks: 100  
Internal Assessment: 20  
Theory Marks: 48  
Practical Marks: 32

**Instructions for the Paper Setters and candidates:**

**Set three questions from each Section**

Candidates have to attempt 8 Questions out of 12, selecting at least two questions from each Section. Each question carries 6 marks.

**8×6 Marks=48**

**Section A**

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: Its organs and mechanism of digestion.

**Section B**

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.

**Section C**

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.

**Section D**

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** : 8 marks

#### Suggested Readings:

1. John Raynor Anatomy and Physiology, New York, Harper & Row, 1983.
2. Rose and Wilson Foundations of Anatomy and Physiology, 1981, 5<sup>th</sup> 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

Max. Marks: 100  
Internal Assessment: 20  
Theory Marks: 48  
Practical Marks: 32

**Instructions for the Paper Setters and candidates:**

**Set three questions from each Section**

Candidates have to attempt 8 Questions out of 12, selecting at least two questions from each Section. Each question carries 6 marks.

**8×6 Marks=48**

**Section A**

1. Meaning of Learning, Nature of Skill Learning and laws of Learning.
2. Learning Curve.
3. Motivation in Physical Education.

**Section B**

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.

**Section C**

7. Transfer of training, its application in sports situations.
8. National Sports Day
  - (a) Biography of Dhyan Chand
  - (b) National Sports Awards

**Section D**

11. Sports and Economy.
12. Causes of poor performance of Sports in India.
13. Sports and Socialization-integration through sports (National & International)
14. Sports, Politics and their relationship.

**Semester-III**  
**PHYSICAL EDUCATION**  
**(Practical)**

**Marks:32**

- **Athletics Performance** ----- 200M, Discuss Throw : 6 marks
- **Games (Boys & Girls)** ---- Fundamental, Rules, Performance  
Football, Lawn tennis : 6 marks
- **Viva** : 6 marks
- **Practical file**: 6 marks
- **Specific game performance** : 8 marks

**Suggested Readings:**

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

Max. Marks: 100  
Internal Assessment: 20  
Theory Marks: 48  
Practical Marks: 32

**Instructions for the Paper Setters and candidates:**  
**Set three questions from each Section**

Candidates have to attempt 8 Questions out of 12, selecting at least two questions from each Section. Each question carries 6 marks.

**8×6 Marks=48**

**Section A**

1. Growth and development during childhood;
  - (a) Physical
  - (b) Mental
  - (c) Emotional
  - (d) Inter-personal social development.

**Section B**

2. Meaning, aims and types of Yoga.
3. The practice of Asans and their importance.
4. Meditative poses (Padma, Vajra, Sukh Asanas)
5. Cultural poses (Halasan, Sarvangasana, Bhujangasna, Salbhasana, Dhanurasana, Chakarasana)

**Section C**

6. Pranayam, its types, objectives and Physiological values.
7. Sudhikirya; its types, objectives and Physiological values.
8. Effect of Yogic and Physical exercises on various systems of the body.

**Section D**

9. Respiratory system, Organs of respiratory, Mechanism of respiration.
10. Circulatory System: Heart and Its structure, Mechanism of circulation of Blood, various types of blood vessels.
11. Causes, preventions and cure of sports injuries (sprain, contusion, dislocation and fractures).

**Semester-IV**  
**PHYSICAL EDUCATION**  
**(Practical)**

**Marks: 32**

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

**Suggested Readings:**

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  
Internal Assessment: 20  
Theory Marks: 48  
Practical Marks: 32

**Instructions for the Paper Setters and candidates:**

**Set three questions from each Section**

Candidates have to attempt 8 Questions out of 12, selecting at least two questions from each

Section. Each question carries 6 marks.

**8×6 Marks=48**

**Section A**

1. Recreation: Meaning and Importance of Recreation.
2. Aims and objectives of recreation.
3. Intramural and Extramural Sports Competitions and their Importance.

**Section B**

4. Muscular contraction: Eccentric, Concentric, Motor unit, Isotonic, Isometric, Isokinetic.
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: Kyphosis, Lordosis, Scoliosis, Round Shoulders, Flat- Foot and Knock-Knees, Their Causes and Corrective Exercises.

**Section C**

8. Meaning and Aims of Sports Training.
9. Training Load
  - (a) Normal Load
  - (b) Crest Load
  - (c) Over Load.

**Section D**

10. Meaning and Importance of Warming up and Cooling down in sports.
11. General and Specific conditioning.

**SEMESTER-V**  
**PHYSICAL EDUCATION**  
**(PRACTICAL)**

Marks: 32

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

**Suggested Readings:**

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  
Internal Assessment: 20  
Theory Marks: 48  
Practical Marks: 32

**Instructions for the Paper Setters and candidates:**  
**Set three questions from each Section**

Candidates have to attempt 8 Questions out of 12, selecting at least two questions from each Section. Each question carries 6 marks.

**8×6 Marks=48**

**Section A**

1. Effect of exercises on muscular, respiratory and circulatory systems.
2. General concept of Vital capacity, Blood pressure.
3. Tournaments: Draw of fixture, types of tournaments.

(a) Knock Out

(b) League

**Section B**

4. Organization of Camps, Play days (Sports Meet)
5. Need and scope of coaching in India. Professional preparation of coaches. Qualifications and responsibilities of coach.
6. Meaning and Importance of Kinesiology.

**Section C**

7. Joints, Muscles, their types and Movements.
8. Therapeutic Exercises, their classification and benefits.
9. Components of Physical Fitness: Speed, Strength, Endurance, Agility and Flexibility.

**Section D**

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: 32

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

**Suggested Readings:**

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.