

FACULTY OF ARTS

SYLLABUS FOR THE BATCH FROM THE YEAR 2022 TO YEAR 2025

Programme Code: B A

Programme Name: Physical Education

(Semester I- VI)

Examinations: 2022-2025



Department of Physical Education

Khalsa College, Amritsar

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(b) Subject to change in the syllabi at any time.
(c) Please visit the College website time to time.**

S.No.	PROGRAMME OBJECTIVES
1.	To aware students about importance of general education and its importance
2.	To create awareness of various organs of body, their functions and effects of exercise on functions
3.	To aware students about basic health needs, food ingredients necessary for body
4.	To inform students about basic to his/her body parts
5.	To recommend students for various yogic exercise for better living
6.	To advise students about various psychological disorders and their remedies
7.	To build understanding of students for various learning skills
8.	To aware students about political issues in sports
9.	To build understanding of students for various aspects of development
10.	To teach students to relieve daily stress through recreational activities.
11.	To impart knowledge of various body movements and role of muscle contraction.
12.	To guide students about various types of correct posture and their remedies in case of any deformity.
13.	To impart knowledge regarding organizing various types of tournaments.
14.	To impart knowledge of various sports training methods.
15.	To guide students about techniques of improvement of performance

S.No.	PROGRAMME SPECIFIC OUTCOMES (PSOS)
PSO-1	A physically educated person is one who has mastered the necessary movement skills to participate confidently in many different forms of physical activity; one who values physical fitness and understands that both are related to health and well- being.
PSO-2	The vision is for all students to be physically educated and have fun while moving. Students who choose to actively participate in quality physical education programs receive a variety of benefits, including the development of:
PSO-3	Improved understanding of the importance of maintaining a healthy lifestyle
PSO-4	Improved understanding of movement and the human body
PSO-5	Improved knowledge of rules and strategies of particular games and sports
PSO-6	Self-confidence and self-worth as they relate to physical education recreation programs
PSO-7	A variety of motor skills and abilities related to lifetime leisure activities

COURSE SCHEME							
SEMESTER - I							
Course Code	Course Name	Hours/Week	Max. Marks				Page No.
			Th	Pr	IA	Total	
BPED-1115	Physical Education	4 Hours	45	30	25	100	4-5

SEMESTER - II							
Course Code	Course Name	Hours/Week	Max. Marks				Page No.
			Th	Pr	IA	Total	
BPED-1215	Physical Education	4 Hours	45	30	25	100	6-7

SEMESTER - III							
Course Code	Course Name	Hours/Week	Max. Marks				Page No.
			Th	Pr	IA	Total	
BPED-2315	Physical Education	4 Hours	45	30	25	100	8-9

SEMESTER - IV							
Course Code	Course Name	Hours/Week	Max. Marks				Page No.
			Th	Pr	IA	Total	
BPED-2415	Physical Education	4 Hours	45	30	25	100	10-12

SEMESTER - V							
Course Code	Course Name	Hours/Week	Max. Marks				Page No.
			Th	Pr	IA	Total	
BPED-3515	Physical Education	4 Hours	45	30	25	100	13-15

SEMESTER - VI							
Course Code	Course Name	Hours/Week	Max. Marks				Page No.
			Th	Pr	IA	Total	
BPED-3615	Physical Education	4 Hours	45	30	25	100	16-18

B. A. (12+3System of Education) Batch (2022-25)

BA SEMESTER–I (2022-25)

COURSE CODE: BPED-1115

PHYSICAL EDUCATION

Time: 3 Hours

HOURS (PER WEEK) 4
TOTAL HOURS 60
MAXIMUM MARKS 100
THEORY 45
PRACTICAL 30
INTRNAL ASSESSMNET 25

Instructions for the Paper Setters:

Part A: Set 5 questions of very short answer type questions selecting at least one from each section. All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Divide into 4 sections. Set 10 questions of long answer type selecting at least two from each section. Each question carries 5 marks. 7×5 Marks=35 Marks

Instructions for the candidates:

Part A: All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Candidates have to attempt 7 Questions out of 10.

Each question carries 5 marks. 7×5 Marks=35 Marks

Course Objective:

- **To create awareness of general fitness among students.**
- **To inform students about basic principles related to his/her boby.**
- **To aware students about importance of general education and its importance.**

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) PER–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.
 (b) Commonwealth Games.
 (c) Asian Games

PHYSICAL EDUCATION (PRACTICAL)

Practical (External) Marks: 30

- **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** : 6 marks

Suggested Readings:

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

Sr. No.	On completing the course students will be able to:
CO1	Become aware of general fitness.
CO2	Learn about the concept of kinesthetic perception
CO3	Understand education and its importance
CO4	Understand about how sports develop in India
CO5	Gain knowledge regarding different international sports events

B. A. (12+3System of Education) Batch (2022-25)

BA SEMESTER–II (2022-25)

COURSE CODE: BPED-1215

PHYSICAL EDUCATION

Time: 3 Hours

HOURS (PER WEEK) 4
TOTAL HOURS 60
MAXIMUM MARKS 100
THEORY 45
PRACTICAL 30
INTRNAL ASSESSMNET 25

Instructions for the Paper Setters:

Part A: Set 5 questions of very short answer type questions selecting at least one from each section. All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Divide into 4 sections. Set 10 questions of long answer type selecting at least two from each section. Each question carries 5 marks. 7×5 Marks=35 Marks

Instructions for the candidates:

Part A: All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Candidates have to attempt 7 Questions out of 10.
Each question carries 5 marks. 7×5 Marks=35 Marks

Course Objective:

- **To create awareness of various organs body and their functions to students.**
- **To inform students about basic to his/her body parts.**
- **To aware students about basic food ingredients necessary for body.**
- **To aware students about basic health needs and hygienic conditions.**

Section A

1. Cell: Structure and Functions.
2. Nutrition: Elements of balanced diet, Functional Diet/Food
3. Meaning and scope of health education. Hygiene problems of educational institutions and their remedial measures.

Section B

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 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: 30

- **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:** 6 marks

Suggested Readings:

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

Sr. No.	On completing the course students will be able to:
CO1	Get information about their body and its functions.
CO2	Become aware about basic food ingredients necessary for body.
CO3	Become aware about basic health needs and hygienic conditions.

B. A. (12+3System of Education) Batch (2022-25)

BA SEMESTER–III (2022-25)

COURSE CODE: BPED-2315

PHYSICAL EDUCATION

Time: 3 Hours

HOURS (PER WEEK) 4
TOTAL HOURS 60
MAXIMUM MARKS 100
THEORY 45
PRACTICAL 30
INTRNAL ASSESSMNET 25

Instructions for the Paper Setters:

Part A: Set 5 questions of very short answer type questions selecting at least one from each section. All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Divide in to 4 sections. Set 10 questions of long answer type selecting at least two from each section. Each question carries 5 marks. 7×5 Marks=35 Marks

Instructions for the candidates:

Part A: All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Candidates have to attempt 7 Questions out of 10.

Each question carries 5 marks. 7×5 Marks=35 Marks

Course Objective:

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 and strategies to cope with stress, anxiety and aggression?.
6. Transfer of training, its application in sports situations.

Section C

7. Fitness Test Batteries
 AAPHERD (Fitness Test) (II) Queens
 College Step Test (Cardio Respiratory Endurance)
 8. National Sports Day

- (a) Biography of Dhyan Chand
 (b) National Sports Awards

Section D

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:30

- **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** : 6 marks

Suggested Readings:

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

Sr. No.	On completing the course students will be able to:
CO1	Understand the concept of learning and motivation.
CO2	Know various psychological disorders and technique to avoid them
CO3	Know the relationship between Sports and politics
CO4	Get knowledge about renowned sports personalities

B. A. (12+3System of Education) Batch (2022-25)

BA SEMESTER–IV (2022-25)

COURSE CODE: BPED-2415

PHYSICAL EDUCATION

Time: 3 Hours

HOURS (PER WEEK) 4
TOTAL HOURS 60
MAXIMUM MARKS 100
THEORY 45
PRACTICAL 30
INTRNAL ASSESSMNET 25

Instructions for the Paper Setters:

Part A: Set 5 questions of very short answer type questions selecting at least one from each section. All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Divide into 4 sections. Set 10 questions of long answer type questions, selecting two from each section. Each question carries 5 marks. 7×5 Marks=35 Marks

Instructions for the candidates:

Part A: All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Candidates have to attempt 7 Questions out of 10.
Each question carries 5 marks. 7×5 Marks=35 Marks

Course Objective:

- **To build understanding of students for various aspects of development.**
- **To recommend students for various yogic exercise for better living.**
- **To aware students about various body systems and their functioning.**

Section A

1. Curriculum planning and principles of planning Physical Education Curriculum?

2. Growth and development during childhood;

- (a) Physical
- (b) Mental
- (c) Emotional
- (d) Inter-personal social development.

Section B

3. Meaning aims and types of Yoga.

4. The practice of Asans and their importance.

5. Meditative poses (Padma, Vajra, Sukh Asanas)
6. Cultural poses (Halasan, Sarvangasana, Bhujangasna, Salbhasana, Dhanurasana, Chakarasana)

Section C

7. What are the different forms of meditation
 - (i) Mantra Meditation (ii) Breathing Meditation (iii) Silent Meditation
8. Pranayam, its types, objectives and Physiological values.
9. Sudhikirya; its types, objectives and Physiological values.
10. Effect of Yogic and Physical exercises on various systems of the body.

Section D

11. Respiratory system, Organs of respiratory, Mechanism of respiration.
12. Circulatory System: Heart and Its structure, Mechanism of circulation of Blood, various types of blood vessels.
13. **Nervous System: Its organs and functions.**
14. Causes, PERventions and cure of sports injuries (sprain, contusion, dislocation and fractures).

Semester-IV

PHYSICAL EDUCATION

(Practical)

Marks: 30

Athletics Performance ----- 200M, relay race : 6 marks

- **Games (Boys & Girls)----** Fundamentals, Rules, Performance
 - Hockey, Wrestling: 6 marks
- **Viva** : 6 marks
- **Practical file** : 6 marks
- **Specific game performance** : 6 marks

Suggested Readings:

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

Sr. No.	On completing the course students will be able to:
CO1	Get knowledge about various stages of growth and development
CO2	Learn Yoga, both cultural and meditative asans.
CO3	Study Sports Injuries
CO4	Get knowledge regarding respiratory circulatory and nervous system

B. A. (12+3System of Education) Batch (2022-25)

BA SEMESTER–V (2022-25)

COURSE CODE: BPED-3515

PHYSICAL EDUCATION

Time: 3 Hours

HOURS (PER WEEK) 4
TOTAL HOURS 60
MAXIMUM MARKS 100
THEORY 45
PRACTICAL 30
INTRNAL ASSESSMNET 25

Instructions for the Paper Setters:

Part A: Set 5 questions of very short answer type questions selecting at least one from each section. All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Divided into 4 sections. Set 10 questions of long answer type questions, selecting two from each section. Each question carries 5 marks. 7×5 Marks=35 Marks

Instructions for the candidates:

Part A: All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Candidates have to attempt 7 Questions out of 10.
Each question carries 5 marks. 7×5 Marks=35 Marks

Course Objective:

- **To teach students to relieve daily stress through recreational activities.**
- **To impart knowledge of various body movements and role of muscle contraction.**
- **To guide students about various types of correct posture and their remedies in case of any deformity.**
- **To teach about basics of sports training.**

Section A

1. Meaning and Importance of Recreational Games.
2. Aims and objectives of recreation Games.
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.

Section C

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.

8. Meaning and Aims of Sports Training.

Section D

9. Define Training load and principles of training load?

10. Meaning and Importance of Warming up and Cooling down in sports.

11. General and Specific conditioning.

SEMESTER–V PHYSICAL EDUCATION (PRACTICAL)

Marks: 30

- 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** : 6 marks

Suggested Readings:

- Singh Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi 2000.
- Tandon D.K. et.al,: Scientific Basis of Physical Education and Sports, Friends Publication New Delhi, 2001.
- Singh Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic movement, Kalyani Publishers, Ludhiana, 2004.

- Kang G.S.: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University Patiala 2000.
- Kang G.S. and Deol, N.S.: An Introduction to Health and Physical Education 21st Century, Patiala, 2008.

Sr. No.	On completing the course students will be able to:
CO1	Become aware about how to relieve stress through recreation
CO2	Know various body movements through muscle contraction
CO3	Understand the concept of postural deformities and its remedial measures
CO4	Get knowledge on basics of sports training components

B. A. (12+3System of Education) Batch (2022-25)

BA SEMESTER–VI (2022-25)

COURSE CODE: BPED-3615

PHYSICAL EDUCATION

Time: 3 Hours

HOURS (PER WEEK) 4
TOTAL HOURS 60
MAXIMUM MARKS 100
THEORY 45
PRACTICAL 30
INTRNAL ASSESSMNET 25

Instructions for the Paper Setters:

Part A: Set 5 questions of very short answer type questions selecting at least one from each section. All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Divided into 4 sections. Set 10 questions of long answer type questions, selecting atleast two from each section. Each question carries 5 marks. 7×5 Marks=35 Marks

Instructions for the candidates:

Part A: All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Candidates have to attempt 7 Questions out of 10.
Each question carries 5 marks. 7×5 Marks=35 Marks

Course Objective:

- **To teach students about effects of exercise on various body systems.**
- **To impart knowledge regarding organizing various types of tournaments.**
- **To impart knowledge of various sports training methods.**
- **To guide students about techniques of improvement of performance.**

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: Body Composition, Speed, Strength, Endurance, Agility, Coordination, Balance, Reaction Time, Flexibility and Cardio Respiratory Endurance.

Section D

10. Introduction to sports training cycle Micro, Meso and Macro cycle?

11. Training Methods: Circuit, Interval, Fartlek, Weight-Training and Cross Country.

12. Methods of Improving Strength, Speed, Endurance, Flexibility and Agility.

SEMESTER-VI PHYSICAL EDUCATION (PRACTICAL)

Marks: 30

- **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** : 6 marks

Suggested Readings:

- Singh Kanwaljeet and Singh Inderjeet: *Sports Sociology*, Friends Publication, New Delhi 2000.
- Tandon D.K. et.al.: *Scientific Basis of Physical Education and Sports*, Friends Publication New Delhi, 2001.
- Singh Ajmer and Gill Jagtar: *Essentials of Physical Education and Olympic movement*, Kalyani Publishers, Ludhiana, 2004.
- Kang G.S.: *Anatomy, Physiology and Health Education*, Publication Bureau, Punjabi University Patiala 2000.

- Kang G.S. and Deol, N.S.: *An Introduction to Health and Physical Education 21st Century*, Patiala, 2008.

Sr. No.	On completing the course students will be able to:
CO1	Students become aware effects of exercise on various body systems
CO2	Students become aware organizing sports events in institutions
CO3	Students get knowledge of various sports training methods