

FACULTY OF ARTS

SYLLABUS FOR THE BATCH FROM THE YEAR 2023 TO YEAR 2026

Programme Code: B A

Programme Name: Physical Education

(Semester I-II)

Examinations: 2023-2026



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	Credits			Total Credits	Max Marks				Page No.
			L	T	P		Th	P	IA	Total	
Major Courses											
BPED-1115	Physical Education	4 Hours	3	0	1	4	45	30	25	100	4-5

SEMESTER - II											
Course Code	Course Name	Hours/Week	Credits			Total Credits	Max Marks				Page No.
			L	T	P		Th	P	IA	Total	
Major Courses											
BPED-1215	Physical Education	4 Hours	3	0	1	4	45	30	25	100	6-7

B. A. (12+3System of Education) Batch (2023-26)

BA SEMESTER-I (2023-26)

COURSE CODE: BPED-1115

PHYSICAL EDUCATION

Time: 3 Hours

Credits:04

L T P

03 - 0 - 01

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 baby.**
- **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. History and development of Physical Education and sports in India and Greece?
Sports Schemes in India

Major Sports Organizations:

- (i) N.S.N.I.S. (ii) Sports Authority of India.
(iii) Punjab Sports Department (iv) IOC (v) NOC

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

BA SEMESTER–II (2023-26)

COURSE CODE: BPED-1215

PHYSICAL EDUCATION

Time: 3 Hours

Credits: 04

L T P

03 - 0 - 01

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

4. Skeletal System: Types of bones, names of the various bones of the body, various types of joints.
5. Muscular System: Various types of muscles, structure of skeletal muscles.
6. 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.
9. Communicable Diseases: Mode of transmission, PERvention 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.

