

**OUTLINES OF TESTS
SYLLABI AND COURSES OF READING**

FOR

B.A. PHYSICAL EDUCATION PART-I (SEM. I & II)

SEMESTER SYSTEM

(SESSION 2020-21, 2021-22, 2022-23)



PUNJABI UNIVERSITY PATIALA
(Established under Punjab Act no. 35 of 1961)

Munish Singh

*→ JCA
Anandh*

SYLLABUS OF B.A. (SEMESTER – I) PHYSICAL EDUCATION
2020-21, 2021-2022 and 2022-2023
SEMESTER-I, THEORY

PART –A	THEORY	100 marks (Theory paper-80, Internal assessment-20)	4.30 Hrs Per week for Per Unit
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Note: Teaching hrs: 6 Periods per week of one unit which contains 70-80 students.

Pass Marks: 35%

INSTRUCTIONS FOR THE PAPER-SETTER

- There shall be nine questions in all.
- First question is compulsory. It will contain 10 short type questions, covering entire syllabus. Each question carries 2 marks. (10 X 2=20 Marks).
- Rest of the paper shall contain four units I, II, III and IV for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the student shall attempt one question from each unit. (15 X 4= 60 Marks)

UNIT- I

- Physical Education:** Introduction, Objectives, Scope, and Importance of Physical Education in the Modern Society.
- Health Education:** Introduction, Aim & Objectives, Principles and its Importance.
- Olympic Games:** Introduction, Organization, Administration and Ceremonies of Ancient and Modern Olympic Games.
Asian & Commonwealth Games: Introduction, Ceremonies, Venues.

UNIT- II

- Growth and Development:** Introduction, Difference, Developmental Characteristics at Different Stages of Development and Factors affecting Growth & Development.
- Heredity and Environment:** Introduction, Effect of Heredity & Environment on Growth & Development, Chronological Age, Anatomical Age and Physiological Age.
- Personal Hygiene:** Introduction, Personal Cleanliness, Rest, Relaxation and Sleep.

UNIT- III

- Terminologies of Physical Education:** Kinesiology, Anatomy, Physiology, Exercise Physiology, Bio- Mechanics, Anthropometry and Sports Medicine.
- Cell:** Structure, Parts and its Function.
- Digestive system:** Introduction, Structure, Organs & Functions of Digestive System.

UNIT- IV

- Athletics:** Introduction, Classification of Events, General Rules of Track Events and Types of Start & Finish,
- Football:** History, Laws of the Game, Major tournaments and Arjuna Awardees.
- Volleyball:** History, Layout, General Rules and Regulation, Officials, Major Tournaments and Arjuna Awardees.

References:

- Aggarwal, J.C. (2006) "Health and Physical Education" Shipra Publications, Shakarpur, Delhi.
- Ahluwalia, P. S., Deol, N.S. and Kaushal, S. (2009) " A Textbook of Physical Education" Imperium Publishers, Khanna, Ludhiana.
- Dutta, A.K. (2004) "Games and Sports for Children" 1st edition - Janvani Prakashan, Shahdra, Delhi.
- Jain, Deepak (2002) "Physical Education and Recreational Activities" Khel Sahitya Kendra, New Delhi.
- Kang G.S. and Deol N.S. (2008) "An Introduction to Health and Physical Education" Twenty First Century, Patiala.
- Kapri, B.C. et. al. (2014) "Physical and Health Education" N.B. Publications, Meerut, India.

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- Kaur, Manjeet and Sharma, R.C. (1990) "Health and Physical Education" Tandon Publications, Ludhiana.
- Park, J.E. and Park, K. (1985) "Text Book of Preventive and Social Medicine" Bnasidar Bhanot Publisher, Jabalpur.
- Park, J.E. and Park, K. (1982) "Text Book of Community Health for Nurses", Asrani Publisher, Jabalpur.
- Singh, Ajmer et.al. (2016) "Essential of Physical Education and Olympic movement" Kalyani Publishers, Ludhina.
- Thour, Mandeep (2006) "Camping Management in Physical Education" Friends Publication, Delhi.
- International Association of Athletics Federations Competition Rules (2017-18), Centenary Edition, Monaco. <http://www.iaaf.org>

SEMESTER - I (PRACTICAL)

PART -B	Skill and Prowess	50 marks (External)	4.30 Hrs Per week for Per Unit
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Note: Teaching hrs: 6 Periods per week (2 periods x 3 Days) of one unit (one unit contains 30-40 students)

VOLLEYBALL, FOOTBALL AND SPRINTS (ATHLETICS)

Evaluation will be based on skill test, performance, practical file and Viva-voce.

Content to be covered during practical sessions:

- I. Measurement of the field and preparation of the field.
- II. Equipment and materials of the game /event.
- III. Fundamental skill and lead up games.
- IV. Techniques.
- V. Rules and regulation of the game/event
- VI. Officiating:
 - Duties of officials.
 - Knowledge of score sheet.
 - Signals of officiating
 - Technical equipment for officiating.

Handwritten signature and name: Manjeet

SYLLABUS OF B.A. (SEMESTER – II) PHYSICAL EDUCATION

2020-21, 2021-2022 and 2022-2023

THEORY

PART –A	THEORY	100 marks (Theory paper-80 Internal Assessment-20) Pass Marks: 35%	4.30 Hrs Per week for Per Unit
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Note: Teaching hrs: 6 Periods per week of one unit which contains 70-80 students.

INSTRUCTIONS FOR THE PAPER-SETTER

- There shall be nine questions in all.
- First question is compulsory. It will contain 10 short type questions, covering entire syllabus. Each question carries 2 marks. (10 X 2=20 Marks).
- Rest of the paper shall contain four units I, II, III and IV for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the student shall attempt one question from each unit. (15 X 4= 60 Marks)

UNIT- I

- Children and Sports:** Introduction, Stages of Motor Development in Children, Benefits of Exercises for Children, Weight Training and their Advantages or Disadvantages for Children.
- Body types:** Introduction, Sheldon and Kretschmer's Classification.
- Communicable Diseases:** Introduction, Classification, Causes, Symptoms, Prevention, and Control of Communicable Diseases (Cholera, Typhoid, Tuberculosis, AIDS, Hepatitis A&B, Rabies and Malaria)

UNIT- II

- Sports Terminologies:** Isometric, Isotonic, Isokinetic, Reflex Action, Over Load, Recovery and Motor Ability.
- Skeleton System:** Introduction, Types, Functions and various Bones of Body.
- Joints:** Introduction, Classification of various Joints of Human Body and Kinds of Joint Movements.

UNIT- III

- Description of the following**
 - N.S.N.I.S (Netaji Subhash National Institute of Sports)
 - S.A.I (Sports Authority of India)
 - I.O.A (Indian Olympic Association)
 - W.A. (world Athletics)
- Drugs:** Introduction, Causes, Symptoms, Harmful Effects and its Prevention.
Doping: Introduction, Types, Prohibited Substances & Methods and its Effects.
- Warming up and Cooling Down:** Introduction, Methods & Types of Warm Up, Significance and Guidelines.

UNIT- IV

- Long Jump:** Introduction, Rules, Layout, Techniques and Arjuna Awardees.
- Hockey & Basketball:** History, Layout, General Rules and Regulations, Officials, Major Tournaments and Arjuna Awardees.
- Sports Awards:**
 - Maharaja Ranjit Singh
 - Arjuna Award
 - Dronacharya award
 - MAKA Trophy
 - Rajiv Gandhi Khel Ratan Award

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References:

- Aggarwal, J.C. (2006) "Health and Physical Education" Shipra Publications, Shakarpur, Delhi.
- Ahluwalia, P. S., Deol, N.S. and Kaushal, S. (2009) "A Textbook of Physical Education" Imperium Publishers, Khanna, Ludhiana. Dutta, A.K. (2004) "Games and Sports for Children" 1st edition - Janvani Prakashan, Shahdra, Delhi.
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- Park, J.E. and Park, K. (1985) "Text Book of Preventive and Social Medicine" Bnasidar Bhanot Publisher, Jabalpur.
- Park, J.E. and Park, K. (1982) "Text Book of Community Health for Nurses", Asrani Publisher, Jabalpur.
- Singh, Ajmer et.al. (2016) "Essential of Physical Education and Olympic movement" Kalyani Publishers, Ludhina.
- Thour, Mandeep (2006) "Camping Management in Physical Education" Friends Publication, Delhi.

SEMESTER – II, PRACTICAL

PART –B	Skill and Prowess	50 marks (External)	4.30 Hrs Per week for Per Unit
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Note: Teaching hrs: 6 Periods per week (2 periods x 3 Days) of one unit (one unit contains 30-40 students)

BASKETBALL, HOCKEY AND LONG JUMP

Evaluation will be based on skill test, performance, practical file and Viva-voce.

Content to be covered during practical sessions:

- I. Measurement of the field and preparation of the field.
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