

Physical Education
B.A./B.Sc-Part -I, Part-II, & Part-III

	<u>Paper I</u>	<u>Paper II</u>	<u>Paper III</u>	<u>Practical</u>
I year	75	75	-	50= 200
II year	75	75	-	50= 200
III year	75	75	75	75= 300

Total=700

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B. A. - First Year 2012-13
Paper-I
(Physical Education)

Theory Paper

- Unit I: Physical Education:**
— Meaning, Definition, Aims and Objectives.
— Needs, Trends and Scope of Physical Education.
— Carrier in Physical Education and Sports.
- Unit II: History and development of Physical Education in India:**
— Division of Ancient Period-Vedic Period, Boudha Period, Mugal Period, British Period and Post Independent Period.
— Physical Education in Ancient Greece, Rome, Russia, Germany, U.S.A., and China.
- Unit III: Modern Trends in Physical Education and Sports:**
— Introduction.
— Carrier in Physical Education and Sports.
- Unit IV: Sociological Basis of Physical Education:**
— Definition of Socialization.
— Sports and Socialization.
— Socialization through Sports.
- Unit V: Sports Personalities of India:**
— (Details of Life History, Sports Achievement and Awards)
(a) Milkha Singh
(b) Major Dyanchand
(c) Babu K. D. Singh
(d) Sir Kapil Dev
(e) Vishwanathan Anand
(f) P. T. Usha
(g) Sachin Tendulkar

Reference Books

1. Rice Hutchenson and Lee. Brief History of Physical Education. The Ronald Press Company, New York.
2. Eraj Khan. History of Physical Education. Hyderabad.
3. J. F. Williams, W.B. Sanders. Principles of Physical Education. Complany, Philadelphia, London.
4. J. B. Nash. Physical Education: Interpretations and objectives. The Ronald Press Company - New York.
5. Douglas, N., Hastad, Alan, C., & Lancy. (1994). Measurement and Evaluation in Physical Education and Exercise Science, second Edition Arizon: Gorsuch Scarisbrick.
6. Singh, A., Bains, J., Gill, J.S., Barar, R.S., Rathee, N.K. (2003). Essentials of Physical Education. Kalyani Publishers, Ludhiana, India.

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B. A. - First Year
Paper-II
(Physical Education)

Theory Paper

- Unit I: Biological Basis of Physical Education:**
- Meaning of growth and Development.
 - Factor affecting growth and development.
 - Heredity & Environment.
 - Effect of Heredity & Environment on Growth and Development.
 - Types of Body.
- Unit II: Anatomy:**
- Meaning and Definition of Anatomy.
 - Structure, types and function of Cell and Tissues.
 - Structure and Functions of -Skeletal system, muscular system, Digestive system, Nervous system, Respiratory system, Circulatory system, Glandular system, and Reproductive system.
 - Effects of exercises on skeletal system, muscular system, Digestive system, Nervous system, Respiratory system, Circulatory system, Glandular system, Reproductive system.
- Unit III: Physiology:**
- Meaning and Definition of Physiology.
 - I Physiology of muscular activity.
 - II Physiology of Respiration.
 - III Physiology of Blood circulation.
 - IV Factors influencing performance in Games and Sports.
- Unit IV: General Physiological Concept:**
- Vital Capacity.
 - Fatigue.
 - Second Wind.
 - Oxygen Debt.
 - Blood Pressure.
 - Muscular Contractions.
- Unit V: Doping:**
- Introduction.
 - Meaning and Definition of Doping.
 - Effect of Doping on Body.
 - Effect of Doping on Performance.
 - Prohibited Classes of Substances.

Reference Books

1. Scott K. Powers, Edward T. Howley. Exercise Physiology: Theory and Application to Fitness and Performance. Publisher: McGraw Hill Higher Education.
2. Shamshad Ahmed. Biological Basis Of Physical Education. Gyan Publishing House. India.
3. Scientific Foundations of Physical Education: C.C. Cowell, Happer and Brothers, New Your.
4. Graham Thompson.. Physical Education: Anatomy and Exercise Physiology. Publisher: Hodder Education. Great Britain.

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Practical: (B.A.-1ST year)

Details of the Practical Examination: (Practical - 50 Marks)

1) Record Book - 10 Marks

- Rules and Regulations of Games/Sports.
- Lay out of Play field/Court.
- Fundamental skills of the Games/Sports.

2) Practical Examination - 40 Marks

- Gymnastic and Yoga (Performance of Minimum Two Skill of Each)

* Marking:

1. Theory paper I & II shall be of 3 hours duration carrying 75 Marks each
2. The B.A.-1st year Practical will carry 50 Marks.

* Practical Examination conducted:

1. One organizer/Internal Examiner (Internal subject teacher).
2. One External Examiner appointed by University.
3. Peons - Two peons for Ground marking, water supply and equipment supply etc.

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