

B. A. - Second Year 2013-14
Paper-I
(Physical Education)

Theory Paper

Unit I: Organization and Administration:

- Meaning, Definitions, Concepts and its need in Physical Education and Sports.
 - Organization and Administration of various competitions:
 - i. Inter-collegiate Sports of Dr. R. M. L. Avadh University.
 - ii. Inter-Zonal Sports of Dr. R. M. L. Avadh University.
 - iii. Inter-University Sports.
- (With special reference to organize body, Finance and various Committees and their functions.)

Unit II: Meets and Tournaments:

- Importance of meets and tournaments.
- Types of Tournaments - i) Knock-out system, ii) League system, iii) Combination system. (To draw the lots, their merits and demerits).
- Athletic Meet: Officials, various Committees, Opening ceremony, closing ceremony.

Unit III: International Sports Events:

- Olympic Movement - Importance and Goals and the Olympic Spirit.
- The Winter Olympic Games.
- The Para Olympic.
- Asian Games.
- The Commonwealth Games.
- South Asian Federation Games.
- Afro-Asian Games.

Unit IV: India and Sports Performance:

- Review of Performance at International Events (Olympic Games, Asian Games and Commonwealth Games).
- Causes of decline of Sports Performance.
- Suggestions for the Improvement of Sports Performance.

Unit V: Sports Awards:

- Rajiv Gandhi Khel Ratna Award.
- Dronacharya Award.
- Arjuna Award.
- Maulana Abdul Kalam Azad Trophy.

Reference Books

1. E. F. Voltimen and A. A. E. - Islinger - The Organisation of Administration of Physical Education.
2. Prin. P. M. Joseph - Organisation of Physical Education - The Old Student's Association, T.I.P.E., Bombay.
3. J. P. Thomas. Organisation of Physical Education.

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Prin. P. M. Joseph
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B. A. - Second Year
Paper-II
(Physical Education)

Theory Paper

- Unit I: Physical Fitness:**
— Introduction.
— Components of Physical Fitness.
— Development of Physical Fitness Components.
— Factors Influencing Physical Fitness.
- Unit II: Sports Training:**
— Meaning and Definition of Sports Training.
— Aim and Objective of Sports Training.
— Principal of Sports Training and Conditioning.
— Training Methods.
— i) Circuit Training.
— ii) Interval Training.
— iii) Fortlake Training.
— iv) Weight Training.
- Unit III: Training Method:**
— Introduction.
— Various Sports Training Method.
— Development of Strength, Speed and Flexibility.
- Unit IV: Warming Up and Cooling Down:**
— What is Warming Up and Cooling Down ?
— Types of Warming Up and Cooling Down.
— Components and Method of Warming Up and Cooling Down.
— Duration of Warming Up and Cooling Down.
— Exercises for Warming Up and Cooling Down.
- Unit V: Sports Performance and Environmental Factor:**
— Introduction.
— Variation in Temperature.
— Altitude.
— Physical Program at Altitude.

Reference Books

1. Daryl Siedentop, Siedentop Daryl. Introduction to Physical Education, Fitness, and Sport. McGraw-Hill Humanities/Social Sciences/Langua.
2. Harasimham. T.K. Devloping Physical Fitness. Saujanya Book. Delhi.
3. Brian Sharkey and Steven Gaskill. Fitness & Health - 6th Edition (Oct 3, 2006).
4. Kornhauser, A. (1965), "Mental Health and Work Environment," Wiley, New York.

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Practical: (B.A.-IInd year)

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

1) Record Book - 10 Marks

- Historical Development of Games/Sports.- India, Asia, World.
- Governing Body of the Games/Sports (district, State, National, International level)
- Field, Equipments and Rules Specification (Specialization).

2) Practical Examination - 40 Marks


- Major Games / Sports

* Marking:

1. Theory paper I & II shall be of 3 hours duration carrying 75 Marks each.
2. The B.A.-IInd 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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