

B. A. Third Year 2014-15
Paper-I
(Physical Education)

Theory Paper

Unit I: Health Education:

- Meaning, definitions of Health Education.
- Nature and scope of Health Education.
- Play ground, Gymnasium, Environment, Sanitary facilities concerned to the Health Education.
- Importance of exercises in health and fitness.
- Drugs, Alcohol and Tobacco-Adverse effect on performance.

Unit II: Yoga:

- Introduction.
- Asanas-Lying, Sitting and Standing.
- Pranayam.

Unit III: First Aid:

- Introductions.
- Types of First Aid.
- Prerequisite Qualities of First Aider.
- First Aid Box.
- Types of Sports Enquiries and their first Aid Treatment.

Unit IV: Dietics and Hygiene:

- Nutrition and its importance - a) Protein b) Carbohydrates c) Fats d) Vitamins e) Minerals and water -its sources.
- Need of nutrients- a) Growth and repair b) Vitality and fitness c) Production of calories for energy and warmth.
- Balanced diet, Athlete's diet, Malnutrition and diseases due to deficiency.
- Importance of Hygienic living, Environmental Hygiene -Lighting, Ventilation, Water Supply.

Unit V: Environmental Pollution and Communicable Diseases:

- Meaning of Environmental Pollution.
- Water Pollution, Air Pollution, Ozone Layer and Noise Pollution.
- Basics of Communicable Diseases.
- HIV/ AIDS, Malaria, Rabies, Tetanus, Tuberculosis and Viral Hepatitis.

Reference Books

1. J C Aggarwal. Health And Physical Education. Publisher: Shipra Publications. India.
2. Donna Farhi. Yoga Mind, Body & Spirit. Publisher: Henry Holt and Co.
3. B.K.S. Iyengar. Yoga: THE PATH TO HOLISTIC HEALTH. Publisher: Dorling Kindersley.
4. Williams J. F. and others - The Administration of Health and Physical Education - Philadelphia - W. B. Saunders Co.
5. Anderson, C.L. (1968). School Health Practice. Fourth edition Saint Lois: The C.V. Mosby Company.

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**B. A. Third Year
Paper-II
(Physical Education)**

Theory Paper

Unit I: Biomechanical Concept of Physical Education:

- Introduction.
- Newton's Law of motion.
- Force.
- Lever.
- Equilibrium.
- Centre of Gravity.

Unit II: Posture and Postural Deformities:

- Introduction.
- Meaning of Posture.
- Types and Importance of a Good Posture.
- Causes of a Poor Posture.
- Common Postural Deformities-Kyphosis, Lordosis, Scoliosis and Flat Foot.

Unit III: Sports Injuries:

- Introduction.
- Types of Sports Injuries.
- Common Sports Injuries- Strain, Sprain, Fracture, Dislocation, Abrasion, Contusion and Bruise.
- Immediate care of Injuries.
- Basics Step to Reduce the Risk of Sports Injuries.

Unit IV: Massage, Physiotherapy and Therapeutic Exercises:

- Meaning and Definition of Massage.
- Types and Benefits of Massage.
- Importance of Physiotherapy.
- Classification of Therapeutic Exercises.
- The Main Goal of Treatment by Exercise.

Unit V: Obesity:

- Meaning and Definition of Obesity.
- Causes of Obesity.
- Physical Activity and Their Effects on Obesity.
- Demerits of Obesity.

Reference Books

1. Duane Knudson. Fundamentals of Biomechanics. Publisher: Springer. India.
2. Simonian, C. (1981). Fundamentals of Sports Biomechanics. Englewood Cliffs, NJ: Prentice-Hall, Inc.
3. Dyson, G.H.G. (1962). The Mechanics of Athletics. St. Paul's House, Warwick Lane, London EC4: University of London Press Ltd.
4. Grabiner, M.D. (1993). Current Issues in Biomechanics. Champaign, IL: Human Kinetics Publishers.
5. Hay, J.G. (1985). The Biomechanics of Sports Techniques. Englewood Cliffs, NJ: Prentice-Hall, Inc.

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B. A. Third Year
Paper-III
(Physical Education)

Theory Paper

- Unit I: Psychological Basis of physical education:**
- Meaning and Definition of Psychology.
 - Meaning and Definition of Personality and Motivation.
 - Learning.
 - Psychological Factors affecting Physical performance.
- Unit II: Leadership and its Training in Physical Education:**
- Meaning and Definition of Leadership.
 - Qualities of a Leader.
 - Need and Importance of Leadership in Physical Education.
- Unit III: Play and Recreation:**
- Meaning and definition of Play and Recreation.
 - Theories of Play and their Significance in Physical Education and Sports.
 - Types of Recreation.
 - Needs and Importance of Recreation in the Modern Society.
- Unit IV: Camps, Intramural and Extramural:**
- Meaning of Camp Intramural and Extramural.
 - Types and Educative Values of Camp.
 - Importance and Conduct of Intramurals and Extramural Competitions.
- Unit V: Sports Management and Research:**
- Introduction.
 - Definition, need, importance and scope of management in physical education Concept and principles of management qualification of the manager.
 - Management of competitions intramurals, inter collegiate, inter university.
 - Meaning, Nature, need and scope of research in physical education.
 - Types of Research.
 - Methods of Research.
 - Data collection tools and techniques.

Reference Books

1. Two experienced Professors – Organization, Administration and Recreation in Physical Education – Prakash Brothers Ludhiana.
2. Recreation and Physical Fitness for Youths and Men : Board of Education, London. Albert, G.W. (1973). Personality Psychological interpretation. Haltsecay, New York, Gerald A. Carr. Fundamentals of Track and Field, Second Edition. Publisher: Data Carr.
3. Charlles A Bucher :Management of Physical Education and Athletics Programme.
4. U.K. Singh & J.M. Dewan. Sports Management. Ajay Nangia for APH Publishing Corporation 5, Ansari Road, Daryaganj, New Delhi

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Practical: (B.A.-IIIrd year)

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

1) Record Book - 15 Marks

- Facility of the Track and Field
- Measurements of the Track and Field
- Preparation of the Track and Field
- Maintenance of the Track and Field

2) Practical Examination - 60 Marks

- Athletics (Skill Execution of all the event of Track and Field)

* Marking:

1. Theory paper I & II shall be of 3 hours duration carrying 75 Marks each.
2. The B.A.-IIIrd year Practical will carry 75 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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**B. A. First, Second and Third year
(PHYSICAL EDUCATION)**

(Paper I-II-III)

Questions Setups

Time: - 3 Hours

Maximum Marks - 75

1. Attempt all questions

Q.1 (a).Essay Type
Or
(b) Essay Type

20 X 1 = 20

Q.2 Answer any two of the following question.

(i).

10 x 2 = 20

(ii).

(iii).

Q.3 Write Short answer any four one of the following.

(i).

05 x 4 = 20

(ii).

(iii).

(iv).

(v).

Q.4 Attempt all the questions (optional).

(i).

1 x 15 = 15

(ii).

(iii).

(iv).

(v).

(vi).

(vii).

(viii).

(ix).

(x).

(xi).

(xii).

(xiii).

(xiv).

(xv).