

SYLLABUS AND COURSES OF READING

FOR

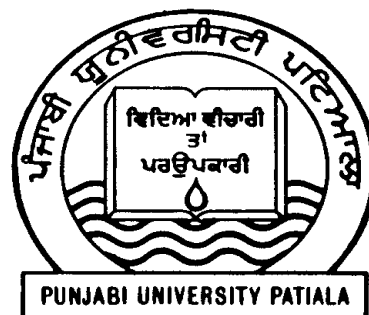
BACHELOR OF PHYSICAL EDUCATION

B.A. (THREE YEARS)

PART-III

(Semester-V to VI)

SESSION 2021-22, 2022-23 & 2023-24



PUNJABI UNIVERSITY, PATIALA
(ESTABLISHED UNDER THE PUNJAB ACT NO. 35 OF 1961)

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

FOR THE YEAR -2021-2022, 2022-2023 & 2023-2024

THEORY

PART –A	THEORY	70 Marks Theory Paper: 60 Marks Internal Assessment: 10Marks Pass Marks: 35%	6 Periods Per week for Per Unit
PART- B	PRACTICAL (SKILL & PROWESS)	30 Marks (External)	6 Periods Per week for Per Unit

Note: Teaching hrs. for Theory: 6 Periods per week of one unit contains 70-80 students.

Teaching hrs. for Practical: 6 Periods per week (2 periods x 3 Days) of one unit (one unit contains 30-40 students)

PART-A

THEORY PAPER

MARKS:

60

Timing: 3 Hrs.

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. (10X 4= 40 Marks)

UNIT-I

- Recreation:** Introduction, Aims, Objectives, Types, Principles, Importance and Agencies providing Recreation.
- Camping:** Introduction, Objectives, Importance, Types, and Layout of Campsite and Organization of Camps,
Picnic and Athletic meet: Planning, Organization and Importance.
- Leadership:** Introduction, Importance, Types, Qualities and Responsibilities of Leader.

UNIT-II

- Posture:** Introduction and Characteristics of Good Posture (Walking, Standing, Reading Sitting and Lying Postures).
- Postural Deformities:** Introduction, Causes and Corrective Measures for Spinal Deformities (Kyphosis, Lordosis and Scoliosis), Foot and Leg Deformities (Flat Foot, Knock Knee and Bow Legs).
- Motion:-** Introduction, Types, Laws of Motion and their application in Sports & Games.

UNIT-III

- Respiratory System:** Introduction, Structure & Functions of Respiratory System.
- Blood pressure & Pulse Rate:** Introduction, and Technique of Measurement.
- Physical Education as Profession: Qualification, Qualities of Physical Education Teachers and Admission criteria for Different Courses in Physical Education.

UNIT-IV

1. **Handball:** History, Layout, General Rules and Regulation, Officials, Major tournaments.
2. tournaments.
3. **Badminton:** History, Layout, General Rules and Regulation, Officials, Major tournaments.
4. **Javelin throw:** Rules and Regulations, Layout and Technique.

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 - JanvaniPrakashan, Shahdra, Delhi.
- Dutta, A.K. "Games and Sports for Children" (2004) 1st edition - *JanvaniPrakashan* Vishwas Nagar, Shahdra, Delhi-110032
- **International Association of Athletics Federations Competition Rules (2017-18), Centenary Edition, Monaco. <http://www.iaaf.org>**
- Jain, Deepak (2002) "Physical Education and Recreational Activities" Khel Sahitya Kendra, New Delhi.
- Jain, Deepak "Physical Education and Recreational Activities" (2002) *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.
- 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" BnasidarBhanot 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 – V
PRACTICAL
SKILL & PROWESS

PART-B

MARKS:30 (External)

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

Sr. No.	ACTIVITIES (SKILL & PROWESS)	MARKS: 30
i.	HANDBALL	Marks: 10
ii.	BADMINTON	Marks: 10
iii.	JAVELIN THROW	Marks: 10

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

Content to be covered during practical sessions:

1. Measurement of the field and preparation of the field.
2. Equipment and Materials of the games.
3. Fundamental skill and lead up games.
4. Techniques.
5. Rules and regulation of the games
6. Officiating:
 - Duties of officials.
 - Knowledge of score sheet.
 - Signals of officiating
 - Technical equipment for officiating

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

FOR THE YEAR -2021-2022, 2022-2023 & 2023-2024

PART –A	THEORY	70 Marks Theory Paper: 60 Marks Internal Assessment: 10Marks Pass Marks: 35%	6 Periods Per week for Per Unit
PART- B	PRACTICAL SKILL & PROWESS	30 Marks (External)	6 Periods. Per week for Per Unit

Note:Teaching hours: 6 Periods per week of one unit contains 70-80 students.

PART-A THEORY PAPER

MARKS:60
Timing: 3 Hrs.

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. (10X 4= 40 Marks).

UNIT-I

- Intramural and Extramural Tournaments:** Introduction, Importance and Organization.
- Tournaments:** Elimination (Knock out), Round robin (League Cyclic, Tabular and Staircase Method).
- Life Sketch of Sports Personalities:** Major Dhyan Chand, S. Milkha Singh, Prof. Ajmer Singh, P.T. Usha, Leander Paes and Abhinav Bindra

UNIT-II

- Balanced Diet & Nutrition:** Components, Sources and Functions of each Component.
- Obesity and Over Weight Management:** Introduction, Causes and Risk Factors.
- Physiological Terminologies:** Hemoglobin, Cardiac output, Stroke volume, Oxygen Debt, Vital capacity, B.M.I and B.M.R.

UNIT – III

- Sports Training:** Introduction, Aims, Objectives and Principles.
- Physical Fitness:** Introduction, its Components and their Types (Speed, Strength, Endurance, Agility, Co-ordination and Flexibility).
- Training Method:** Circuit training, Interval training, Fartlek training, Weight training Plyometric training and Cross country.

UNIT – IV

- Sports Performance:** Indian Performance at Olympics and World Championship, Suggestions for improving Indian Sports Performance.
- Relay Races:** Rules&Regulations, Layout and Technique.

6. **Cricket:** History, Layout, General Rules & 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 - JanvaniPrakashan, Shahdra, Delhi.
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- Thour, Mandeep (2006) “Camping Management in Physical Education” Friends Publication, Delhi.

SEMESTER – VI
PHYSICAL EDUCATION PRACTICAL
SKILL & PROWESS

PART-B

MARKS:30 (External)

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

Sr. No.	ACTIVITIES (SKILL & PROWESS)	MARKS: 20
i.	RELAY RACES	Marks: 10
ii.	CRICKET	Marks: 10

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

Contents to be covered during practical sessions:

1. Measurement of the field and preparation of the field.
2. Equipment and Materials of the game / event.
3. Fundamental skill and lead up games.
4. Techniques.
5. Rules and regulation of the game/event
6. Officiating:
 - Duties of officials.
 - Knowledge of score sheet.
 - Signals of officiating
 - Technical equipment for officiating.

iii.	BLOOD PRESSURE AND PULSE RATE (Practical)	MARKS: 10
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- Method and Procedure to measure Blood pressure & Pulse rate
- Operational techniques to measure blood pressure & pulse rate With different medical equipments