

SYLLABUS AND COURSES OF READING

FOR

BACHELOR OF PHYSICAL EDUCATION

B.A. (THREE YEARS)

PART-II

(Semester III to IV)

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



PUNJABI UNIVERSITY, PATIALA

(ESTABLISHED UNDER THE PUNJAB ACT NO. 35 OF 1961)

**SYLLABUS OF B.A. PART II (SEMESTER – III)
PHYSICAL EDUCATION
FOR THE YEAR: 2021-2022, 2022-2023 & 2023-24**

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. (10 X 4= 40 Marks)

UNIT- I

- Play:** Introduction, Theories and Importance.
- Childhood & Adolescence:** Growth and Development (Physical, Mental, Emotional & Social.)
- Age and Sex Differences:** - Introduction, Age & Sex differences, Structural differences, Physiological differences and Gynecological differences.

UNIT- II

- Yoga:** Introduction, Aim, Importance and Types of Yoga
- Pranayama:** Meaning, Types, Objectives and its Importance.
- Shudhi Kriyas:** Introduction, Types, Objectives and its Effects.

UNIT- III

- Physiology of Asanas:** Effective on various system of body.
- Endocrine System:** Introduction, Glands, Location & Functions.
- Excretory System:** Introduction, Organs, Structure and Functions.

UNIT- IV

- Asanas:** Introduction, Importance, Types and Techniques of (Padmasana, Vajraasana, Sukhasana, Shavasana, Makarasana, Halasna, Mayurasna and Chakrasna).
- Kabaddi (National style):** History, Layout, General Rules and Regulations, Officials, Major Tournaments and Arjuna Awardees.
- Shot put:** Rules, Layout and Techniques.

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.

- Kaur, Manjeet and Sharma, R.C. (1990) “Health and Physical Education” Tandon Publications, Ludhiana.
- Osho, “144 Meditation” A Rebel Book, (2006) Tao Publishing, Pune, India.
- Osho, “Meditation the First and the Last Freedom” (2006) A Rebel Book, Tao Publishin, Pune, India.
- 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.
- Rose and Wilson, (2001) “Anatomy and Physiology in Health Illness” Harcourt Publisher Ltd.
- Saraswati, S. N. Gheranda samhita, (2012) *Yoga Publications Trust*, Munger, India.
- Sarawati, Swami. Satyananda., “Asana, Pranayam, Mudra and Bandhas” (2013) Bihar school of yoga, Munger, India.
- Sarswati, Swami Satyanand, Four chapters of freedom” (2006) Yoga publication trust, Ganga darshan Munger, Bihar, India.
- 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 – III
PRACTICAL**

PART-B

SKILL & PROWESS

MARKS:30 (External)

PART –B	Skill and Prowess	30 Marks (External)	6 Periods 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)

Sr. No.	ACTIVITIES (SKILL & PROWESS)	MARKS: 30
i.	KABADDI	Marks: 10
ii.	YOGA	Marks: 10
iii.	SHOT PUT	Marks: 10

Evaluation will be based on skill test, performance & viva voce.

Contents to be covered during the 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.

**SYLLABUS OF B.A. PART II (SEMESTER – IV)
PHYSICAL EDUCATION
FOR THE YEAR –2021-2022, 2022-2023 & 2023-24**

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.: 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

- a) There shall be nine questions in all.
- b) First question is compulsory. It will contain 10 short type questions, covering entire syllabus. Each question carries 2 marks. (10 X 2=20 Marks).
- c) 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. (10 X 4= 40 Marks)

UNIT- I

1. **Sports Psychology:** Introduction, Importance and its Relationship.
2. **Learning:** Meaning, Types, Laws of Learning and their Implication in Sports.
3. **Transfer of Training:** Types and its application in Sports.

UNIT- II

1. **Motivation:** Introduction, Types, Methods of Motivation and its Importance in Physical Education and Sports.
2. **Personality:** Introduction, Types and Characteristics of Personality.
3. **First Aid:** Introduction, Principles, Qualities of First Aider, Process of Providing First Aid during different Calamity (Burns, Electric Shock, Heat Stroke, Drowning).

UNIT- III

1. **Muscles:** Structural and Function Classification of Muscles.
2. **Circulatory System:** Structure and Function of heart.
3. **Sports injuries:** Introduction, Causes, Symptoms, Treatment and Prevention of (Sprain, Strain, Contusion, Dislocation and Fracture).

UNIT- IV

1. **High jump:** Rules and Regulations, Layout and Techniques.
2. **Discus Throw:** Rules and Regulations, Layout and Techniques.
3. **Kho-Kho:** History, Layout, General Rules and Regulation, Officials, Major Tournaments.

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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- 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 – IV
PHYSICAL EDUCATION PRACTICAL**

PART-B

SKILL & PROWESS

MARKS:30 (External)

PART –B	Skill and Prowess	30 marks (External)	6 Periods 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)

Sr. No.	ACTIVITIES (SKILL & PROWESS)	MARKS: 30
i.	KHO-KHO	Marks: 10
ii.	HIGH JUMP	Marks: 10
iii.	DISCUS THROW	Marks: 10

Evaluation will be based on skill test, performance & viva voce.

Contents to be covered during the practical sessions:

1. Measurement of the field and preparation of the field.
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