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FOR 2024-25
BA-I (1st SEMESTER)
PHYSICAL EDUCATION THEORY

PART-A	THEORY	100 marks(Theory paper-80,Internal assessment-20)	4.30 Hrs per week for per unit
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Note:Teaching hrs :6 periods per week of one unit which contains 70-80 students

Pass Marks:35%

Learning outcomes

At the end of the course, the student should be able to:

1. Comprehend the normal disposition, inter-relationships, gross, functional and• applied anatomy of the musculoskeletal system, locomotion, posture, gait and various organs in the body.
2. 2. Comprehend the basic structure and connections between the various parts of the• central nervous system so as to analyze the integrative and regulative functions of the organs and systems. He/she should be able to locate the site of gross lesions according to the deficits encountered.

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 center syllabus .Each question carries 2 marks.(10*2=20Marks)
- c. Rest of the paper shall contain for units I,II,III,IVfor the descriptive question Each shall attempt one question form each unit(15*4=60 Marks)

UNIT- I

1. **Physical Education:** Introduction, Objectives, Scope, and Importance of Physical Education in the Modern Society.
2. **Health Education:** Introduction, Aim & Objectives, Principles and its Importance.
3. **Olympic Games:** Introduction, Organization, Administration and Ceremonies of Ancient and Modern Olympic Games. Asian Games: Introduction, Ceremonies, Venues. Commonwealth Games: Introduction, Ceremonies, Venues.

UNIT-II

1. **Growth and Development:** Introduction, Difference, Developmental Characteristics at Different Stages of Development and Factors affecting Growth & Development.
2. **Heredity and Environment:** Introduction, Effect of Heredity & Environment on Growth & Development, Chronological Age, Anatomical Age and Physiological Age.
3. **Personal Hygiene:** Introduction, Personal Cleanliness, Rest, Relaxation and Sleep.

UNIT- III

1. **Terminologies of Physical Education:** Kinesiology, Anatomy, Physiology, Exercise Physiology, Bio-Mechanics, Anthropometry and Sports Medicine.
2. **Cell:** Structure, Parts and its Function.
3. **Digestive system:** Introduction, Structure, Organs & Functions of Digestive System.

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UNIT-IV

1. **Athletics:** Introduction, Classification of Events, General Rules of Track Events and Types of Start and Finish

2. **Football:** History, Laws of the Game, Major tournaments and Arjuna Awardees

3. **Volleyball:** History, Layout, General Rules and Regulation, Officials, Major Tournaments and Arjuna Awardees.

Reference:

1. Aggarwal, J.C. (2006) "Health and Physical Education" Shipra Publications, Shakarpur, Delhi.

2. Ahluwalia, P. S., Deol, N.S. and Kaushal, S. (2009) "A Textbook of Physical Education" - Imper Publishers, Khanna, Ludhiana.

SEMESTER – I PHYSICAL EDUCATION PRACTICAL

PART-B	Skill and Prowess	50 Marks (External)	4.30 Hrs Per Week for
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Note: Teaching Hrs: 6 Periods per week (2 Periods \times 3 days) of one unit (one unit contains 30-40 students)

VOLLEYBALL, FOOTBALL AND SPRINTS (ATHLETICS)

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

Correct to be covered during practical sessions:

- I. Measurement of the field and preparation of field
- II. Equipment and material of the game/ event
- III. Fundamental skill and lead up games
- IV. Techniques
- V. Rules and regulation of the game/ event
- VI. Officiating:
 - Duties of officials
 - Knowledge of score sheet
 - Signals of officiating
 - Technical equipment for officiating

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FOR 2024-25
BA-I (2nd SEMESTER)
PHYSICAL EDUCATION THEORY

PART-A	THEORY	100 marks(Theory paper-80,Internal assessment-20)	4.30 Hrs per week for per unit
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Note: Teaching hrs :6 periods per week of one unit which contains 70-80 students
Pass Marks:35%

Learning outcomes

- 1) To know about the principles related to maintenance of body equilibrium and composition.
- 2) To understand the basic mechanism operating across the biological membrane.
- 3) To understand the functional mechanisms of each organ system

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 center syllabus .Each question carries 2 marks.(10*2=20Marks)
- c. Rest of the paper shall contain for units I,II,III,IV for the descriptive question Each shall attempt one question form each unit(15*4=60 Marks)

UNIT- I

1. **Children and Sports:** Introduction, Stages of Motor Development in Children, Benefits of Exercises for Children, Weight Training and their Advantages or Disadvantages for Children.
2. **Body types:** Introduction, Sheldon and Kretschmar's Classification.
3. **Communicable Diseases:** Introduction, Classification, Causes, Symptoms, Prevention, and Control of Communicable Diseases (Cholera, Typhoid, Tuberculosis, AIDS, Hepatitis A&B, Rabies and Malaria)

UNIT-II

1. **Sports Terminologies:** Isometric, Isotonic, Isokinetic, Reflex Action, Over Load, Recovery and Motor Ability
2. **Skeleton System:** Introduction, Types, Functions and various Bones of Body.
3. **Joints:** Introduction, Classification of various Joints of Human Body and Kinds of Joint Movements.

UNIT-III

1. **Description of the following**
 - a) **N.S.N.I.S** (Netaji Subhash National Institute of Sports)
 - b) **S.A.I** (Sports Authority of India)
 - c) **I.O.A** (Indian Olympic Association)
 - d) **W.A.** (World Athletics)
 - e) **P.O.A** (Punjab Olympic Association)
2. **Drugs:** Introduction , causes, Symptoms, Harmful Effects and its prevention.
Doping: Introduction ,Types, prohibited Substances&Methods and its Effects.
3. **Warming up and Cooling Down:** Introduction, Methods & Types of Warm Up, Significance and Guidelines.

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UNIT-IV

1.Long jump : Introuction , Rules , Layout , Techinques and Arjuna Awardees.

2.Hockey & Basketball : History , Layout , General Rules and Regulation , Officials , Major Tournament and Arjuna Awardees.

3.Sports Awards:

- a.Maharaja Ranjit Singht
- b.Arjuna Awards
- c.Dronacharya award
- d.Maka Trophy
- e.Rajvir Gandhi Khel Ratan Award

References:

- a. Aggarwal, J.C. (2006) "Health and Physical Education" Shipra Publications, Shakarpur, Delhi.
- b.Ahluwalia, P. S., Deol, N.S. and Kaushal, S. (2009) "A Textbook of Physical Education" Imperium Publishers, Khanna, Ludhiana.

SEMESTER – II PHYSICAL EDUCATION PRACTICAL

PART-B	Skill and Prowess	50 Marks (External)	4.30 Hrs Per Week for Per
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Note: Teaching Hrs: 6 Periods per week (2 Periods × 3 days) of one unit (one unit contains 30-40 students)

BASKET BALL, HOCKEY AND LONG JUMP

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

Correct to be covered during practical sessions:

- I. Measurement of the field and preparation of field
- II. Equipment and material of the game/ event
- III. Fundamental skill and lead up games
- IV. Techniques
- V. Rules and regulation of the game/ event
- VI. Officiating:
 - Duties of officials
 - Knowledge of score sheet
 - Signals of officiating
 - Technical equipment for officiating

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