

# 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

Continue 2024-25  
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Manjinder



PUNJABI UNIVERSITY, PATIALA

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

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Manjinder

**SYLLABUS OF B.A. (SEMESTER-V) PHYSICAL EDUCATION  
FOR THE YEAR-2021-2022, 2022-2023 & 2023-2024**

**THEORY**

PART-A	THEORY	100 Marks Theory Paper: 80 Marks Internal Assessment: 20 Marks Pass Marks: 35%	6 Periods Per week for Per Unit
PART-B	PRACTICAL (SKILL & PROWESS)	50 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 x3 Days) of one unit (one unit contains 30-40 students)

**PART-A  
THEORY PAPER**

**Marks : 80  
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 2marks. (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. (15 X 4 = 60 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**

- Circulatory System: Structure & Functions of Heart.
- 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**

- Sports Performance: Indian Performance at Olympics and World Championship, Suggestions for improving Indian Sports Performance.
- Handball: History, Layout, General Rules and Regulation, Officials, Major tournaments.
- Badminton: History, Layout, General Rules and Regulation, Officials, Major tournaments.

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## REFERENCES:

- Aggarwal, J.C. (2006) "Health and Physical Education" Shipra Publications, Shakarpur, Delhi.
- Ahluwalia, P.S., Deol, N.S. and Kaushal, S. (2009) "A Text book of Physical Education" Imperium Publishers, Khanna, Ludhiana. Dutta, A.K. (2004) "Games and Sports for Children" 1st edition- Janvani Prakashan, Shahdra, Delhi.
- Dutta, A.K. "Games and Sports for Children" (2004) 1<sup>st</sup> edition - *Janvani Prakashan* 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.
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- 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" Bnasidar Bhanot Publisher, Jabalpur.
- Park, J.E. and Park, K. (1982) "Text Book of Community Health for Nurses", Asrani Publisher, Jabalpur.
- Singh, Ajmeret.al. (2016) "Essential of Physical Education and Olympic movement" Kalyani Publishers, Ludhiana.
- Thour, Mandeep (2006) "Camping Management in Physical Education" Friends Publication, Delhi.

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**SEMESTER-V  
PRACTICAL**

**PART-B**

**SKILL & PROWESS**

**MARKS: 50 (External)**

PART-B	Skill and Prowess	50 Marks (External)	6 Periods Per week for Per Unit
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*Note: Teaching hours: 6 Periods per week (2 periods x3 Days) of one unit (one unit contains 30-40 students)*

**HANDBALL, BADMINTON AND BLOOD PRESSURE AND PULSE RATE (PRACTICAL)**

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

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M. V. Q. /  
A. S. /  
M. V. Q. /

**SYLLABUS OF B.A. (SEMESTER-VI) PHYSICAL EDUCATION FOR  
THE YEAR - 2021-2022, 2022-2023 & 2023-2024**

<b>PART-A</b>	<b>THEORY</b>	100 Marks Theory Paper: 80 Marks Internal Assessment: 20 Marks Pass Marks: 35%	6 Periods Per week for Per Unit
<b>PART-B</b>	<b>PRACTICAL (SKILL &amp; PROWESS)</b>	50 Marks (External)	6 Periods Per week for Per Unit

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PART-A

THEORY PAPER

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TIMING : 3 Hrs.

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- 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. (15 X 4 = 60 Marks).

**UNIT-I**

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

**UNIT-II**

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

**UNIT- III**

1. Terminologies of physical education: Kinesiology, Anatomy, Physiology, Exercise Physiology, Bio-Mechanics, Anthropometry, and Sports Medicine.
2. Digestive system: Introduction, Organs, Structure and Functions.
3. Endocrine System: Introduction, Glands, Location & Functions.

**UNIT - IV**

1. Relay Races: Rules & Regulations, Layout and Technique
2. Cricket: History, Layout, General Rules & Regulation, Officials, Major Tournaments and Arjuna Awardees.
3. Javelin Throw: Rules & Regulations, Layout and Technique.

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14/01/2024

#### References:

- Aggarwal, J.C.(2006) "Health and Physical Education" Shipra Publications, Shakarpur, Delhi.
- Ahluwalia, P.S., Deol, N.S. and Kaushal, S.(2009) "A Text book of Physical Education" Imperium Publishers, Khanna, Ludhiana. Dutta, A.K. (2004) "Games and Sports for Children" 1<sup>st</sup> edition -Janvani Prakashan, Shahdra, Delhi.
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MSQ 1  
Answer  
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SEMESTER – VI

PRACTICAL  
SKILL & PROWESS

PART-B

MARKS: 50 (External)

PART-B	Skill and Prowess	50 marks (External)	6 Periods Per week for Per Unit
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**RELAY RACES, CRICKET AND JAVELIN THROW**

Evaluation will be based on skill test, performance, practical file and Viva-voce. Contents to be covered during practical sessions:

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5. Rules and regulation of the game/event
6. Officiating:
  - Duties of officials.
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  - Signals of officiating
  - Technical equipment for officiating.

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*Practical*  
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