

**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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