

SYLLABUS

PHYSICAL EDUCATION

B.A. / B. Sc. (GENERAL) SEMESTER - I

THEORY :

Max. Marks	: 65
Theory	: 60 marks
Internal Assessment	: 05 marks
Time	: 3 Hrs.

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS :

- There shall be nine questions in all, spread over Five Units.
- First question/Unit is compulsory. It will contain six short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 12 marks, i.e. two marks each question.
- Rest of the paper shall contain four Units for descriptive questions. Each Unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each Unit.
- All questions/Units will carry equal marks.
- Private candidates and the students of the University School of Open Learning (USOL) are not allowed to take this subject.
- The University paper shall be set in three languages i.e., English, Punjabi and Hindi.

UNIT - I

12 Marks

Entire syllabus given in the Units-II to V will be covered to set six short answer type questions in first question/unit of the question paper which is compulsory.

UNIT - II

12 Marks

Education :

- Meaning and concept of Education

Physical Education :

- Meaning and definition of Physical Education, its aim and objectives.
- Need and importance of Physical Education in the Modern Society and its relationship with other subjects.

History of Physical Education :

- Pre and Post Independence Development of Physical Education in India.

UNIT – III**12 Marks****Olympic Games, Asian Games & Common Wealth Games :**

- Ancient Olympic Games.
- Modern Olympic Games.
- Asian Games; and
- Common Wealth Games.

UNIT – IV**12 Marks****Sports Schemes, National Institutions of Sports and National and International Governing Bodies of Olympic Games :**

- Raj Kumari Amrit Kaur Coaching Scheme.
- Netaji Subash National Institute of Sports, Patiala (NSNIS, Patiala)
- Sports Authority of India (SAI).
- Indian Olympic Association (IOA).
- International Olympic Committee (IOC).

UNIT – V**12 Marks****Basics of Handball :**

- History of the game.
- Basic fundamentals.
- Equipment and specifications.
- Marking/layout of court.
- Rules and regulations (number of players, duration of game, number of officials required and general rules of play.)
- Major tournaments and Arjuna Awardees of the game.

PRACTICAL

Max. Marks : 35
Practical : 30
Internal Assessment : 05

ATHLETICS**Sprints (Types of Start and Finish) :**

- (a) Crouch start-fixing of starting blocks, getting in and off the block, emphasizing on body position, need of starting blocks in a sprint race.
- (b) Practice of starts with starting blocks using proper commands.
- (c) Training the students for correct running style.
- (d) Practice of Finishing the sprint with different techniques.
- (e) Rules and Regulations of Sprint races.

Middle Distance, Long Distance and Walking Events :

- (a) Marking of standard tracks, width of lanes and starting points for various races.
- (b) Practical of Standing Start.
- (c) Correct running and walking style, emphasis on proper body position and foot placement.
- (d) Running tactics.
- (e) Rules of competition.

Physical Fitness Tests : More emphasis shall be given on general physical fitness and principles of physical exercises. (Speed and agility)

Test 1 SPEED : 50 mts dash test.

Test 2 AGILITY : Shuttle run test.

Division of Practical Marks :

Marks for each activity shall be divided as under :

Athletics 15 marks, participation and achievement in Athletics 5 marks, Physical fitness 5 marks, viva voce 5 marks and internal assessment 5 marks based on overall performance of a student during the current academic session which will be assessed by the teacher concerned.

- Note :**
1. Polevault, Hammer Throw Hurdles, Relay Races and steeple chase men are not included in the practical syllabus/course due to the fact that these events are highly technical. Moreover, in the absence of proper facilities required for the events mentioned above may prove to be injurious/fatal to the students.
 2. 12 periods per week (6 periods for theory and 6 periods for practicals) shall be allotted to a Teacher/class for each semester.
 3. The theory and practical class shall consist of 60-80 students and 30-40 students respectively.
 4. The theory (Paper) shall consist of 65 marks and practical paper shall consist of 35 marks in each semester.
 5. A student shall be given a project work related with athletics.

PHYSICAL EDUCATION

B.A. / B. Sc. (GENERAL) SEMESTER - II

THEORY

Max. Marks	: 65
Theory	: 60 marks
Internal Assessment	: 05 marks
Time	: 3 Hrs.

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS :

- There shall be nine questions in all, spread over Five Units.
- First question/Unit is **compulsory**. It will contain six short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 12 marks. i.e. two marks each question.
- Rest of the paper shall contain four Units for descriptive questions. Each Unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each Unit.
- All questions /Units will carry equal marks.
- Private candidates and the students of the University School of Open Learning (USOL) are not allowed to take this subject.
- The University paper shall be set in three languages i.e., English, Punjabi and Hindi.

UNIT - I

12 Marks

Entire syllabus given in the Units II to V will be covered to set six short answer type questions in first question/Unit of the question paper which is compulsory.

UNIT - II

12 Marks

Cell :

- Meaning and definition of Anatomy & Physiology, Structure and Functions of a cell.

Skeletal System :

- Meaning and functions of skeletal system.
- Types of Bones and names of various bones of the body.

Muscular System :

- Introduction of Muscular system, structure and function of muscular system.
- Effect of short and long duration physical Exercise on the muscular system.

UNIT - III

12 Marks

Warming up, Cooling down and Physical Fitness :

- Warming up and cooling down in sports and its significance.
- Meaning, definition and components of Physical Fitness.
- Influence of age, sex, body composition, diet, climate, exercise and training on Physical Fitness.

Kho-Kho :

- History of the game
- Basic fundamentals
- Equipment and specifications
- Marking/layout of court
- Rules and regulations (number of players, duration of game, number of officials required and general rules of play)
- Major tournaments and Arjuna Awardees of the game.

UNIT – IV

12 Marks

Health & Health Education :

- Meaning and definition of health.
- Meaning, definition, objectives, scope, principles and importance of Health Education.
- Personal hygiene, its meaning and importance.

First Aid :

- Meaning and importance of First Aid in Physical Education and Sports with special reference to Drowning, Dislocation of a joint, Fracture of bone, Sprain and Strain.

UNIT – V

12 Marks

Biological Basis of Physical Education :

- Growth and Development. Differences between growth and development.
- Factors affecting growth and development.
- Heredity and Environment and its effects on Growth and Development.
- Various stages of growth and development.

PRACTICAL

Max. Marks	: 35
Practical	: 30 Marks
Internal Assessment	: 05 Marks

GAMES :

Note : Volleyball or Kabaddi (NS) and any one game of the choice of the student (other than the two) which should be confined to the list of games approved by the Association of Indian Universities.

Volleyball :

- (a) Measurements (volleyball court, net, poles, antenna and ball).
- (b) Number and position of players and officials.
- (c) Types of service (under arm service, side arm service and tennis service).
- (d) Types of passes (under hand and over head pass).
- (e) Rules of the game.

OR

Kabaddi (NS)

- (a) Measurements (Kabaddi court for men and women).
- (b) Number of players and officials.
- (c) Fundamental offensive skills, touching with hand, leg thrust, front kick, side kick, Mule kick, jump and dive counter.
- (d) Defensive Skill (wrist catch, normal grip, ankle catch, knee catch and chain formation).
- (e) Tactics : (a) getting bonus point (b) counter to bonus line crossing (c) Delaying tactics for getting lona.

Physical Fitness Tests : More emphasis shall be given on general physical fitness and principles of physical exercises. (Speed and agility)

Test 1 SPEED : 50 mts dash test.

Test 2 AGILITY : Shuttle run test.

Division of Practical Marks :

Marks for each activity shall be divided as under : Games 15 marks, participation and achievement in sports/games 5 marks, Physical fitness 5 marks, viva voce 5 marks and internal assessment 5 marks based on overall performance of a student during the current academic session which will be assessed by the teacher concerned.

- Note :**
1. The choice of games by the students shall be confined to the list of games approved by the Association of Indian Universities.
 2. 12 periods per week (6 periods for theory and 6 periods for practicals) shall be allotted to a Teacher/class semester.
 3. The theory and practical class shall consist of 60-80 students and 30-40 students respectively.
 4. The theory (Paper) shall consist of 65 marks and practical paper shall consist of 35 marks in each semester.
 5. A student shall be given a project work related with athletics.