

SYLLABUS

B.A. PART-III PHYSICAL EDUCATION

SEMESTER - V

Time Allowed — 3 Hours

Maximum Marks : 65

Theory Marks : 60

Internal Assessment Marks : 05

INSTRUCTION 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.
- 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) will not be allowed to take this subject.

UNIT-I

12 MARKS

Entire syllabus given in the Unit 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

Play :

Meaning and Definition of Play.

Various theories of play and their significance in Physical Education and Sports.

Recreation :

Meaning, definition, characteristics, aim, objectives and types of recreation and recreational activities.

Significance of recreation in the modern society.

Recreation providing agencies.

UNIT-III

12 MARKS

Competitions :

Meaning, importance and conduct of intramural and extramural competitions.

Meaning and types of tournament and their merits and demerits.

Draw of fixtures of various tournaments.

Camps :

- Meaning, aim and objectives of the camp.
- Advantage of camping/outdoor education.
- Types and agencies promoting camping.
- Organization of camps and factors affecting its organization.
- Educative values of a camp.

Athletic Meet :

- Organization of an athletic meet.
- Importance/significance of an athletic meet.

UNIT-IV**12 MARKS****Posture :**

- Meaning, types and importance of a good posture.
- Causes, preventive and remedial measures of a poor posture.

Postural Deformities :

- Postural deformities (Kyphosis, lordosis, scoliosis and flat foot), their causes, preventive and remedial measures.

Physical Activities and their effects on various physical parameters :

- Physical activities/training and their effects on aging, body composition, and obesity.
- General problems of obesity.
- Health related risk factors of obesity.
- Obesity and physical activity.
- Causes, preventive and remedial measures of obesity.

UNIT-V**12 MARKS****Massage :**

- Brief history of massage.
- Meaning and definition of massage.
- Principles/guidelines for massage.
- Types of massage and their benefits.
- Effects of massage on skin, blood circulation, nervous system and muscles.

Basics of Cricket :

- History of the game.
- Basic fundamentals.
- Equipment and specifications.
- Marking/layout of field.
- 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 : 5

ATHLETICS

- History of athletics
- List of track and field events
- Marking of standard track, width of lanes and starting points for various races.

1. THROWS

Throw (Shot-put or Discus Throw or Javelin Throw) and one event of the choice of the student.

- Shot-put** (The holding the stance, the glide, the delivery and the reverse or the recovery).

OR

Discus throw (The handhold, the initial stance, the preliminary swings, turn the delivery and the reverse or the recovery).

OR

Javelin Throw (The grip, the carry, the run way approach, the last five strides, the delivery, the reverse or the recovery).

- Measurements of equipment and the throwing circles or the approach run, the arc and the throwing area/ the sectors.

- Physical Fitness Tests** : More emphasis shall be given on variety of physical exercises for the development of physical fitness. (Flexibility and strength)

Test 1- Flexibility : Sit and reach test.

Test 2 -Strength : Medicine Ball Throw

Division of Practical Marks : Marks for each activity shall be divided as under :

Athletics and Physical fitness 15 marks, game participation and achievement in sports/games 5 marks, viva voce/practical file 10 marks and internal assessment 5 marks based on overall performance of a student during the current semester which will be assessed by the teacher concerned.

- Note :**
- Polevault, Hammer Throw Hurdles, Relay Races and steeple chase race 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.
 - 12 periods per week (6 periods each for theory and practical) shall be allotted to a class.
 - The theory and practical class shall consist of 60-80 students and 30-40 students respectively.
 - The theory and practical papers shall consist of 65 and 35 marks each.
 - As per the Panjab University Calendar, Chapter XIX (Page 324) Volume III, 1990, the maximum teaching work load for an Assistant Professor in Physical Education for B.A. Pass Course is 24 periods per week, which includes theory as well as practical.
 - The choice of games by the students shall be confined to the games approved by the Association of Indian Universities.
 - A student is required to prepare a practical notebook of athletics with complete marking of standard track and starting points for various races and an event (long jump) mentioned in the syllabus.

SEMESTER – VI

Time Allowed — 3 Hours

Max. Marks : 65

Theory Marks : 60

Internal Assessment Marks : 05

INSTRUCTIONS FOR THE PAPER–SETTER AND STUDENTS

- (a) There shall be nine questions in all, spread over Five Units.
- (b) 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.
- (c) 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.
- (d) All questions/units will carry equal marks.
- (e) Private candidates and the students of the University School of Open Learning will not be allowed to take this subject.

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

Nervous System :

Meaning of Nervous System.

Main organs of Nervous System and their functions.

Reflex action and Reciprocal Innervations.

Functional classification of Nervous System.

Excretory System :

Meaning of Excretory System.

Main organs of Excretory System and their structure and functions.

Endocrine System :

Meaning of Endocrine System, their location and functions/Harmones produced by them.

UNIT-III

12 MARKS

Sports Training :

Meaning, definition, aim, objective, characteristics and principles of sports training.

General Physiological Concept :

- Physiological concepts such as vital capacity, second wind, stitch, in the side and its causes.
- Definition of oxygen debt/excess post exercise oxygen consumption (EPOC) and its implication.
- Meaning definition and types of fatigue.
- Muscular contractions such as isotonic, isometric, eccentric and isokinetic.
- Meaning of Blood pressure, Hypertension : Its causes, effects and treatment, Exercise and Hypertension.

Effects of Physical Exercise/Training on body systems :

- Effects of Physical exercise/Training on muscular, respiratory and circulatory systems of the body.

UNIT-IV

12 MARKS

Carrier aspects in Physical Education :

- Carrier options in Physical Education.
- Different avenues in Physical Education.
- Self assessment for carrier choices.
- Courses and institutions available for Physical Education profession.

UNIT-V

12 MARKS

Coach :

- Coaching, coaching philosophy, definition of a coach.
- Qualification and characteristics of a coach.
- Responsibilities of a coach.

Basics of Table Tennis :

- History of the game.
- Basic fundamentals.
- Equipment and specifications.
- Marking/layout of T.T Table.
- 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 : 5

Games

(Badminton or Hockey and any other one game of the choice of the student).

Badminton :

- Measurements (Badminton Court, Net, Racket and Shuttle cock) for singles and doubles.
- Number of players and officials.
- Holding the racket and shuttle cock.
- Types of Service : High and Low.
- Types of Strokes : fore hand, back hand, over head.
- Shots : Smash, Lob shot, net shot, dive shot.
- Rules and regulations of the game.

Hockey :

- Measurements (Hockey ground, goalpost, hockey stick, ball and flags) for men and women.
- Number and position of players and officials.
- Fundamental skills (grip, hitting, stopping dribbling, push, scoop and flick).
- Rules and regulations of the game.

Division of Practical Marks : Marks for each activity shall be divided as under :

Games 10 marks, participation and achievement in sports/games 5 marks, Physical fitness 5 marks, viva voce/practical file 10 marks and internal assessment 5 marks based on overall performance of a student during the current semester which will be assessed by the teacher concerned.

- Note :**
- 12 periods per week (6 periods each for theory and practical) shall be allotted to a class.
 - The theory and practical class shall consist of 60-80 students and 30-40 students respectively.
 - The theory and practical papers shall consist of 65 and 35 marks each.
 - As per the Panjab University Calendar, Chapter XIX (Page 324) Volume III, 1990, the maximum teaching work load for a Assistant Professor in Physical Education for B.A. Pass Course is 24 periods per week, which includes theory as well as practical.
 - The choice of games by the students shall be confined to the games approved by the Association of Indian Universities.
 - A student is required to prepare a practical note book of a game given in the syllabus and any one game of choice.