

Scheme of Examination
Health and Physical Education
ANNUAL SYSTEM

From Session 2016-17 (B.A. 1st Year, 2nd Year and 3rd Year)

Year	Theory Marks	Time	Practical Marks	Total	W.E. From Session	Exam to be Conducted
1 st Year	100	3 hours	50	150	2016-17	March 2017
2 nd Year	100	3 hours	50	150	2017-18	March 2018
3 rd Year	100	3 hours	50	150	2018-19	March 2019
Total	300		150	750		

Instructions for Paper- Setter:

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 15 marks each. Unit Vth will consist of 10 short answer type questions, which will cover the entire syllabus and will carry 4 marks for each question.

Instructions for Candidates

Candidates are required to attempt one question each from Unit I, II, III and IV. Unit - V is compulsory for all.

B.A. -1st Year (Health & Physical Education) (From Session 2016-17)

Time- 3 hours

Theory- 100 Marks

Unit - 1: Introduction to Physical Education and Health Education

1. Meaning, Aim, Objectives and Scope of Physical Education.
2. Definition, Aim, Objectives and Scope of Health Education
3. Relationship of Physical Education with General Education
4. First Aid: Meaning, Aim, Objectives and General Principles of First Aid.
5. First Aid for Common injuries - Bleeding, Burns, Electric Shock, Drowning and Snake Bite
6. Misconceptions regarding Physical Education

Unit- II: Health and Historical Prospects of Physical Education

1. Meaning, definition and importance of Health.
2. Factors influencing Health.
3. Pre-independence and Post – independence historical development of Physical Education in India.
4. Role of IOA, SAI, NSNIS and YMCA in the development of Physical Education and Sports in India.
5. Sports Policy of Haryana State and National Sports Policy

Unit- III: Introduction to Yoga and fitness

1. Yoga - Meaning, Concept and Historical development
2. Types and Importance of Yoga
3. Pranayam - Meaning, types and their benefits.
4. Meaning, definition and importance Physical Fitness
5. Components and Principles of Physical Fitness
6. Factors influencing of Physical Fitness.

Unit- IV: Introduction to Human Anatomy and Physiology

1. Meaning and definition of Human Anatomy and Physiology
2. Definition of Cell, Tissue, Organ and System
3. Structure and Properties of Cell
4. Anatomy, Types and Function of bones in Human Body
5. Meaning and types of joints in Human Body.
6. Types of synovial joints in Human Body

Text Books and References

- Singh Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana,(2010).
- Sharma, V.K, “Health & Physical Education” Saraswati House Pvt. Ltd . Daryagani, New Delhi. (2013).
- Kang G.S. Deol N.S. “An introduction to Health and Physical Education 21st century” Patiala (2008).
- Singh Ajmer et. al. “Olympic Movement” Kalyani Publishers, Ludhiana, (2000).
- Sharma, V.K., ‘ ‘ Yog Shiksha’ ’ Saraswati House Pvt.Ltd. Daryaganj, New Delhi (2011)
- Kamlesh & Sangral, “Principles & History of Physical Education”, Parkash Brothers, Ludhiana.(2000)
- Avelin C. Pearce., “Anatomy and Physiology for Nurses”Oxford University Press.New Delhi, (2003). .
- Iyengar, B.K.S. “Light on life” Oxford, Pan Macmillan Ltd. (2005).
- Iyengar, B.K.S. “The Tree of Yoga” New Delhi, Harper Collins. (2009).
- Verma, K.K., “Health & Physical Education” Parkash Brothers, Ludhiana.(2005).

B.A. – 1st Year (Practical)
(Health & Physical Education)
(From Session 2016-17)

Maximum Marks- 50

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|--|----------------------|
| 1. Any one game
(With ground specifications, general rules and general skills)
1. kho - kho 2. Badminton 3. Cricket | 10 Marks |
| 2. Name and identification of bones in Human Body | 10 Marks |
| 3. Athletics:
Shot Put (Measurements & Basic Techniques)
Types of Starts - Crouch Start and standing starts (Basic Technique) | (10+10) Marks |
| 4. Viva – Voce and Practical File | 10 Marks |

Instructions for Paper- Setter:

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 10 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

Instructions for Candidates

Candidates are required to attempt one question each from Unit I, II, III and IV. Unit - V is compulsory for all.

B.A. -2nd Year **(Health & Physical Education)** **(From Session 2017-18)**

Time- 3 hours

Theory- 100 Marks

Unit- 1 Concept of Safety Education, Warming Up and Cooling Down

1. Meaning, need and importance of Safety Education
2. Principles for prevention of sports Injuries.
3. General treatment for common sports injuries i.e Abrasion, Contusion, Sprain , Strain, Fracture and Dislocation of joints
4. Meaning, types and significance of warming up and cooling down
5. Methods of warming up and cooling down.
6. Physiological aspects of warming up and cooling down

Unit –II Common Diseases and Concept of Balanced Diet

1. Meaning of Communicable and Non – Communicable diseases
2. Modes of transmission, prevention and control of communicable diseases.
3. Common diseases: HIV/ AIDS, Hepatitis, Dengue, Typhoid, Malaria and Influenza.
4. Balanced Diet: Meaning and importance
5. Components of balanced diet and their sources
6. Factors affecting balanced diet and Harmful effects of Junk Food

Unit –III Circulatory and Respiratory System

1. Circulatory System: Structure and Functioning of Heart
2. Types of Circulation: Systemic and Pulmonary
3. Effects of exercise on Circulatory System.
4. Structure and Physiology of Respiratory Organs
5. Effect of exercise on respiratory System
6. Terminology of respiration: Tidal Volume, Residual Volume and Total Lung Capacity.

Unit –II Psychological aspects of Physical Education and Major Sports Events

1. Meaning of Psychology and sports Psychology
2. Need and importance of sports psychology
3. Learning: meaning, laws and Learning curve
4. Ancient and Modern Olympic Games
5. Asian Games and Common Wealth Games

Text Books and References:

- H.H. Clark & D.H. Clark: Development and adopted physical education, Englewood cliffs, New Jersey, Prentice Hall, 1987.
- Mathews D.K. & Fox D.K “The Physiological basis of Physical Education and Sprots, 2nd .Philadelphia. K .B. Sanuders & Co., (1996).
- Sharma, V.K, “Health & Physical Education” Saraswati House Pvt. Ltd. Daryagani, New Delhi. (2013).
- Kang G.S. Deol N.S. “An introduction to Health and Physical Education 21st century” Patiala (2008).
- Singh, Ajmer et. Al.” Olympic Movement”Kalyani Publishers, Ludhiana, (2000).
- Kamlesh & Sangral, “Principles & History of Physical Education”, Parkash Brothers, Ludhiana (2000).
- Mangal, S.K.,”Psychology for Physical Education” Parkash Brothers, Ludhiana (2008).
- Kamlesh & Sangral,” Methods in Physical Education” Parkash Brothers, Ludhiana (2007).
- Jensen Fisher:9 “Scientific Basis of Athletic Conditioning” Philadelphia, Lee and Febiger (1975).

B.A. – 2nd Year (Practical)
(Health & Physical Education)
(From Session 2017-16)

Maximum Marks- 50

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|---|------------------------|
| 1. Measurement of Body Mass Index
(Normal Range of B.M.I for Children, Women and Men) | 10 Marks |
| 2. Any one Game of the following:
(With ground specifications, general rules and general skills)
1. Basketball 2. Foot ball 3. Kabaddi | 10 Marks |
| 3. Athletics:
Discus throw and Long Jump
(Specifications, general rules and general skills) | (10 + 10) Marks |
| 4. Viva – Voce and Practical File | 10 Marks |

Instructions for Paper- Setter:

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 10 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

Instructions for Candidates

Candidates are required to attempt one question each from Unit I, II, III and IV. Unit - V is compulsory for all.

B.A. – 3rd Year **(Health & Physical Education)** **(From Session 2018-19)**

Time- 3 hours

Theory- 100 Marks

Unit -I Concept of Motivation, Socialization, Growth and Development

1. Meaning and definition of motivation.
2. Types of motivation and importance of motivation in sports.
3. Meaning of Socialization and Socialization through sports.
4. Effect of social behavior on performance of sports person
5. Meaning and definition of Growth and Development
6. Stages and principles of Growth and Development.

Unit – II Concept of Posture , Organization and Administration

1. Meaning of posture and importance of good posture
2. Causes of poor posture
3. Symptoms, causes and remedies of Postural Deformities: Lordosis, Kyphosis, Scoliosis, Flat Feet, Knock Knee and Blow Legs.
4. Meaning and importance of organization and administration in Physical Education and Sports
5. Principles of sports organization and administration
6. Tournaments and their types (League and Knock out)

Unit-IV Digestive and Muscular System

1. Digestive System: Organs and Structure
2. Mechanism of food digestion
3. Effects of exercise on Digestive System.
4. Gross Anatomy of muscle, Types of Muscles in human body
5. Effects of exercise on Muscular System
6. Composition of Human Blood

Unit- II Concept of Sports Biomechanics, Sports Training and Doping

1. Meaning and definition of sports training
2. Types of sports training: Circuit training, Interval Training and Continuous Training
3. Doping: Meaning, types and its effects on health.
4. Sports biomechanics: Meaning, definition and Importance of Biomechanics in Sports
5. Newton's Laws of motion and their application in sports
6. Levers: Meaning, types and their application in Sports

Text Books and References

- Kamlesh & Sangral, "Principles & History of Physical Education", Parkash Brothers, Ludhiana. (2000).
- Bucher Olsen and Willgoose "The Foundation of Health" Prentice Hall inc. Englewood Cliffs, New Jersey, (1976).
- Turner S and Smith "School Health and Health Education" The C.V. Mosby Company St. Louis (1961).
- Singh Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana (2010).
- Avelin C. Pearce., "Anatomy and Physiology for Nurses" Oxford University Press. New Delhi (2003).
- Verma K.K., "Health & Physical Education" Parkash Brothers, Ludhiana (2005).
- Mathews D.K. & Fox D.K "The Physiological basis of Physical Education and Sports, 2nd .Philadelphia. K.B. Saunders & Co., (1996).
- Sharma, V.K, "Health & Physical Education" Saraswati House Pvt. Ltd. Daryagani, New Delhi. (2013).
- Kang G.S. Deol N.S. "An introduction to Health and Physical Education 21st century" Patiala (2008).
- Singh Ajmer et. al. "Olympic Movement" Kalyani Publishers, Ludhiana, (2000).

B.A. – 3rd Year (Practical)
(Health & Physical Education)
(From Session 2018-19)

Maximum Marks- 50

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|---|-----------------|
| 1. Pranayam: | 10 Marks |
| a) Bhramari b) Anulom Vilom c) Kapal Bhati | |
| 2. Any one Game of the following | 10 Marks |
| (Ground Specifications, General rules and General Skill) | |
| a) Volleyball b) Hockey c)) Judo/Boxing/Wrestling/Self-defense tactics | |
| 3. Tying of different types of Bandages and Arm Slings. | 10 Marks |
| 4. First Aid | 10 Marks |
| (First aid for different injuries and circumstances, items of First aid box and their uses) | |
| 5. Viva – Voce and Practical file | 10 Marks |