

## Scheme of Examination for B.A Health & Physical Education V & VI Semester 2012-13

Theory: 3 hours

<b>B.A. Health &amp; Physical Education</b>	<b>Theory</b>	<b>Int. Assessment</b>	<b>Total</b>
Semester –V	60	10	70
Semester VI	60	10	70
Practical	--	--	60
		<b>Total</b>	<b>600</b>

**SEMESTER –V**  
**B.A. - Health & Physical Education**

Time: Three hours

Theory – 60 Marks  
Internal Assessment - 10 Marks

**Instructions for Paper Setter:**

The question paper will consist of five Units I<sup>st</sup>, II<sup>nd</sup>, III<sup>rd</sup>, IV<sup>th</sup>. & V<sup>th</sup>. The Unit Ist, II<sup>nd</sup>, III<sup>rd</sup> & IV<sup>th</sup>. will have two questions from each Unit (I<sup>st</sup>. to IV<sup>th</sup>.) carrying 10 marks each and Unit 'Vth' will consists of 10 short answer type questions covering the whole syllabus carrying 2 marks each.

**Instructions for Candidates**

The candidates are required to attempt one question from each unit (I<sup>st</sup>. to IV<sup>th</sup>.) and Unit Vth. is compulsory for all.

**Unit- I**

1. Growth & Development.
2. Difference between Growth & Development.
3. Principles of Growth & Development.
4. Factors effecting Growth & Development.
5. Age & Sex differences in relation to Physical activities and Sport.

**Unit- II**

**Respiratory System**

1. Organs comprising Respiratory system.
2. Type of Respiration.
3. Functions of Respiration.
4. Mechanism of Respiration.
5. Effect of exercise on Respiratory system.

**Unit- III**

**Sports Injuries**

1. Meaning, Types of Sports Injuries.
2. Common Sports Injuries-abrasion, Sprain Strain, Dislocation Bruise.
3. Prevention & Treatment of Sports Injuries.
4. Rehabilitation of Sports Injuries.

**Unit- IV**

**Shudhi Kiryas**

1. Introduction.
2. Objectives of Shudhi Kiryas.
3. Types of Shudhi Kiryas
4. Physiological values.

**SEMESTER –VI**  
**B.A. - Health & Physical Education**

Time: Three hours

Theory – 60 Marks  
Internal Assessment - 10 Marks

**Instructions for Paper Setter :**

The question paper will consist of five Units I<sup>st</sup>, II<sup>nd</sup>, III<sup>rd</sup>, IV<sup>th</sup> & V<sup>th</sup>. . The Unit Ist, II<sup>nd</sup>, III<sup>rd</sup> & IV<sup>th</sup>. will have two questions from each Unit (I<sup>st</sup>. to IV<sup>th</sup>.) carrying 10 marks each and Unit ‘Vth’ will consists of 10 short answer type questions covering the whole syllabus carrying 2 marks each.

**Instructions for Candidates**

The candidates are required to attempt one question from each unit (1<sup>st</sup>. to IV<sup>th</sup>. ) and Unit Vth. is compulsory for all.

**Unit- I**

1. Definition of Socialization
2. Socialization through Sports.
3. Role of Traditions and their influence behavior pattern.
4. Effect of social behavior on performance of Sports person.

**Unit- II**

1. Meaning, Importance of first aid.
2. Principles of First aid.
3. Functions of first aid.
4. First aid Box Articles & definitions.

**Unit- III**

1. Meaning of leadership.
2. Qualities and professional qualification of Physical Education Teachers/Coaches.
3. Need & Importance of leadership.
4. Nature & Characteristics of leadership.

**Unit- IV**

**Digestive System**

1. Organs of digestive system.
2. Mechanism of digestive system.
3. Food enzymes & Juices of digestive track.
4. Effect of exercise on digestive system.
5. Different organs of excretion Skin, Kidney, Lungs, Direction track.

**(B.A. VIth. Semester)**

**PRACTICAL**

Note : The candidates are required to perform various Pranayama and other practical aspect as per instructions of the external examiners.

**Yogic activates Practical : 60 Marks**

- i) Kapal Bhati **30 Marks**
- ii) Dhauti
- iii) Shitli Pranayama
- iv) Shitkari Pranayama

**Any one game from the following: 10 Marks**

- i) Hockey ( Game layout & score sheet)
- ii) Handball -do-
- iii) Table Tennis -do-
- iv) Lawn Tennis -do-

**Any two Athletic Events 10 Marks**

- i) Indigenous Activities

**Viva-Voce and Practical File 10 Marks**

**REFERENCE**

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