

KURUKSHETRA UNIVERSITY KURUKSHETRA

(Established by the State Legislature Act XII of 1956)
("A" Grade, NAAC Accredited)

New Scheme of Examination for B.A Health & Physical Education-2011.

Time: 3 hours

B.A. Health & Physical Education	Theory	Int. Assessment	Total
Semester –Ist.	60	15	75
Semester IInd.	60	15	75
Practical	--	--	50
Semester IIIrd.	60	15	75
Semester IVth.	60	15	75
Practical	--	--	50
		Total	400 .

SEMESTER – I

B.A. -- Health & Physical Education

Time: Three hours

Theory – 60 Marks

Internal Assessment—15 Marks

Instructions for Paper Setter :

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

Instructions for Candidates

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

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Unit – 1

Definition of Physical Education.

Importance of Physical Education.

Relationship of Physical Education with general education and recreation.

Concept of Leadership and Qualities of a good Leader.

Unit – II

Meaning and Importance of Health.

Health Education – Its meaning and Importance.

Role of media in imparting instructions of Health Education.

Personal Hygiene –meaning, and its importance, factors affecting personal hygiene.

Unit – III

History of Development of Physical Education in India before and after independence.

Concept of Yoga and historical Development of Yoga.

Types of Yoga.

Pranayama –meaning and its techniques, Importance of Yoga in daily life.

UNIT – IV

Anatomy and Physiology – Meaning and Its Importance in Physical Education,

Skeleton System- Bones of the body, kinds and functions of bones, joints and their types.

Digestive System- alimentary canal, digestion and absorption of food.

Muscular System- Muscles, its types and functions

Effect of Exercises on Skeleton , Muscular and Muscular Systemes.

REFERENCES:

1. Wilmore, Jack H and Costill, David L, Physiology of sports and exercise. Human Kinetics. 1994.
2. Rowland, Thomas W. Children's exercise Physiology .2nd Edition Human Kinetics, 2005.
3. HYGIENIC AND PUBLIC HEALTH, 1991.
4. Nemir, A. THE SCHOOL HEALTH EDUCATION, New York: Harper and Brothers 1991.
5. Chauhan B.S., Khel Jagat Mein Athletics, Jalandhar: A.P. Pub., 1999.
6. Fox, E.L., Physiological Basis of Physical Education and Athletics, Brown Pub., 1989.
7. Anand Om Parkash, Yoga Dawara Kaya Kalp, Kanpur, Sewasth Sahitya Perakashan, 2001.
8. Kamlesh, M.L. Principles & History of Phy. Edu., Prakash Bros., Patiala, 1991.
9. Bucher, G.A. (1992) Foundation of Phy. Edu. Sports.
10. Pearce, E. Anatomy & Physiology for Nurses, Delhi, Oxford University Press, 1989.
11. Rao, C.V., Kabaddi; Native Indian Sports, Patiala Nis Publisher, 1983.
12. American Program, Coaching Youth Volley Ball Campaign, H.K., 1996.
13. Singh M.K., Comprehensive Badminton, N.D. Friends Pub. 2007.

SEMESTER – II

Time: Three hours

Theory – 60 Marks

Internal Assessment - 15 Marks

Instructions for Paper Setter:

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

Instructions for Candidates

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

Unit – 1

Aims and Objectives of Physical Education

Scope of Physical Education

Qualities and Qualification of Physical Education Teacher

Unit – II

History of Physical Education in Germany and Greece

Concepts of Physical Fitness and Its components

Importance of Physical Fitness in Games and Sports.

Dimensions of playgrounds of Volleyball, Kabaddi and Athletic events –sprints and jumps, interpretations of their rules and regulations.

Unit – III

Aims, Objectives and Scope of Health Education

Factors Influencing Health

Concept of Posture and Postural Deformities.

Balance Diet and Its Constituents

Unit – IV

Respiratory System- Various organs of respiratory system, process of respiration system.

Excretory System- Kidney and its functions.

Effect of Exercise on Respiratory System, and Excretory Systems.

PRACTICAL

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

Practical—50 Marks

Asanas

- | | | |
|------|--------------|----------|
| i) | Padamasana | 10 Marks |
| ii) | Vajrasana | |
| iii) | Sarvangasana | |
| iv) | Halasana | |
| v) | Shavasana | |

Any one game from the following : 10 Marks

- i) Volleyball
- ii) Kabaddi
- iii) Table tennis
- iv) Badminton

First Aid – Bandages, Slings, Transportation of Injured Person 10 Marks

Any two Athletic Events –Sprints and Jumps 10 Marks

Viva-Voce and Practical File 10 Marks

REFERENCES:

1. Wilmore,jack H and Costill,David L, Physiology of sports and exercise. Human Kinetics. 1994.
2. Rowland ,Thomas W.Children’s exercise Physiology .2nd Edition Human Kinetics,2005.
3. HYGIENIC AND PUBLIC HEALTH ,1991.
4. Nemir.A. THE SCHOOL HELTH EDUCATION,New York: Harper and borther 1991.
5. Chauhan B.S.,Khel Jagat Mein Athletics, Jalandhar: A.P. Pub.,1999.
6. Fox,E.L.,Physiological Basis of Physical Education and Athletics ,Brown Pub.,1989.

7. Anand Om Parkash ,Yoga Dawara Kaya Kalp , Kanpur, Sewasth Sahitya Perkashan,2001.
8. Kamlesh,M.L.Principles &History of Phy.Edu.,Prakash Bros., Patiala,1991.
9. Bucher,G.A.(1992)Foundation of Phy.Edu.Sports.
10. Pearce.E.Anatomy &Physiology for Nurses ,Delhi,Oxford University Press,1989.
11. Rao.,C.V,Kabaddi ;Native Indian Sports,Patiala Nis Publisher,1983.
12. American Program, Coaching Youth Volley Ball Campaigon ,H.K,1996.
13. Singh M.K.,Comprehensive Badminton,N.D.Friends Pub.2007 .

SEMESTER –IIIrd.
B.A. - Health & Physical Education

Time: Three hours

Theory – 60 Marks
Internal Assessment - 15 Marks

Instructions for Paper Setter :

The question paper will consist of five Units Ist, IInd, IIIrd, IVth & Vth. The Unit Ist, IInd, IIIrd & IVth will have two questions from each Unit (Ist to IVth) carrying 10 marks each and Unit 'Vth' will consist 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 (Ist to IVth.) and Unit Vth is compulsory for all.

Unit – I Sports and Safety Education

- i) Meaning, need and importance of safety education.
- ii) Meaning, aim, objectives and scope of first aid in Physical Education and Sports.
- iii) First aid for different sports injuries i.e Abrasion, contusion, sprain, strain, dislocation and fracture.

Unit-II Communicable diseases

- i) Concept of communicable and non-communicable diseases.
- ii) Modes of transmission, prevention and control of communicable diseases.
- iii) Some Communicable Diseases : HIV/AIDS, Viral Hepatitis, Chikungunya, Dengue, typhoid, Malaria and influenza.

Unit – III Physical Fitness

- i) Definition and components of health related fitness.
- ii) Factors influencing physical fitness
- iii) Methods to develop health related physical fitness components

Unit-IV – Yoga

- i) Meaning and importance of yogasanas.
- ii) Types of Yogasanas i.e Meditativeasanas, Relaxiveasanas and Culturalasanas.
- iii) Preparation, Precautions and benefits of the following Yogasanas:
Vajrasana, Dhanurasana, Sarvangasana, Gomukhasanas, Suptvajrasana, Purn-Matschhenderasna, Garudasana.

SEMESTER –IVth.
B.A. - Health & Physical Education

Time: Three hours

Theory – 60 Marks
Internal Assessment - 15 Marks

Instructions for Paper Setter :

The question paper will consist of five Units Ist, IInd, IIIrd, IVth & Vth. The Unit Ist, IInd, IIIrd & IVth. will have two questions from each Unit (Ist. to IVth.) 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 (1st. to IVth.) and Unit Vth. is compulsory for all.

Unit. I- Warming up and Cooling down

- i) Meaning, types and significance of warming up.
- ii) Various methods of warming-up.
- iii) Importance of cooling down.

Unit. II - Psychological Aspects of Physical Education

- i) Meaning, type and importance of motivation in physical education.
- ii) Methods of motivation.
- iii) Competition and cooperation in physical education and sports

Unit. III- Various agencies in game and sports

- i) All India Council of Sports.
- ii) All India Olympic Association.
- iii) National and States Federation of different games.

Unit. IV- Ashtang yog.

- i) Meaning and parts of Ashtang yog.
- ii) Yam, Niyam,
- iii) Dharna, Dhyan, Samadhi and the importance of Ashtang yog in physical education and sports.

References

1. Dr. Ajmer Singh, Dr. Jagdish Bains, Dr. Jagtar Singh Gill, Dr. B.S. Brar, Dr. Nirmaljit Rathee : Essentials of Physical Education, Kalyani Publication, Ludhiana, New Delhi, Noida (U.P), Hyderabad, Chennai, Kolcotta, cuttak.
2. Dr. S.K.Munjal, Dr. Uma Munjal, Satish Kumar 'Mana'. Yog Shiksha Arya Book Dipo, Karolbagh, New Delhi- 110005.
3. Dr. Hardyal Singh, Science of Sports Training, D.V.S.Publications, New Delhi.
4. Manjeet Kaur : Health and Physical Education, Tandon Publication, ludhiana.
5. Robert Burton : Sports Psychology, Motivation, Participation and performance. Sports Educational Technology, New Delhi-110002.
6. Dr. G.S.Kang and N.S Deol : Physical Education, A.P.Publishers.

(B.A.IVth. Semester)

PRACTICAL

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

Pranayamas Practical : 50 Marks

- i) Surya Bhedan **20 Marks**
- ii) Chander Bhedan
- iii) Ujjai
- iv) Bharamari
- v) Anulom Vilom

Any one game from the following : 10 Marks

- i) Kho-Kho
- ii) Wrestling
- iii) Football
- iv) Basketball

Any two Athletic Events 10 Marks

- i) Middle races
- ii) Throws

Viva-Voce and Practical File 10 Marks

REFERENCE

1. Willmore, Jack H and Costill, David L, Physiology of sports and exercise. Human Kinetics. 1994.
2. Rowland, Thomas W. Children's exercise Physiology 2nd. Edition Human kinetics, 2005.
3. HYGIENIC AND PUBLIC HEALTH, 1991.
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8. Kamlesh, M.L. Principles & History of Phy.Edu., Prakash Bros., Patiala, 1991.
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10. Pearce. E. Anatomy & Physiology for Nurses, Delhi, Oxford University Press, 1989.
11. Rao., C.V. Kabaddi; Native Indian Sports, Patiala Nis Publisher, 1983.
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