

**DEPARTMENT OF PHYSICAL EDUCATION  
KURUKSHETRA UNIVERSITY KURUKSHETRA**

**SCHEME OF EXAMINATION**

**B.A. Health and Physical Education according to CBCS & LOCF**

**W.E.F. Session 2020-21 in Phased Manner**

1 credit =25 marks , 1 lecture = 1credit, 1Tutorial=1 credit , 2 Practical =1 credit

Seme ster	Papers Categor y	Paper Code	Nomenclature of paper	Credit			Contact Hours per week			Examination Scheme				Total
				Theory	Practical	Total	Theory	Practical	Total	Theory		Practical		
										External Evaluation	Internal Assessment	External Evaluation	Internal Assessment	
1 <sup>st</sup>	Core Elective	BAHPHY - 101	Health and Physical Education	04	02	06	04	04	08	80	20	50	00	150
2 <sup>nd</sup>	Core Elective	BAHPHY - 202	Health and Physical Education	04	02	06	04	04	08	80	20	50	00	150
3 <sup>rd</sup>	Core Elective	BAHPHY - 303	Health and Physical Education	04	02	06	04	04	08	80	20	50	00	150
4 <sup>th</sup>	Core Elective	BAHPHY - 404	Health and Physical Education	04	02	06	04	04	08	80	20	50	00	150
5 <sup>th</sup>	Discipline specific Elective (DSE)	BAHPHY - 404 (Elective)	Health and Physical Education	04	02	06	04	04	08	80	20	50	00	150
6 <sup>th</sup>	Core Elective	BAHPHY - 604	Health and Physical Education	04	02	06	04	04	08	80	20	50	00	150

**B.A. -1<sup>st</sup> Semester (Health & Physical Education)**  
**Theory Syllabus according to CBCS & LOCF**  
**w.e.f. Session 2020-21**

**Max. Marks: 100 (External – 80 Marks + Internal Assessment- 20 Marks)      Time- 3 hours**

**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 V<sup>th</sup> 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.

**Course Objectives:**

To provide the student knowledge about Physical Education and make him familiarize with its aims, objectives and scope. To develop understanding about Health, Hygiene and personal Hygiene. To Provide knowledge about Yoga and Pranayam. Student will acquire the basic knowledge of the anatomy, physiology and of the human body. They will develop understanding about the cells of human body.

**Course Learning Outcomes:**

After completing this course, the students will be able to:

- Describe the Aims, Objectives and scope of Physical Education.
- Illustrate the significance of health & hygiene. And process of personal hygiene.
- Describe the concept and benefits of Yoga and pranayam.
- Explain terms Anatomy, physiology, Cell, Tissue and Organ. cells of human body

**Course Contents**

**Unit - 1: Introduction to Physical Education-**

1. Meaning, definition and scope of Physical Education.
2. Relationship of Physical Education with General Education

3. Aim, Objectives and Importance of Physical Education in modern society.
4. Misconceptions regarding Physical Education

### **Unit- II: Health & Hygiene**

1. Meaning, definition and importance of Health.
2. Factors influencing Health.
3. Meaning and importance of Personal Hygiene
4. Hygiene of various body parts and Factors influencing Personal Hygiene

### **Unit- III: Introduction to Yoga**

1. Yoga - Meaning, Concept and Historical development
2. Types of Yoga
3. Importance of yoga in healthy living
4. Pranayam - Meaning, types and their benefits.

### **Unit- IV: Introduction to Human Anatomy and Physiology**

1. Meaning and definition of Human Anatomy and Physiology
2. Importance of Human Anatomy and Physiology in Physical Education
3. Definition of Cell, Tissue, Organ and System
4. Structure and Properties of Cell

### **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 21<sup>st</sup> century” Patiala (2008).
- Singh Ajmer et. al. “Olympic Movement” Kalyani Publishers, Ludhiana, (2000).
- Sharma, V.K., ‘YogShiksha’ 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. -1<sup>st</sup> Semester (Health & Physical Education)**  
**Practical Syllabus according to CBCS & LOCF**  
**w.e.f. Session 2020-21**

**Max. Marks: 50**

**Practical Objectives:**

To give basic knowledge about the ground specifications, rules and regulations of kho - kho Badminton and shotput. To impart the basic knowledge about the basic skill of kho – kho, Badminton and shot-put. To give basic knowledge about the basic Asana, Surya Namaskar and Three Pranayams.

**Practical Learning Outcomes**

After completing this course, the students will be able to:

- Describe the ground specifications, rules and regulations of kho–kho, Badminton and shotput. And perform basic skills of kho - kho Badminton and shotput.
- Perform basic Asana, Surya Namaskar and Pranayams

**1. Any one game** **10 Marks**

(With ground specifications, general rules and general skills)

1. kho - kho                      2. Badminton

**2. Ten basic Asana, Surya Namaskar and Three Pranayams** **10 Marks**

**3. Athletics:** **10 Marks**

Shot Put (Measurements & Basic Techniques)

**4. Viva – Voce and Practical File** **10+10 Marks**

**B.A. -2<sup>nd</sup> Semester (Health & Physical Education)**  
**Theory Syllabus according to CBCS & LOCF**  
**w.e.f. Session 2020 – 21**

**Max. Marks: 100 (External – 80 Marks + Internal Assessment- 20 Marks)      Time- 3 hours**

**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 V<sup>th</sup> 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.

**Course Objectives:**

To provide the student knowledge about Health Education and make him familiarize with its aims, objectives and scope. To develop understanding about First Aid in detail. Student will acquire the basic knowledge of the historical development of physical Education and sports policies. To equip the students with knowledge of components and principles of physical fitness. They will develop understanding about the various bones and joints of human body.

**COURSE LEARNING OUTCOME**

After completing this course, the students will be able to:

- Describe the Aims, Objectives and scope of Health Education and Illustrate the significance and methods of first aid for various conditions
- Describe the historical development of physical education and significance of important sports institutions and organization. Explain the state and national sports policies.
- Explain components and principles of Physical Fitness in detail.
- Describe the various bones and types of joints present in the human body.

**Course Contents**

**Unit – I    Introduction to Health Education**

1. Definition, Aim, Objectives and Scope of Health Education.
2. Importance of Health Education in modern society

3. First Aid: Meaning, Aim, Objectives and General Principles of First Aid.
4. First Aid for Common injuries - Bleeding, Burns, Electric Shock, Drowning and Snake Bite.

### **Unit –II Historical Prospects of Physical Education**

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

### **Unit II Introduction to Physical Fitness**

1. Meaning, definition and importance Physical Fitness
2. Components and Principles of Physical Fitness
3. Factors influencing of Physical Fitness.
4. Meaning of Isometric, Isotonic and Isokinetic exercises

### **Unit IV Introduction to Human Anatomy and Physiology**

1. Anatomy of Human Bone
2. Types and Function of bones in Human Body
3. Meaning and types of joints in Human Body.
4. Types of synovial joints in Human Body

### **Text Books and References**

- Sharma, V.K, “Health & Physical Education” Saraswati House Pvt. Ltd . Daryagani, New Delhi.(2013).
- Kamlesh&Sangral, ” Methods in Physical Education” Parkash Brothers, Ludhiana(2000).
- Bucher Olsen and Willgoose; “The Foundation of Health” Prentice Hall inc.EnglewoodCliffs,New Jersey,(1976).
- Turner S and Smith “School Health and Health Education” The C.V. Mos by Company St.Loius (1961).
- Singh Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana,(2010).
- Kang G.S. Deol N.S. “An introduction to Health and Physical Education 21<sup>st</sup> century” Patiala (2008).
- Singh Ajmer et. al. “Olympic Movement” Kalyani Publishers, Ludhiana, (2000).

- 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). .
- Verma, K.K., “Health & Physical Education” Parkash Brothers, Ludhiana.(2005).

**B.A. -2<sup>nd</sup> Semester (Health & Physical Education)**  
**Practical Syllabus according to CBCS & LOCF**  
**w.e.f. Session 2020-21**

**Max. Marks: 50**

**Practical Objectives:**

To give basic knowledge about the ground specifications, rules and regulations of Cricket and Table Tennis. To impart the basic knowledge about the basic skill of Cricket and Table Tennis. To give basic knowledge about the basic bones and joints of human body. To impart basic knowledge about the types starts.

**Practical Learning Outcomes**

After completing this course, the students will be able to:

- Describe the ground specifications, rules and regulations of Cricket and table Tennis. And perform basic skills of Cricket, Table Tennis and starts.
- Identify the various bones and joints of human body.

**1. Any one game**

**10 Marks**

(With ground specifications, general rules and general skills)

1. Cricket                      2. Table Tennis

**2. Name and identification of bones in Human Body**

**10 Marks**

**3. Athletics:**

**10 Marks**

Types of Starts - Crouch Start and standing starts (Basic Technique)

**4. Viva – Voce and Practical File**

**10+10 Marks**



**B.A. -3<sup>rd</sup> Semester (Health & Physical Education)**  
**Theory Syllabus according to CBCS & LOCF**  
**w.e.f. Session 2021-22**

**Max. Marks: 100 (External – 80 Marks + Internal Assessment- 20 Marks)      Time- 3 hours**  
**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 V<sup>th</sup> 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.

**Course Objectives:**

The students will get idea about the concepts of safety embedded with methods, measures and prevention of sports injuries. To develop understanding about the common diseases and its mode of transmission. It offers the concepts of balanced diet focusing the essence of health parameters and comprehends the anatomy and physiology of the heart.

**Course Learning Outcomes:**

After completing this course, the students will be able to:

- Understand the basic concept of safety in respect to sports
- Identify and discuss the common diseases.
- Acquaint with key concepts of balanced diet and their relevance to health.
- Identify and discuss the structure and functions of Heart and its responses to exercise.

**Course Contents**

**Unit- 1 Concept of Safety Education**

1. Meaning, need and importance of Safety Education
2. Sports Injuries: Types and causes
3. Principles for prevention of sports Injuries.
4. General treatment for common sports injuries i.e Abrasion, Contusion, Sprain , Strain, Fracture and Dislocation of joints

## **Unit –II Common Diseases**

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. Allergy related diseases: Asthma and Sinuses

## **Unit – III Concept of Balanced Diet**

1. Balanced Diet: Meaning and importance
2. Components of balanced diet and their sources
3. Factors affecting balanced diet
4. Harmful effects of Junk Food

## **Unit –IV Anatomy and Physiology of Body System**

1. Circulatory System: Structure of Heart
2. Functioning of Heart
3. Types of Circulation: Systemic and Pulmonary
4. Effects of exercise on Circulatory System.

## **Text Books and References:**

- Mathews D.K.& Fox D.K “The Physiological basis of Physical Education and Sports, 2<sup>nd</sup> .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 21<sup>st</sup> century” Patiala (2008).
- Singh Ajmer et. al. “Olympic Movement” Kalyani Publishers, Ludhiana, (2000).
- 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).

**B.A. -3<sup>rd</sup> Semester (Health & Physical Education)**  
**Practical Syllabus according to CBCS & LOCF**  
**w.e.f. Session 2021-22**

**Max. Marks: 50**

**Practical Objectives:**

To give basic knowledge about the ground specifications, rules and regulations of Basketball and Football. To impart the basic knowledge about the basic skill of Basketball, Football and long jump. To give basic knowledge about the Blood pressure and heart rate measurement.

**Practical Learning Outcomes**

After completing this course, the students will be able to:

- Describe the ground specifications, rules and regulations of Basketball, Football and long jump. And perform basic skills of Basketball, Football and long jump.
- Understand and Perform Blood pressure and heart rate measures.

**1. Any one game**

**10 Marks**

(With ground specifications, general rules and general skills)

1. Basketball                      2. Football

**2. Methods to measure Blood Pressure, Heart rate (Resting and maximum) from different body segments**

**10 Marks**

**3. Athletics:**

**10 Marks**

Long Jump (Measurements & Basic Techniques)

**4. Viva – Voce and Practical File**

**10+10 Marks**

**B.A. -4<sup>th</sup> Semester (Health & Physical Education)**  
**Theory Syllabus according to CBCS & LOCF**  
**w.e.f. Session 2021-22**

**Max. Marks: 100 (External – 80 Marks + Internal Assessment- 20 Marks)      Time- 3 hours**

**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 V<sup>th</sup> 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.

**Course Objectives:**

To propagate knowledge and proficiency related to warming up and cooling down. Enable the students to understand the role of psychology in physical education focusing over learning aspects. The students will get idea about the major sports events. Further, to provide the basic knowledge about anatomy and physiology of respiratory system.

**Course Learning Outcomes:**

After completing this course, the students will be able to:

- Understand and apply practices of warming up and cooling down
- Recognize and interpret psychological aspects and relevance of learning in physical education.
- Understand and adhere the major sports events.
- Identify and discuss the structure and functions of respiratory system and its responses to exercise.

**Course Contents**

**Unit-1      Warming Up and Cooling Down:**

1. Meaning, types and significance of warming up
2. Meaning, types and significance of cooling down.

3. Methods of warming up and cooling down.
4. Physiological aspects of warming up and cooling down

#### **Unit –II Psychological aspects of Physical Education:**

1. Meaning of Psychology and sports Psychology
2. Need and importance of sports psychology
3. Learning: meaning and laws
4. Learning curve and its implications in sports

#### **Unit –III Major Sports Events**

1. Ancient Olympic Games:
2. Modern Olympic Games
3. Asian Games
4. Common Wealth Games

#### **Unit - IV Anatomy and Physiology of Human Body System**

1. Structure of Respiratory Organs.
2. Physiology of respiratory System.
3. Effect of exercise on respiratory System
4. Meaning of Terminologies used in respiration in respect to various lung capacities and volumes.

#### **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 21<sup>st</sup> 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. -4<sup>th</sup> Semester (Health & Physical Education)**  
**Practical Syllabus according to CBCS & LOCF**  
**w.e.f. Session 2021-22**

**Max. Marks: 50**

**Practical Objectives:**

To give basic knowledge about the ground specifications, rules and regulations of Kabaddi and Lawn Tennis. To impart the basic knowledge about the basic skill of Kabaddi, Lawn Tennis and Discuss Throw. To give basic knowledge about the various lung capacities and volumes measurement.

**Practical Learning Outcomes**

After completing this course, the students will be able to:

- Describe the ground specifications, rules and regulations of Kabaddi, Lawn Tennis and Discuss Throw. And perform basic skills of Kabaddi, Lawn Tennis and Discuss Throw.
- Understand and perform measures of various lung capacities and volumes.

- |  |                    |
|--|--------------------|
| <b>1. Any one game</b><br>(With ground specifications, general rules and general skills)<br>1. Kabaddi                      2. Lawn Tennis | <b>10 Marks</b>    |
| <b>2. Methods to measure various lung capacities and volumes.</b>  | <b>10 Marks</b>    |
| <b>3. Athletics:</b><br>Discuss Throw (Measurements & Basic Techniques)  | <b>10 Marks</b>    |
| <b>4. Viva – Voce and Practical File</b>   | <b>10+10 Marks</b> |

**B.A. -5<sup>th</sup> Semester (Health & Physical Education)**  
**Theory Syllabus according to CBCS & LOCF**  
**w.e.f. Session 2022-23**

**Max. Marks: 100 (External – 80 Marks + Internal Assessment- 20 Marks)      Time- 3 hours**

**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 V<sup>th</sup> 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.

**Course Objectives:**

This course will enable students to develop understanding about the general characteristics of growth and development. To develop an overall perspective for sports organization and administration and to carry out Intramural and Extramural activities. To develop understanding about the concept of posture, muscular system and blood.

**Course Learning Outcomes:**

After completing this course, the students will be able to:

- Interpret the basic concept of growth and development,
- Demonstrate the concept and generate ideas about sports organization and administration.
- Identify and analyze the concept of posture and assessing the deformities.
- Identify and discuss the structure and functions of muscular system and blood.

**Unit –I Growth & Development**

1. Meaning and definition of Growth and Development
2. Stages of Growth and Development.
3. Principles and factors influencing growth and development
4. Age and sex difference in relation to physical activities and sports

## **Unit – II Concept of Sports Organization and Administration**

1. Meaning and importance of organization and administration in Physical Education and Sports
2. Principles of sports organization and administration
3. Organization and administration of Intramural and Extramural activities
4. Tournaments and their types (League and Knock out )

## **Unit – III Concept of Posture**

1. Meaning of posture and importance of good posture
2. Causes of poor posture
3. Symptoms and causes of Postural Deformities: Lordosis, Kyphosis, Scoliosis, Flat Feet, Knock Knee and Blow Legs.
4. Precautions and Remedies for postural deformities

## **Unit-IV Anatomy and Physiology**

1. Gross Anatomy of muscle, Types of Muscles in human body
2. Effects of exercise on Muscular System
3. Composition of Human Blood
4. Functions of Blood

### **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.EnglewoodCliffs,New Jersey,(1976).
- Turner S and Smith “School Health and Health Education” The C.V. Mos by Company St.Loius (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 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 21<sup>st</sup> century” Patiala (2008).
- Singh Ajmer et. al. “Olympic Movement” Kalyani Publishers, Ludhiana, (2000).



**B.A. -5<sup>th</sup> Semester (Health & Physical Education)**  
**Practical Syllabus according to CBCS & LOCF**  
**w.e.f. Session 2022-23**

**Max. Marks: 50 (External – 25 Marks + Internal Assessment- 25 Marks)**

**Practical Objectives:**

To give basic knowledge about the ground specifications, rules and regulations of Volleyball and Hockey. To impart the basic knowledge about the basic skill of Volleyball, Hockey and Javeline Throw. To give basic knowledge about the Body Mass Index measurement.

**Practical Learning Outcomes**

After completing this course, the students will be able to:

- Describe the ground specifications, rules and regulations of Volleyball, Hockey and Javeline Throw. And perform basic skills of Volleyball, Hockey and Javeline Throw.
- Understand and measures Body Mass Index.

- |  |                    |
|--|--------------------|
| <b>1. Any one game</b><br>(With ground specifications, general rules and general skills)<br>1. Volleyball                      2. Hockey | <b>10 Marks</b>    |
| <b>2. Measurement of Body Mass Index</b><br>(Normal range of BMI for children, women & men)  | <b>10 Marks</b>    |
| <b>3. Athletics:</b><br>Javelin Throw (Measurements & Basic Techniques)  | <b>10 Marks</b>    |
| <b>4. Viva – Voce and Practical File</b>   | <b>10+10 Marks</b> |

**B.A. -6<sup>th</sup> Semester (Health & Physical Education)**  
**Theory Syllabus according to CBCS & LOCF**  
**w.e.f. Session 2022-23**

**Max. Marks: 100 (External – 80 Marks + Internal Assessment- 20 Marks)      Time- 3 hours**

**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 V<sup>th</sup> 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.

**Course Objectives:**

To familiarize the students with fundamental concepts of motivation and socialization and its relevance in the area of sports. To equip with specialized functional technical concept of Sports Training and will enhance the awareness towards doping. To develop critical understanding of biomechanical fundamental concepts and digestive system.

**Course Learning Outcomes:**

After completing this course, the students will be able to:

- Understand motivation and socialization through participation in Physical Education and sports activities
- Acquaint with key concepts of Sports training and doping and their relevance to health
- Develop biomechanical perspective and knowledge.
- Identify and discuss the structure and functions of digestive system.

**Unit-1    Concept of Motivation and Socialization**

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.

## **Unit- II Concept of Sports Training and Doping**

1. Meaning and definition of sports training
2. Factors affecting sports training
3. Types of sports training: Circuit training, Interval Training and Continuous Training
4. Doping: Meaning, types and its effects on health.

## **Unit – III Concept of Sports Biomechanics**

1. Meaning and definition of sports biomechanics
2. Importance of Biomechanics in Sports
3. Newton's Laws of motion and their application in sports
4. Levers: Meaning, types and their application in Sports

## **Unit – IV Anatomy and Physiology**

1. Organs of Digestive System
2. Structure of Digestive System
3. Mechanism of food digestion
4. Effects of exercise on Digestive System.

## **Text Books and References**

- Kamlesh & Sangral, "Principles & History of Physical Education", Parkash Brothers, Ludhiana. (2000).
- Dick F "Sports Training Principles" .London Lepus Book, (1980).
- Desch and Burk "knesiology and applied Anatomy", 2nd ed. Lee and Febiger, (1963).
- Show D, "Kinesiology' Friends Publications, New Delhi, (2001).
- 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 21<sup>st</sup> century" Patiala (2008).
- Singh Ajmer et. al. "Olympic Movement" Kalyani Publishers, Ludhiana, (2000).

**B.A. -6<sup>th</sup> Semester (Health & Physical Education)**  
**Practical Syllabus according to CBCS & LOCF**  
**w.e.f. Session 2022-23**

**Max. Marks: 50 (External – 25 Marks + Internal Assessment- 25 Marks)**

**Practical Objectives:**

To give basic knowledge about the ground specifications, rules and regulations of Judo and Boxing. To impart the basic knowledge about the basic skill of Judo, Boxing, Relay races and baton exchange. To give basic knowledge about the First Aid techniques.

**Practical Learning Outcomes**

After completing this course, the students will be able to:

- Describe the ground specifications, rules and regulations of Judo and Boxing. And perform basic skills of Judo, Boxing, Relay races and baton exchange.
- Understand and apply First Aid measures.

**1. Any one game**

**10 Marks**

(With ground specifications, general rules and general skills)

1. Judo & Boxing
2. Self Defense Tactics

**2. First Aid**

**10 Marks**

(First aid for different injuries and circumstances, items of First aid box and their uses)

**3. Athletics:**

**10 Marks**

Relay races and baton exchange

**4. Viva – Voce and Practical File**

**10+10 Marks**