

DEPARTMENT OF PHYSICAL EDUCATION
KURUKSHERTRA 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 = 1 credit, 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 st	Core Elective	BAHPHY - 101	Health and Physical Education	04	02	06	04	04	08	80	20	50	00	150
2 nd	Core Elective	BAHPHY - 202	Health and Physical Education	04	02	06	04	04	08	80	20	50	00	150
3 rd	Core Elective	BAHPHY - 303	Health and Physical Education	04	02	06	04	04	08	80	20	50	00	150
4 th	Core Elective	BAHPHY - 404	Health and Physical Education	04	02	06	04	04	08	80	20	50	00	150
5 th	Discipline specific Elective (DSE)	BAHPHY - 404 (Elective)	Health and Physical Education	04	02	06	04	04	08	80	20	50	00	150
6 th	Core Elective	BAHPHY - 604	Health and Physical Education	04	02	06	04	04	08	80	20	50	00	150
	Skill Enhancement Course (SEC)	BAHPHY - 605	Fitness Management	02	00	02	02	00	02	40	10	00	00	50

B.A. -6th Semester (Health & Physical Education)
Theory Syllabus according to CBCS & LOCF
w.e.f. Session 2022-23
BAHPHY-604: Health & Physical Education (Theory)

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 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.

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 21st century" Patiala (2008).
- Singh Ajmer et. al. "Olympic Movement" Kalyani Publishers, Ludhiana, (2000).

B.A. -6th Semester (Health & Physical Education)
Practical Syllabus according to CBCS & LOCF
w.e.f. Session 2022-23
BAHPHY-604: Health & Physical Education (Practical)

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

B.A. -6th Semester (Health & Physical Education)
Theory Syllabus according to CBCS & LOCF
Skill Enhancement Course (SEC)
BAHPHY-605: Fitness Management
w.e.f. Session 2022-23

Max. Marks: 50 (External – 40 Marks + Internal Assessment- 10 Marks) Time- 2 hours

Instructions for Paper- Setter:

The question paper will consist of two Units I and II. The Unit I and II will have two questions from their respective Units of the Syllabus and will carry 15 marks each. Unit III will consist of 5 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. Unit - III is compulsory for all.

Course Objectives:

To familiarize the students with the basic concepts of body composition and general fitness assessment. To develop the understanding of various macro and Micro nutrients. To develop the skill of diet planning for various purposes.

Course Learning Outcomes:

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

- Understand the concept of BMI and will be able to calculate BMI and Body Fat Percentage
- Able to evaluate strength, lung capacity, flexibility of person and training zones for various types of training.
- Develop knowledge about Macro & Micro nutrients and their role in our body
- Able to plan diet for various purposes

Unit – 1: Body Composition and General Fitness Assessment

- Meaning of BMI, Calculation of BMI, BMI Chart
- Calculating Body Fat Percentage with Skin Fold Caliper (Male & Female),
- Ideal Body fat for male and female
- Assessment of Body Strength with dynamometer (Leg and Back), Lungs Capacity (Spiro-meter) and flexibility (Bend and Reach)
- Goal setting with your for fitness with weekly and monthly objectives.
- Calculation of Heart Rate (HR) Training Zones: Warming up Zone, Fat Burning Zone, Endurance Zone, Anaerobic Zone and Maximum Effort Zone

Unit- II: Concept of Nutrition and Diet Planning

- Concept of Macro nutrients and Micro nutrients
- Carbohydrate: Meaning and their availability in different types of food stuffs.
- Fats: Meaning and their availability in different types of food stuffs.
- Protein: Meaning and their availability in different types of food stuffs.
- Role of Carbohydrate, Fats and Proteins in performance for various sports/games and for general population.
- Diet Planning: Meaning, Principles of diet planning, diet plans for Children, Adolescent, elderly persons, weight reduction and weight increasing

Text Books and Reference Books:-

- 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).
- Bucher Olsen and Willgoose “The Foundation of Health” Prentice Hall inc.EnglewoodFliffs,New Jersey,(1976).
- Turner S and Smith “School Health and Health Education” The C.V. Mos by Company St.Loius (1961).
- Mathews D.K. & Fox D.K “The Physiological basis of Physical Education and Sprots, 2nd .Philadelphia.K.B.Sanuders& Co., (1996).
- Bucher Olsen and Willgoose “The Foundation of Health” Prentice Hall inc.EnglewoodFliffs,New Jersey,(1976).