B.A. 1st Year

There shall be two theory papers of 60 marks each and a practical examination carrying 80 marks. A candidate must pass in theory and practical examination separately.

PAPER - 1
HISTORY OF PHYSICAL EDUCATION

Unit: Physical Education
- Its Meaning, Definition and Importance, Misconception about Physical Education
- Aims and Objective of Physical Education
- Physical Education as an Academic Discipline

Unit 2: Physical Education in ancient India:
- Vedic Period, Epic period and Buddhist period, Yogie Physical Culture,
- Physical Education in the city state of Greece.

Unit 3: Survey of Physical Education in India pre and post independence period
- Physical Education and sports training institutions in India, Olympic Association, Sports Authority of India, Arjuna Award, Dornachrya Award,
- Maulana Abul Kalam Azad Trophy, National Sports Scholarship, Rajiv Gandhi Khel Ratna Award.

Unit 4: Modern Olympics Games:
- Start of Olympics, Objectives of Olympic, Olympic Ring, Olympic motto and flag, Olympic charter, opening and closing ceremoni,
- Olympic commission and their functions.

Unit 5: Contribution to the growth of Physical Education by leaders and movement:
- John Basedow, Johan Federick Gut Muths, Per Henric Ling, Dr. P.M. Joseph,
- H.C. Buck, D.G. Wakharker
- Turnverin Movement, Philanthropinum movement, Y.M.C.A. and its contributions

References
Rajgopalan, K.A.: Brief History of Physical Education in India, Delhi, Army publishers, 1962
Singer, R.N. (ed.): Physical Education: Foundations, New York, Hall Renehert and Winston
PAPER - II
FOUNDATIONS OF PHYSICAL EDUCATION

Unit 1: Biological Foundation
Heredity and Environment, its importance in stage of growth and development.
Principles governing physical and motor growth and development.
Chronological, Anatomical, Physiological and Mental-ages of individual-their implications in developing and implementing programme of physical education.

Unit 2: Psychological Foundation
Importance and implication of psychological elements in physical education.
Notions about mind and body, psycho-physical unity of man,
Conditions and Factors effecting learning.

Unit 3: Philosophical Foundation:
Idealism and Physical Education,
Pragmatism and Physical Education.
Naturalism and Physical Education,
Realism and Physical Education.

Unit 4: Physiological foundation:
General Benefits of exercise, Benefit of exercise to the various systems,
Basic Principles of exercise and physical education programme.

Unit 5: Sociological Foundation:
Physical Education and sports a need of the society,
Sociological implications of Physical Education and sports.
Physical activities and sports man's cultural heritage.

References
Oderateuter, Delbert: Physical Education New York Happer and Brothers Publishers, 1970
Kamlesh M.L.: Physical Education: Facts & Foundation, P.B. Publisher, Faridabad
The practical examination shall be conducted by a panel of two examiners.(Internal & External)
A candidate shall be required to show his/her familiarity (Rules and Techniques) and give performance/demonstration in the following:

1. **Athletics** (Compulsory)

2. **Games & Sports** (any one game of choice from the following)
   (a) Basket Ball
   (b) Football
   (c) Kabbadi
   (d) Volley Ball

3. **Physical Fitness** (Compulsory)
   - 12 Minutes (for boys) & 9 Minutes (for Girls) run/walk test

**Athletics and Games / Sports**

**Theory Syllabus:**
1. History and development of the games and sports
2. Ground dimension and Marking
3. Standard equipments
4. Important rules and their interpretation

**Practice Syllabus:**
1. General and specific warming (exercise)
2. Teaching Main Skills
3. Lead up games
4. Playing ability (performance)

### Cooper Fitness Test Marking Norms

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Events</th>
<th>Sex</th>
<th>20 Marks</th>
<th>18 Marks</th>
<th>15 Marks</th>
<th>12 Marks</th>
<th>10 Marks</th>
<th>05 Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>12 Min. run/Walk (Mtr.)</td>
<td>Men</td>
<td>Above 3300</td>
<td>3299-2800</td>
<td>2799-2500</td>
<td>2499-2000</td>
<td>1999-1600</td>
<td>1600 &amp; below</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Above 2000</td>
<td>1999-1800</td>
<td>1799-1400</td>
<td>1399-1200</td>
<td>1199-1000</td>
<td>1000 &amp; below</td>
</tr>
</tbody>
</table>
B.A. II Year

There shall be two theory papers of 60 marks each and a practical examination carrying 80 marks. A candidate must pass in theory and practical examination separately.

PAPER I
ANATOMY & PHYSIOLOGY OF EXERCISE

Unit 1: Introduction:
Concept of Anatomy, Physiology & Physiology of Exercise.
Need and Importance of Anatomy and Physiology in Physical Education.
Introduction to cell, tissue, organ and system.

Unit 2: Skeleton & Muscles:
Function of bones, general features of scapula, radius, ulna, humorous, Femur, Tibia and Fibula.
Terminology of movements around joints & ligaments.
Types of Muscles (Voluntary, involuntary and cardiac)

Unit 3: System:
Basic knowledge of Cardio-vascular, respiratory, Digestive and Nervous Systems.

Unit 4: Physiology:
Pumping action of heart and its regulation
Function of blood and blood clotting
Mechanism of Respiration
Secretion and Function of the digestive juices

Unit 5: Physiology of Exercise:
effects of exercise on respiratory, circulatory and muscular system.
Neuro Muscular co-ordination.
Second wind & oxygen depth
Stitch and cramps, obesity and body weight control.
Physiological concept of warming up, training & fatigue.

Reference:
Morehouse & Miller : Physiology of Exercise : C.V. Moshy Co., St. Louis
Karpovich and Sinnser : Physiology of Muscular Activity, WB, Saunders Co., London
Duvel Elen Neill: Kinesiology: The Anatomy of Motion
Paper II

MANAGEMENT & METHODS IN PHYSICAL EDUCATION

Unit 1: Introduction:
Meaning, Importance & Scope of "Teaching Methods."
Factors to be considered in determining the methods of teaching,
Types of teaching methods,
Principles of Teaching,
Presentation Technique.

Unit 2: Organization and Tournaments
Federation & Associations
Organization and conduct of following:
a) Demonstration (b) Adventure sports (c) Competition (d) Annual Sports Meet
Tournaments: Meaning and their types
(a) Knock-out (b) League of Round Robin (c) Combination
(d) Challenges of perennial (Ladder & Pyramid)
Methods of drawing fixture.

Unit 3: Facilities and Equipments:
Audio-Visual aids & Teaching gadgets values.
Criteria for selecting and steps to be followed in using teaching aids.
An ideal list of basic facilities and equipments for Physical education and sports
Improvisation: Ways and means of improvisation of following:
(a) Area (b) Apparatus (c) Equipments d) Leadership

Unit 4: Management:
Meaning, Functions and Principles of Management.
Office Management: Records keeping, Filing, Correspondence & Store Keeping.
Sports Budget: Purpose, Principles and Account Preparation (receipt & Payments, Income & Expenditure)

Unit 5: Performance & Evaluation:
Training Structure and performance Dynamics,
Injury Management Ethics in Sports,
Psychological and Sociological preparation.
Evaluation: Need, Importance and methods of evaluation.

References:
Hari Shankar Sharma: Physical Education-Organisation, Administration and Supervision (Hindi)
PRACTICAL (B.A. IInd Year)
PHYSICAL EDUCATION

The practical examination shall be conducted by a panel of two examiners. (Internal & External)
A candidate shall be required to show his/her familiarity (Rules and Techniques) and give performance-demonstration in the following:

1. Athletics (Compulsory)  (30 Marks)
   Triple Jump, Pole Vault, Javelin, Hammer and Walking.

2. Games and sports (any one game of choice from the following)  (30 marks)
   (a) Cricket
   (b) Hockey
   (c) Kho-Kho
   (d) Yoga

3. Physical Fitness - (Compulsory)  (20 marks)
   JCR Test

Athletics and Games / Sports

Theory Syllabus:
   (a) History and development of the games and sports
   (b) Ground dimension and marking
   (c) Standard equipments
   (d) Important rules and their interpretation
   (e) Officials

Practice Syllabus:
   (a) General and specific warming (exercise)
   (b) Teaching Main Skills
   (c) Lead up games
   (d) Playing ability (performance)

JCR Fitness Test Marking Norms

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Events</th>
<th>Sex</th>
<th>07 Marks</th>
<th>06 Marks</th>
<th>05 Marks</th>
<th>04 Marks</th>
<th>03 Marks</th>
<th>02 Marks</th>
<th>01 Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>--</td>
<td>16 &amp; Above</td>
<td>15-14</td>
<td>13-11</td>
<td>10-08</td>
<td>07-05</td>
<td>04 &amp; Below</td>
</tr>
<tr>
<td>2.</td>
<td>Chinning Pull ups (Nos)</td>
<td>Men</td>
<td>10 &amp; Above</td>
<td>09-07</td>
<td>06-05</td>
<td>04</td>
<td>03</td>
<td>02</td>
<td>01</td>
</tr>
<tr>
<td>3.</td>
<td>Hang (Sec.)</td>
<td>Women</td>
<td>50 &amp; Above</td>
<td>49-39</td>
<td>38-29</td>
<td>28-20</td>
<td>19-12</td>
<td>11-06</td>
<td>05 &amp; Below</td>
</tr>
<tr>
<td></td>
<td>Running (Sec.) Shuttle Run (10 x 10 M)</td>
<td>Men</td>
<td>22 &amp; Below</td>
<td>23-24</td>
<td>25-26</td>
<td>27-28</td>
<td>29-31</td>
<td>31-33</td>
<td>34 &amp; Above</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>26 &amp; Below</td>
<td>27-28</td>
<td>28-29</td>
<td>30-32</td>
<td>33-35</td>
<td>36-39</td>
<td>40 &amp; Above</td>
</tr>
</tbody>
</table>
There shall be two theory papers of 60 marks each and a practical examination carrying 80 marks. A candidate must pass in theory and practical examination separately.

**PAPER - I**

**HEALTH EDUCATION**

**Unit 1: Health & Wellness:**
- Concept of Health & Wellness, Positive Health,
- Determinants of Health, Dimensions of Health, Ecology of Health,
- Importance of Health to individual, Family, community and the state.

**Unit 2: Health Education:**
- Concept, Objectives, Principles and Scope of communication in Health Education,
- Need and Importance of Health Education,
- Alcohol, Drugs & Intoxication.

**Unit 3: Nutrition and Diet:**
- Classification of Foods and Role of Various Nutrients,
- Ideal diet for sportsman,
- Malnutrition and Adulteration of Food.

**Unit 4: Hygiene and Disease:**
- Personal Hygiene, environment hygiene, Food hygiene
- Communicable diseases: (Factor, Source, Modes of Transmission, symptoms and prevention) Measles, Hepatitis, Tuberculosis, Typhoid, Rabies and AIDS
- Postural deformities: Causes and remedies.

**Unit 5: First Aid and Safety:**
- Importance and Principles of safety education
- Common injuries in physical education and sports
- Sprain, Strain, Fracture and Dislocations.

**References**
Unit 1: Introduction:
Meaning of Tests, Measurement and Evaluation,
Need and Importance of Test and Measurement in Physical Education.
Meaning of Statistics, Need and Importance of Statistics
Frequency Tables-Meaning, Construction and Uses.

Unit 2: Fundamentals of Statistics:
Measures of Central Tendency-Meaning, uses and calculation from frequency tables.
Graphical representation of Data-Meaning, Uses and Techniques.

Unit 3: Test Evaluation and Construction:
Items to be included in Objective, Subjective and knowledge tests.
Criteria of Test selection.

Unit 4: Measurements of Physical Fitness and Skill performance:
Fitness Tests: AAHPERD, Canadian Fitness Test, Roger's Physical Fitness Index.
Sports Skill Tests: Johnson Basketball Ability Tests, McDonald Soccer Test, Dribble and Goal Shooting Test in Hockey, Brady Volleyball Test.

Unit 5: Dimensions, Construction, Preparation and maintenance:
Indoor & Outdoor facilities: track and field, Football, Volleyball, Basketball, Cricket, Hockey, Badminton, Tennis, Kabaddi.

Reference:
The Practical examination shall be conducted by a panel of two examiners. (Internal & External)

A candidate shall be required to show his/her familiarity (Rules and Techniques) and give performance/demonstration in the following.

1. **Gymnastics and Development Exercises** (Compulsory)

2. **Games and Sports** (any one game of choice from the following)
   - (a) Badminton
   - (b) Table-Tennis
   - (c) Tennis
   - (d) Squash

3. **Physical Fitness Test**
   - Canadian Test

**Gymnastics and Games / Sports**

**Theory Syllabus:**
(a) History and development of the games and sports.
(b) Ground dimension and marking
(c) Standard equipment
(d) Important rules and their interpretation
(e) Officials.

**Practice Syllabus:**
(a) General and specific warming (exercise)
(b) Teaching Main Skills
(c) Lead up games
(d) Playing ability (performance)

**Canadian Fitness Test Marking Norms**

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Events</th>
<th>Sex</th>
<th>20 Marks</th>
<th>18 Marks</th>
<th>15 Marks</th>
<th>12 Marks</th>
<th>10 Marks</th>
<th>05 Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Canadian Test (Sec.)</td>
<td>Men</td>
<td>28-34</td>
<td>29-34</td>
<td>35-39</td>
<td>40-44</td>
<td>45-49</td>
<td>50 &amp; Above</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>33-39</td>
<td>34-39</td>
<td>40-44</td>
<td>45-50</td>
<td>51-55</td>
<td>50 &amp; above</td>
</tr>
</tbody>
</table>
Physical education is the study, practice, and appreciation of the art and science of human movement” (Harrison, Blakemore, and Buck, p. 15). This curricular pattern uses activity units in sport, fitness, and dance (e.g., volleyball, aerobic dance, swimming) to teach physical education. Middle school curriculums should include a wide variety of team and individual sports utilizing motor skills introduced and refined at the elementary level. Physical education, also known as Phys Ed., PE and in some Commonwealth countries as physical training or PT, is a class that pupils are required to take at school. It is taken during primary and secondary education and encourages psychomotor learning in a play or movement exploration setting to promote health. In addition, physical literacy is a 21st-century term that first emerged in the sport literature before also being applied to physical education.