

**SCHEME OF EXAMINATION OF B.A.I (PHYSICAL EDUCATION)  
2011-12**

	Name of Paper	Total marks
Semester- 1 <sup>st</sup>	<b>PRINCIPLE AND FOUNDATION OF PHYSICAL EDUCATION</b>	Ext. Marks : 60 Int. marks: 15 Total:- 75
Semester 2 <sup>nd</sup>	<b>HEALTH AND YOGA</b>	Ext. Marks : 60 Int. marks: 15 Total:- 75
Semester 1 <sup>st</sup> & 2 <sup>nd</sup>	<b>PRACTICAL Game* Athletics**</b>	(25+25)=50
	<b>Total Marks (Theory + Practical)</b>	150+50=200

**For semester 1<sup>st</sup>**

\* Volleyball, Softball, Judo, Cricket

\*\* Shot-put, 100 mtr race, 5000 mtr

**For semester 2<sup>nd</sup>**

\* Basketball, Netball, Boxing & Gymnastic

\*\* Discus Throw, 110 mtr. Hurdle, 10000 mtr.

Note:-

The students are required to prepare ten lesson plans (Games-4, Athletics-3 and Yoga-3) on the events mentioned in the syllabi of semester I & II on the loose sheets. There is no need of practical note book. The game, event of Athletics and Asan will be allotted for the final practical lesson on the basis of draw of lot which shall take place before 15 days of final practical examinations. All the lesson plans prepared by the students must be signed by the concerned teacher.

2. The practical classes shall be held through out the year. However, final practical examinations for both the Semesters i.e. (1<sup>st</sup> & 2<sup>nd</sup>) shall be conducted at the end of 2<sup>nd</sup> semester.

**SCHEME OF EXAMINATION OF B.A.II Semester 3<sup>rd</sup> & 4<sup>th</sup>**  
**(PHYSICAL EDUCATION)**  
**2011-12**

	Name of Paper	Total marks
Semester- 3 <sup>rd</sup>	<b>Physical Activity &amp; Health</b>	Ext. Marks :60 Int. marks: 10 Total:- 70
Semester 4 <sup>th</sup>	<b>Physical Fitness &amp; Yoga</b>	Ext. Marks : 60 Int. marks: 10 Total:- 70
Semester 3 <sup>rd</sup> & 4 <sup>th</sup>	<b>PRACTICAL Game* Athletics**</b>	(30+30)=60
	<b>Total Marks (Theory + Practical)</b>	140+60=200

**For semester 3<sup>rd</sup>**

\* Bandball, Baseball, Wrestling & Badminton

\*\* Javelin throw, Long-jump, 4x100 mtr relay

**For semester 4<sup>th</sup>**

\* Korfball, Lawn-tennis, Weightlifting, Swimming

\*\* Hamer throws, 800 mtr, High Jump,

Note:-

The students are required to prepare ten lesson plans (Games-4, Athletics-3 and Yoga-3) on the events mentioned in the syllabi of semester 3<sup>rd</sup> & 4<sup>th</sup> on the loose sheets. There is no need of practical note book. The game, event of Athletics and Asan will be allotted for the final practical lesson on the basis of draw of lot which shall take place before 15 days of final practical examinations. All the lesson plans prepared by the students must be signed by the concerned teacher.

2. The practical classes shall be held through out the year. However, final practical examinations for both the Semesters i.e. (3<sup>rd</sup> & 4<sup>th</sup>) shall be conducted at the end of 4<sup>th</sup> semester.

B.A. Part I (Semester-1<sup>st</sup>)

**Paper-I PRINCIPLES AND FOUNDATIONS OF PHYSICAL EDUCATION**

Ext. Marks: 60

Int. marks: 15

Time: 3 hours

Note:- Paper setter is required to set two questions from each unit and candidates are required to attempt four question in all by selecting atleast one question from each unit. All questions carry equal marks.

**UNIT-I**

- Definition, Objectives, Scope & Importance of Physical Education.
- Historical development of Ancient Olympic
- Historical development of national games of India.

**UNIT-II**

- Development of Physical Education in India:  
(i) LNUPE (ii) SAI NSNIS (iii) YMCA (iv) IOA

**UNIT-III**

- Modern Olympic Revival and progress
- Performance of Indian Players in Modern Olympic and Asian games.

**UNIT-IV**

- Sports Awards in India
- (a) Arjuna Award (b) Daronacharya Award (c) Khel Ratan Award (d) Bhim Award (Haryana) (e) Maulana Abdul Kalam Azad Trophy

**REFERENCES**

1. Foundations of Physical Education, Chales A. Bucher
2. Foundations of Physical Eduction, M.L.Kamlesh
3. History and Principles in Physical Education, Dr. Karan Singh
4. Essentials of Physical Education, Dr. Ajmer Singh
5. Foundations of Physical Education, Dr. A.K.Uppal.

**Paper-II**

**B.A.I Semester -II  
HEALTH AND YOGA**

Ext. Marks: 60

Int. Marks: 15

Time: 3 hours

Note:- Paper setter is required to set two questions from each unit and candidates are required to attempt four question in all by selecting atleast one question from each unit. All questions carry equal marks.

**UNIT-I**

- Meaning, Importance of Health and Health Education in Modern Society.
- Guiding Principle of Health Education.

**UNIT-II**

- Importance of Light and Cross ventilation at School & Home
- Meaning of Personnel Hygiene and its Importance
- Meaning & Importance of personal hygiene. Personal hygiene of the following:
  - a) Teeth (b) Ears (c) Eyes (d) Skin (e) Nail & Fingers

**UNIT-III**

- Meaning of Communicable diseases
- Mode of transmission & prevention of the following:
- (i) HIV/AIDS (ii) HEPATITIS-B & C (iii) MALARIA (iv) TUBERCULOSIS (v) CHOLERA

**UNIT-IV**

- Meaning, types & aims of yoga
- Procedure and benefits of following Asans:
  1. Surya Namaskar: Bhujang Asan, Hal Asan, Dhanur Asan, Ardh Machhender Asan, Chakar Asan, Matsay Asan, Karan Peera Asan, Mayur Asan and Setu Bandh Asan

**REFERENCES:**

Health the basis of life: Dr. John Maclay  
Natural Health & Yoga, Brij Bhushan  
Health Education, S.K.Mangal  
Essential of Physical Education, Dr. Ajmer Singh & Dr. Bains

**B.A. II (Semester 3<sup>rd</sup>)**  
**Paper: - Physical Activity and Health**

Internal: 10 marks

External: 60 marks

Time: 3 hours

Note:- Paper setter is required to set two questions from each unit and candidates are required to attempt four question in all by selecting atleast one question from each unit. All questions carry equal marks.

**UNIT-I Health and Health Education**

- Concept of Health, Aim and Objectives of Health Education, Health and Physical Fitness. WHO, UNICEF, Role of Physical Activity towards different dimension of health.

**UNIT-II Food and Nutrition:**

- Balance diet, Factors effecting diet, Elements and functions of the balance diet. Nutritional tips, Vegetarian verses non vegetarian diet.

**UNIT-III Posture**

- Posture: Concept of posture, value of posture, causes of poor posture, types of postural deformities, their causes and precautions

**First-Aid**

**General Principles of first aid, Common first-aid measures for:**

- a) Snake biting            (b) Choking    (c) Drawing (d) Fainting
- (e) Fracture (f) Burns (g) Poison and Unconsciousness (h) Heat Stroke

**UNIT-IV Exercise and life style disease**

- Exercise and life style disease
- Exercise and obesity
- Exercise & Heart disease
- Exercise & diabetes
- Exercise & Stress Management

**REFERENCES:**

1. **Stainbaus, A.H.**, Towards an understanding of Health and Physical Education, W.M.C. Brown Co. 1963.
2. Bogart, L.J., Nutrition and Physical fitness, Sauners.
3. Verma, KK, Health and Physical Education, Prakash Publications, Jalandhar.
4. W.H. Aykroid, The Nutritive value of Indian Foods and planning and satisfactory diet, New Delhi, Indian Council of Medical Research 1963.
5. Bograt, L.J., Company Nutrition and Physical Education.

**B.A. II (Semester 4<sup>th</sup>)**  
**Physical Fitness & Yoga**

Internal: 10 marks  
External: 60 marks  
Time: 3 hours

Note:- Paper setter is required to set two questions from each unit and candidates are required to attempt four question in all by selecting atleast one question from each unit. All questions carry equal marks.

**UNIT-I      Physical Education**

- Meaning and importance of Physical Education.
- Aims and objectives of Physical Education.
- Relationship of Physical Education with General Education.
- Need of Physical Education in the modern society

**UNIT-II      Physical Fitness**

- Meaning and Components of Physical fitness, (Speed, strength, Endurance, Flexibility, Agility). Factors influencing Physical fitness.  
**Warming up - cooling down**
  - a) Types of warming up
  - b) Guiding principles of warming up
  - c) Importance of warming up and cooling down

**UNIT-III      Yogic Kriyas**

- Meaning and objectives of Sudhi Kriya, Types of Sudhi Kriya, (Neti, Dhauti, Nauli, Basti, Kapalbhathi, Trataka).
- Physiological values of sudhi kiryas.

**UNIT-IV      Camping**

- Meaning of camping
- types of camping
- Educational values of camping  
**Role of following agencies in promotion of games and sports**
  - a) All India Council of Sports (AICS)
  - b) International Olympic Committee (IOC)
  - c) Young Women Christian Association (YWCA)
  - d) Sports Physical Aptitude Test (SPAT)

## **REFERENCES:**

1. Charles A. Buchen: Foundation of Physical Education (The C.V. Masby Company 1973 st. Luois)
2. Kamlesh M.K & M.S., Principles and History of Physical Education (Praksh Brothers, 1978)
3. N.M.Gora, Anatomy and Physiology of Yogic practices, Kanchan Prakasan Lonavala-410403
4. Ajmer Singh & Others, Physical Education and Olympic movement.
5. Joshi, K.S., Yoga and Personality, Udayana, Publication, Allahabad.