

## Scheme of Examination for Health and Physical Education

**From Session 2016-17 (B.A. 1<sup>st</sup> to 6<sup>th</sup> Semester)**

Semester	Theory Marks	Internal Assessment	Time	Practical Marks	Total	W.E. From Session	Exam to be Conducted
1 <sup>st</sup>	60	15	3 hours		75	2016-17	Dec. 2016
2 <sup>nd</sup>	60	15	3 hours	50	125	2016-17	May 2017
3 <sup>rd</sup>	60	15	3 hours		75	2017-18	Dec. 2017
4 <sup>th</sup>	60	15	3 hours	50	125	2017-18	May 2018
5 <sup>th</sup>	60	15	3 hours		75	2018-19	Dec. 2018
6 <sup>th</sup>	60	15	3 hours	50	125	2018-19	May 2019
<b>Total</b>	<b>360</b>	<b>90</b>		<b>150</b>	<b>600</b>		

The above New Scheme of examination was approved and will be implemented for Health and Physical Education in B.A. in the following sessions:

- 1<sup>st</sup> and 2<sup>nd</sup> Semester w.e.f. Session 2016-17
- 3<sup>rd</sup> and 4<sup>th</sup> Semester w.e.f Session 2017-18
- 5<sup>th</sup> and 6<sup>th</sup> Semester w.e.f. Session 2018-19

**Note:** The students appearing in the 3<sup>rd</sup> Semester Exams in Dec. 2016, 4<sup>th</sup> Semester exams in April/May 2017, 5<sup>th</sup> Semester Exams in Dec. 2017 and 6<sup>th</sup> Semester exams in April/May 2018 will follow the old scheme. The practical examination of these students will be conducted with following pattern:

- 3<sup>rd</sup> and 4<sup>th</sup> Semester Practical will be conducted together in 4th semester (April/May 2018)
- 5<sup>th</sup> and 6<sup>th</sup> Semester Practical will be conducted together in 6th semester (April/May 2019)

Work Load for teaching the Physical Education as an optional subject in B.A. will be as under:

- Six Periods per Week for each class (*Four theories and two practical*).
- Strength of students in practical class shall not exceed 25 students per group in any case.
- Keeping the view nature of practical and climatic conditions, it is recommended that all the practicals must be conducted before the theory exams in all even semesters.



**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 10 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.

**B.A. -1<sup>st</sup> Semester (Health & Physical Education)**

**(From Session 2016-17)**

**Time- 3 hours**

**Theory- 60 Marks**

**(Internal Assessment- 15 Marks)**

**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 . Daryaganj, New Delhi. (2013).
- Kang G.S. Deol N.S. "An introduction to Health and Physical Education 21<sup>st</sup> century" Patala (2008).
- Singh Ajmer et. al. "Olympic Movement" Kalyani Publishers, Ludhiana, (2000).
- Sharma, V.K., "Yog Shiksha" 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).



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Instructions for Candidates

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

**B.A. -2<sup>nd</sup> Semester (Health & Physical Education)**

**(From Session 2016-17)**

**Time- 3 hours**

**Theory- 60 Marks**

**(Internal Assessment- 15 Marks)**

**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 VMCA 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.Englewood Flifs,New Jersey,(1976).
- Turner S and Smith "School Health and Health Education" The C.V. Mos by Company St.Loious (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. – 1<sup>st</sup> and 2<sup>nd</sup> Semester (Practical)  
(Health & Physical Education)  
(From Session 2016-17)**

Maximum Marks- 50

**1. Any one game**

**10 Marks**

(With ground specifications, general rules and general skills)

1. kho - kho
2. Badminton
3. Cricket

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

**10 Marks**

**3. Athletics:**

**(10+10) Marks**

Shot Put (Measurements & Basic Techniques)

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

**4. Viva – Voce and Practical File**

**10 Marks**



**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 10 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.

**B.A. -3<sup>rd</sup> Semester (Health & Physical Education)**

**(From Session 2017-18)**

**Time- 3 hours**

**Theory- 60 Marks**

**(Internal Assessment- 15 marks)**

**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.Sanunders & 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 Fliffs,New Jersey,(1976).
- Turner S and Smith "School Health and Health Education" The C.V. Mos by 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).





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**Instructions for Candidates**

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

**B.A. - 4<sup>th</sup> Semester (Health & Physical Education)**

**(From Session 2017-18)**

**Time- 3 hours**

**Theory- 60 Marks**

**(Internal Assessment- 15 marks)**

**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

**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. Terminology of respiration: Tidal Volume, Residual Volume and Total Lung Capacity.



### 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. – 3<sup>rd</sup> and 4<sup>th</sup> Semester (Practical)  
(Health & Physical Education)  
(From Session 2017-18)**

**Maximum Marks- 50**

**1. Measurement of Body Mass Index**

**10 Marks**

(Normal Range of B.M.I for Children, Women and Men)

**2. Any one Game of the following:**

**10 Marks**

(With ground specifications, general rules and general skills)

1. Basketball
2. Foot ball
3. Kabaddi

**3. Athletics:**

**(10 + 10) Marks**

Discus throw and Long Jump

(Specifications, general rules and general skills)

**4. Viva – Voce and Practical File**

**10 Marks**



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**Instructions for Candidates**

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

**B.A. -5<sup>th</sup> Semester (Health & Physical Education)**

**(From Session 2018-19)**

**Time- 3 hours**

**Theory- 60 Marks**

**(Internal Assessment- 15 marks)**

**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.Englewood Fliffs,New Jersey,(1976).
- Turner S and Smith "School Health and Health Education" The C.V. Mos by 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).
- 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).
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**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 10 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.

**B.A. -6<sup>th</sup> Semester (Health & Physical Education)**

**(From Session 2018-19)**

**Theory- 60 Marks**

**Time- 3 hours**

**(Internal Assessment- 15 marks)**

**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).
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- Singh Ajmer et. al. "Olympic Movement" Kalyani Publishers, Ludhiana, (2000).



**B.A. – 5<sup>th</sup> and 6<sup>th</sup> Semester (Practical)  
(Health & Physical Education)  
(From Session 2018-19)**

Maximum Marks- 50

**1. Pranayam:**

**10 Marks**

- a) Bhramari    b) Anulom Vilom    c) Kapal Bhati

**10 Marks**

**2. Any one Game of the following**

(Ground Specifications, General rules and General Skill)

- a) Volleyball                      b) Hockey                      c) ) Judo/Boxing/Wrestling/Self-defense tactics

**10 Marks**

**3. Tying of different types of Bandages and Arm Slings.**

**10 Marks**

**4. First Aid**

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

**10 Marks**

**5. Viva – Voce and Practical file**

