

SCHEME OF EXAMINATION OF B.A.I (PHYSICAL EDUCATION)

2011-12

Semester 1st

Paper	Nomenclature	Total marks		Practical Marks	Max. Marks
		External	Internal		
I	Principles and foundations of Physical Education	60	15	-	75
II	Games (Practical) Volleyball, Softball, Judo, Cricket	-	-	12	12
III	Athletics (Practical) Shot-put, 100 mtr race, 5000 mtr race	-	-	13	13
	Total	60	15	25	100

Semester 2nd

Paper	Nomenclature	Total marks		Practical Marks	Max. Marks
		External	Internal		
IV	Health and Yoga	60	15	-	75
V	Games (Practical) Basketball, Netball, Boxing & Gymnastic	-	-	12	12
VI	Athletics (Practical) Discus Throw, 110 mtr. Hurdle, 10000 mtr.	-	-	13	13
	Total	60	15	25	100

Note: -

The practical classes shall be held as per the scheme of each semester. But, final practical examinations for both the semesters i.e. (1st & 2nd) shall be conducted by external & internal examiners at the end of 2nd semester. However, separate examination for each semester will be conducted as per syllabus of each semester.

Note:-

The students are required to prepare seven lesson plans (Games-4, Athletics-3) on the events mentioned in the syllabi in each semester i.e. I & II (total 14 in each year). The Games, event of Athletics will be allotted for the final practical lesson on the basis of draw of lot which shall take place 15 days before final practical examinations. All the lesson plans prepared by the students must be signed by the concerned teacher.

SCHEME OF EXAMINATION OF B.A.II (PHYSICAL EDUCATION)

2012-13
Semester 3rd

Paper	Nomenclature	Total marks		Practical Marks	Max. Marks
		External	Internal		
VIII	Physical Activity & Health	60	15	-	75
IX	Games (Practical) Handball, Baseball, Wrestling & Badminton	-	-	12	12
X	Athletics (Practical) Javelin throw, Long jump, 4x100 mtr relay race	-	-	13	13
	Total marks	60	15	25	100

Semester 4th

Paper	Nomenclature	Total marks		Practical Marks	Max. Marks
		External	Internal		
XI	Physical Fitness & Yoga	60	15	-	75
XII	Games (Practical) Korfball, Lawn-tennis, Weightlifting, Swimming	-	-	12	12
XIII	Athletics (Practical) Hammer throw, 800 mtr race, High Jump	-	-	13	13
	Total	60	15	25	100

Note: -

The practical classes shall be held as per the scheme of each semester. But, final practical examinations for both the semesters i.e. (3rd & 4th) shall be conducted by external & internal examiners at the end of 4th semester. However, separate examination for each semester will be conducted as per syllabus of each semester.

Note:-

The students are required to prepare Seven lesson plans (Games-4, Athletics-3) on the events mentioned in the syllabi in each semester i.e. 3rd & 4th. The games, event of Athletics will be allotted for the final practical lesson on the basis of draw of lot which shall take place 15 days before final practical examinations. All the lesson plans prepared by the students must be signed by the concerned teacher.

SCHEME OF EXAMINATION OF B.A.III (PHYSICAL EDUCATION)

2013-14
Semester 5th

Paper	Nomenclature	Total marks		Practical Marks	Max. Marks
		External	Internal		
XIV	Socio-Psychological Foundations of Physical Education	60	15	-	75
XV	Games (Practical) Hockey, Kabaddi, Water polo & Table Tennis	-	-	12	12
XVI	Athletics (Practical) 1500 mtr, 400 mtr. Hurdle, Tripple Jump	-	-	13	13
	Total marks	60	15	25	100

Semester 6th

Paper	Nomenclature	Total marks		Practical Marks	Max. Marks
		External	Internal		
XI	Organization & Management of Physical Education	60	15	-	75
XII	Games (Practical) Football, Kho-Kho, Chess, Kabaddi (Haryana Style)	-	-	12	12
VI	Athletics (Practical) 3000 mtr, 4x400 relay races, Pole vault	-	-	13	13
	Total	60	15	25	100

Note: -

The practical classes shall be held as per the scheme of each semester. But, final practical examinations for both the semesters i.e. (5th & 6th) shall be conducted by external & internal examiners at the end of 6th semester. However, separate examination for each semester will be conducted as per syllabus of each semester.

Note:-

The students are required to prepare seven lesson plans (Games-4, Athletics-3) on the events mentioned in the syllabi in each semester i.e. 5th & 6th. The Games, events of Athletics will be allotted for the final practical lesson on the basis of draw of lot which shall take place 15 days before final practical examinations. All the lesson plans prepared by the students must be signed by the concerned teacher.

B.A. Part I (Semester-1st)**Paper-I PRINCIPLES AND FOUNDATIONS OF PHYSICAL EDUCATION**

Ext. Marks: 60

Int. marks: 15

Time: 3 hours

Note:- (a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 12 marks. It will comprise of 6 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 12 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. 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

- Biological Basis of Physical activity
(a)-Exercise: Types of Exercise (b) Growth and Exercise, (c)Exercise and well being, (d) Body types
- Growth 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
1. Foundations of Physical Eduction, M.L.Kamlesh
2. History and Principles in Physical Education, Dr. Karan Singh
3. Essentials of Physical Education, Dr. Ajmer Singh
4. 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:- (a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 12 marks. It will comprise of 6 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 12 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. 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:
5. 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

PRACTICAL WORK

The practical of B.A.I (Semester 1st & 2nd) shall consist of 50 marks (25 marks for each semester). The following events of Athletics and games activities will be the part of practical:

Games: Semester 1st: Basic Gymnastics, (Formation of class, Command and assembly)
Kho-kho, Hockey and Volleyball

Athletic events:

Sprint upto 400 mtrs, Shot-put and Long-jump

Practical work for B.A. I Semester-II

Games: Kabaddi, Basketball, Football and Wrestling

Athletics: Discus throws, Relay Races, Tripple Jump

Distribution of marks shall be as under:

Games:- 25 marks (10 marks for performance on the basis of his/her position in event/game in AIU Championship, further authenticity of concerned performer will be verified by the Principal of concerned College at the time of practical.)
10 marks for presentation & viva
05 marks for lesson plan

Athletics:-

25 marks (10 marks for performance) on the basis of his/her position in event/game in AIU Championship further authenticity of concerned performer will be verified by the Principal of concerned College at the time of practical.)
10 marks for presentation & viva
05 marks for lesson plan

Note:-

1. The students are required to prepare seven lesson plans (Games-4, Athletics-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 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. (1st & 2nd) shall be conducted at the end of 2nd semester.

B.A. II (Semester 3rd)
Paper: - Physical Activity and Health

Internal: 15 marks

External: 60 marks

Time: 3 hours

Note:- (a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 12 marks. It will comprise of 6 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 12 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I Health and Health Education

- Concept of Health, Meaning and definitions of Health and Health Education, 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 affecting diet, Elements and functions of the balanced 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) Drowning (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 4th)

Physical Fitness & Yoga

Internal: 15 marks

External: 60 marks

Time: 3 hours

Note:- **(a) For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 12 marks. It will comprise of 6 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 12 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. 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.

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B.A. III (Semester 5th) **Socio-Psychological Foundation of Physical Education**

Internal: 15 marks

External: 60 marks

Time: 3 hours

Note:- (a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 12 marks. It will comprise of 6 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 12 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

U-I Psychological aspect of Physical Education

- Learning of sports activity, Psycho-Physical Unity of human being, Law of learning, their application to situations on play ground. Theories of play, Individual differences, Adjustment, Motivation.

UNIT-II Sports Socializing Agency:

- Sports as medium of socialization, Effects of socio-economic status on sports, spectators and crowd behaviour (Positive, Negative and Neutral) Sports and Economy. Traditions and their influence on behaviour patterns.

UNIT-III Conditioning

- Need and Importance of conditioning, Methods of conditioning (Circuit Training, Interval training, Fartlek Training, Weight Training)

UNIT-IV Doping

- Types of doping, prevention of doping
- Hazard of smoking and drinking, prevention of smoking and drinking, quitting techniques of smoking and drinking habits.

REFERENCES:

1. Charles, A Bucher, Foundation & Physical Education, The C.V. Nos by company 1961 S.T. Louis.
2. Ball & Lay, Sports and Social Orders
3. Dr. A.K.Uppal, Foundation of Physical Education.

**B.A. III (Semester 6th)
Organization and Management of Physical Education**

Internal: 15 marks
External: 60 marks
Time: 3 hours

Note:- (a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 12 marks. It will comprise of 6 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 12 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I Track:

- Need, Importance & characteristics of Track, care and maintenance of Track.
- Conduct of Annual Athletic meet
- Organization and conduct of tournament,

UNIT-II Sports Management

- Meaning, importance and scope of sports management
- Factor influencing sports management
- Qualification and qualities of Physical Education teachers
- Duties of an official (Pre-game, during-game and post-game)

UNIT-III Sports Injuries

- Prevention of sports injury and rehabilitation, sports injury and various factors causing injury, Principles of prevention of sports injury. Meaning and scope of rehabilitation, facilities available for rehabilitation. Role of Physical Education teacher in rehabilitation.

UNIT-IV Professional Preparation

- Meaning of Professional Preparation, Definition and significance of profession preparation in Physical Education. Curriculum Design in Physical Education.

References:

1. Gupta Rakesh, Akhilesh and Santosh Sharma, Professional Preparation & Curriculum Design in Physical Education.
2. P.M. Loseph, Organization of Physical Education.
3. D.G.Waknerker, Manual of Physical Education
4. Kamlesh M.L., Management concept in Physical Education and Sports, New Delhi.
5. Doherty J. Manneth, Modern track and field, Englewood cliffe, N.J. Printice all, Ino.

