

03-Scheduled of work

PHYSICAL EDUCATION

Time: 3 Hours Max. Marks: 100

Theory Marks: 60

Practical Marks: 40

Section A: The candidates are required to attempt all the six questions carrying two marks each $6 \times 2 = 12$ marks.

Section B : The candidates are required to attempt seven out of twelve questions carrying four marks each. $7 \times 4 = 28$ marks

Section C: The candidates are required to attempt two out of four questions carrying ten marks each. $2 \times 10 = 20$ marks.

Term-1 B.A – 1st (Sem-1) July to Sept.

1. Definition of the term: Education, Physical Education, Physical Training and Coaching.
2. Aims and Objective of Physical Education.
3. Relationship of Education and Physical Education.
4. Biological Principles :-
 - (a) Growth and development
 - (b) Age and sex Differences
 - (c) Effects of heredity and environment on Growth and Development.
 - (d) Chronological age, Physiological age, Anatomical age and Mental age.
 - (e) Body Types.

Practical: - Division of Marks: Athletics (12) + Games (12) + Ground Marking (3+3), Practical Note Book (5), Viva – Voce (5).

Athletics Performance ----- 100M, Shot- Put.

Term-2 B.A – 1st (Sem-1) Oct to Nov

I. Development of Physical Education and sports in India.

- (a) Pre - Independence
- (b) Post - Independence
- (c) Sports Schemes in India
 - (1) N.S.N.I.S
 - (2) Sports Authority of India.
 - (3) Punjab Sports Department.
 - (4) Punjab State Sports Council.

II. Olympic Games:-

- (a) Ancient Olympic
- (b) Modern Olympics.

III. Commonwealth Games

IV. Asian Games

Practical: - Games (Boys & Girls) ----- Fundamentals, Rules, Performance: - Volleyball & Cricket.

B.A – 1st (Sem-2) Jan to May.

1. Cell : Structure and Functions.
2. Skeletal System: Type of Bones, Name of the various Bones of the Body, Various Types of Joints.
3. Muscular System: Various Type of Muscles, Structure and Skeletal Muscles.
4. Digestive System : Its Organs and Mechanism of Digestion
5. Nutrition : Elements of balanced Diet, Functional Diet / Food

Term-2 B.A – 1st (Sem-2)

1. Meaning and scope of health education. Hygiene Problem of educational institutions and their remedial Measures.
2. Personal hygiene : care of eyes, Teeth, ears, skin, hair and nails
3. Air and water pollution and its remedial measures.
4. First aid in case of snake bite, Drowning, Electric Shock, Burns, Fracture, Dislocation, Sprain and Strain.
5. Effects of Alcohol and Smoking on health.
6. Doping in Sports
7. Communicable Diseases: Mode of Transmission, Prevention and Control of tuberculosis, hepatitis (A & B), Rabies and HIV / AIDS.

Practical: - Games (Boys & Girls) ----- Fundamentals, Rules, Performance, Handball & Kho – Kho.

PHYSICAL EDUCATION

Time: 3 Hours Max. Marks: 100

Theory Marks: 60

Practical Marks: 40

Section A: The candidates are required to attempt all the six questions carrying two marks each $6 \times 2 = 12$ marks.

Section B : the candidates are required to attempt seven out of twelve questions carrying four marks each. $7 \times 4 = 28$ marks

Section C: The candidates are required to attempt two out of four questions carrying ten marks each. $10 \times 2 = 20$ marks.

Term-1 B.A – 2ND (Sem-3) July to Sept.

1. Meaning of learning, Nature of skill Learning and Laws of Learning.
2. Learning Curve.
3. Motivation in physical Education
4. Play Meaning and Theories.
5. Psychological factors effecting sports Performance i.e. Stress tension, Anxiety, Aggression.
6. Psychological Characteristics of the adolescent in Sports Situation.

Practical: - Athletics Performance ----- 200M, Discuss Throw.

Term-2 B.A – 2nd (Sem-3) Oct to Nov

1. Transfer of Training, Its application in Sports Situation.
2. Growth and Development During Childhood;
 - (a) Physical
 - (b) Mental
 - (c) Emotional
 - (d) Inter- Personal Social Development.
3. Sports and Economy.
4. Causes of poor Performance of Sports in India.
5. Sports and Socialization – Integration through Sports (National & International)
6. Sports, Politics and their Relationship.

Practical: - Games (Boys & Girls) ----- Fundamentals, Rules, Performance:-Football & Yoga

B.A – 2nd (Sem-4) Jan to May

1. Respiratory System, Organs of Respiratory, Mechanism of Respiration.
2. Excretory System; Structure and Function of Kidney and Skin.
3. Endocrine System, Meaning of Endocrine Glands, Function and Location of pituitary, thyroid and adrenal glands.
4. Nervous system: Its Organs and Functions.
5. Circulatory system : Heart and its structure , Mechanism of circulation of Blood , Various Type of blood vessels.
6. Care, Prevention of Cause and Cure of Sports Injuries (Sprain , contusion, Dislocation and Fractures)

Practical: - Games (Boys and Girls) ----- Fundamental, Rules, Performance . Hockey and Wrestling.

Parts - A

Term -1 B.A 3rd (Sem – 5) July to Sept.

1. Recreation: Meaning and Importance of Recreation.
2. Aims and Objective of Recreation.
3. Intramural and Extramural Sports competition and Their Importance.
4. Muscular Contraction: Eccentric, Concentric, Motor Unit, Isotonic, Isometric, Isokinetic Exercise.
5. Laws of Motion, Lever and their types, Equilibrium, its type and Laws, center of Gravity, Force and Its type.
6. Athletics Performance ----- 800M, Triple Jump for Boy and Girls.

Parts – B

1. Posture: Meaning and type of Posture.
2. Postural – Deformities: Spinal Foot and Knock – Knees, Their Causes and Corrective Exercise.
3. Meaning and Aims of Sports Training.
4. Normal load, Crest Load, over load.
5. Meaning and Importance of Warming up and Cooling Down in Sports.

Games (Boys and Girls)----- Fundamentals , Rules , Performance ,Basketball and Judo.

PHYSICAL EDUCATION

Time: 3 Hours Max. Marks: 100

Theory Marks: 60

Practical Marks: 40

Section A: The candidates are required to attempt all the six questions carrying two marks each $6 \times 2 = 12$ marks.

Section B : the candidates are required to attempt seven out of twelve questions carrying four marks each. $7 \times 4 = 28$ marks

Section C: The candidates are required to attempt two out of four questions carrying ten marks each. $10 \times 2 = 20$ marks.

Parts - A

B.A 3rd (Sem – 6) Jan to May.

1. Effect of exercise on Muscular, respiratory and Circulatory Systems.
2. General concept of Vital Capacity, Blood Pressure, General and Specific Conditioning.
3. Tournaments: Draw of Fixture, type of Tournaments.
 - (a) Knock Out
 - (b) League
 - (c) Combination Tournament
 - (d) Challenge Tournament
4. Organization of Camps, Play day (Sports Meet)
5. Need and Scope of Coaching in India. Professional Preparation of Coaches. Qualification and responsibilities of a coach

Part – B

1. Meaning and Importance of Kinesiology
2. Joints, Muscles, their types and Movements.
3. Therapeutic Exercise, their Classification and benefits.
4. Components of Physical Fitness: - Speed, Strength, Endurance, Agility and Flexibility.
5. Training Methods; Circuit, interval, Fartlek, Weight- Training and Cross Country.
6. Methods of Improving Strength, Speed, Endurance, Flexibility and Agility.

Athletics Performance ----- 1500M, Javelin Throw for Boys,800M, Triple Jump for Girls.

Games (Boys and Girls)----- Fundamentals , Rules , Performance-Kabbadi and Badminton