

# SYLLABUS

## HEALTH AND PHYSICAL EDUCATION

### B.A.-I (SEMESTER-I)

Time : Three hours

[Theory : 60 Marks  
Internal Assessment : 15 Marks]

#### Instructions for Paper Setter

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III and 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 each.

#### Instructions for Candidates

Candidates are required to attempt one question from each section I, II, III, IV and V<sup>th</sup> unit is compulsory for all.

#### UNIT – I : INTRODUCTION TO PHYSICAL EDUCATION

- 1.1 Meaning, definition and scope of Physical Education.
- 1.2 Relationship of Physical Education with General Education
- 1.3 Aim, Objectives and Importance of Physical Education in Modern Society.
- 1.4 Misconceptions regarding Physical Education.

#### UNIT – II : HEALTH & HYGIENE

- 2.1 Meaning, definition and importance of Health.
- 2.2 Factors influencing Health.
- 2.3 Meaning and Importance of Personal Hygiene.
- 2.4 Hygiene of various body parts and Factors influencing Personal Hygiene.

#### UNIT – III : INTRODUCTION TO YOGA

- 3.1 Yoga - Meaning, Concept and Historical Development.
- 3.2 Types of Yoga.
- 3.3 Importance of yoga in healthy living.
- 3.4 Pranayama—meaning, types and their benefits.

#### UNIT – IV : INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY

- 4.1 Meaning and definition of Human Anatomy and Physiology.
- 4.2 Importance of Human Anatomy and Physiology in Physical Education.
- 4.3 Definition of Cell, Tissue, Organ and System.
- 4.4 Structure and Properties of Cell.

### B.A.-I (SEMESTER-II)

Time : Three hours

[Theory : 60 Marks  
Internal Assessment : 15 Marks]

#### INSTRUCTIONS FOR PAPER SETTER

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III and 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 each.

## INSTRUCTIONS FOR CANDIDATES

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

### UNIT – I : INTRODUCTION TO HEALTH EDUCATION

- 1.1 Definition, Aim, Objectives and Scope of Health Education.
- 1.2 Importance of Health Education in modern society.
- 1.3 First Aid : Meaning, Aim, Objectives and General Principles of First Aid.
- 1.4 First Aid for Common injuries - Bleeding, Burns, Electric Shock, Drowning and Snake Bite.

### UNIT – II : HISTORICAL PROSPECTS OF PHYSICAL EDUCATION

- 2.1 Pre-independence and Post - Independence historical development of Physical Education in India.
- 2.2 Role of IOA, SAI, NSNIS and YMCA in the development of Physical Education and Sports in India.
- 2.3 Sports Policy of Haryana State.
- 2.4 National Sports Policy.

### UNIT – III : INTRODUCTION TO PHYSICAL FITNESS

- 3.1 Meaning, definition and importance Physical Fitness.
- 3.2 Components and Principles of Physical Fitness.
- 3.3 Factors influencing of Physical Fitness.
- 3.4 Meaning of Isometric, Isotonic and Isokinetic exercises.

### UNIT – IV : INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY

- 4.1 Anatomy of Human Bone.
- 4.2 Types and Functions of bones in Human Body.
- 4.3 Meaning and Types of joints in Human Body.
- 4.4 Types of synovial joints in Human Body.

## B.A.–I (SEMESTER–I & II) : PRACTICAL

[Practical : 50 Marks]

Any one game (with ground specifications, general rules and general skills) 1. Kho-Kho      2. Badminton      3. Cricket	10 marks
Name and identification of bones in Human Body	10 marks
Athletics : Shot-Put (Measurements & Basic Techniques) Types of Starts – Crouch Strat and Standing Starts (Basic Technique)	10+10 marks
Viva-voce and Practical File	10 marks





# SYLLABUS

## HEALTH AND PHYSICAL EDUCATION

**B.A.-II (SEMESTER-III)**

Time : Three hours

[Theory : 60 Marks  
Internal Assessment : 15 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 questions.

### Instructions for Candidates

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

### UNIT – I : CONCEPT OF SAFETY EDUCATION

- 1.1 Meaning, need and importance of Safety Education
- 1.2 Sports Injuries : Types and causes
- 1.3 Principles of prevention of sports Injuries.
- 1.4 General treatment for common sports injuries i.e. Abrasion, Contusion, Sprain, Strain, Fracture and Dislocation of Joints.

### UNIT – II : COMMON DISEASES

- 2.1 Meaning of Communicable and Non-Communicable diseases.
- 2.2 Modes of transmission, prevention and control of communicable diseases.
- 2.3 Common diseases : HIV/AIDS, Hepatitis, Dengue, Typhoid, Malaria and Influenza.
- 2.4 Allergy related diseases : Asthma and Sinuses

### UNIT – III : CONCEPT OF BALANCE DIET

- 3.1 Balanced Diet : Meaning and importance
- 3.2 Components of balanced diet and their sources
- 3.3 Factors affecting balanced diet
- 3.4 Harmful effects of Junk Food

### UNIT – IV : ANATOMY AND PHYSIOLOGY OF BODY SYSTEM

- 4.1 Circulatory System : Structure of Heart
- 4.2 Functioning of Heart
- 4.3 Types of Circulation : Systemic and Pulmonary
- 4.4 Effects of exercise on Circulatory System.

**B.A.-II (SEMESTER-IV)**

Time : Three hours

[Theory : 60 Marks  
Internal Assessment : 15 Marks]

### INSTRUCTIONS FOR PAPER SETTER

The question paper will consist of five Units 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup>. The Unit 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup>, will have two questions from each Unit (1<sup>st</sup>. to 4<sup>th</sup>.) carrying 10 marks each and Unit 5<sup>th</sup> will consist of 10 short answer type questions covering the whole syllabus carrying 2 marks each.



## INSTRUCTIONS FOR CANDIDATES

The candidates are required to attempt one question from each unit (I<sup>st</sup> to IV<sup>th</sup>.) and Unit V<sup>th</sup> is compulsory for all.

### UNIT – I : WARMING UP AND COOLING DOWN

- 1.1 Meaning, types and significance of warming up
- 1.2 Meaning, types and significance of cooling down
- 1.3 Methods of warming up and cooling down.
- 1.4 Physiological aspects of warming up and cooling down..

### UNIT – II : PSYCHOLOGICAL ASPECTS OF PHYSICAL EDUCATION

- 2.1 Meaning of Psychology and sports Psychology
- 2.2 Need and importance of sports psychology
- 2.3 Learning : meaning and laws
- 2.4 Learning curve

### UNIT – III : MAJOR SPORTS EVENTS

- 3.1 Ancient Olympic Games
- 3.2 Modern Olympic Games
- 3.3 Asian Games
- 3.4 Common Wealth Games

### UNIT – IV : ANATOMY AND PHYSIOLOGY OF HUMAN BODY SYSTEM

- 4.1 Structure of Respiratory Organs
- 4.2 Physiology of Respiratory System
- 4.3 Effect of exercise on Respiratory system
- 4.4 Terminology of respiration : Tidal Volume, Residual Volume and Total Lung Capacity

## B.A.–II (SEMESTER–III & IV) : PRACTICAL

[Practical : 50 Marks]

10 Marks

1. **Measurement of Body Mass Index**  
(Normal Range of B.M.I. for Children, Women and Men) 10 Marks
2. **Any one game from the following :**  
(With ground specifications, general rules and general skills)  
(i) Basketball                      (ii) Football                      (iii) Kabaddi (10 +10) Marks
3. **Athletics**  
Discus throw and Long jump  
(Specifications, general rules and general skills) 10 Marks
4. **Viva-Voce and Practical File**



# SYLLABUS

## HEALTH AND PHYSICAL EDUCATION

**B.A.-III (SEMESTER-V)**

Time : Three hours

[Theory : 60 Marks  
Internal Assessment : 15 Marks]

### Instructions for Paper Setter

The question paper will consist of five Units Ist, IInd, IIIrd, IVth & Vth. The Unit Ist, IInd, IIIrd & IVth will have two question from each Unit (Ist to IVth) carrying 10 marks each and Unit 'Vth' will consists of 10 short answer type questions covering the whole syllabus carrying 2 marks each.

### Instructions for Candidates

The candidates are required to attempt one question from each unit (Ist to IVth).

### UNIT - I: GROWTH AND DEVELOPMENT

- 1.1 Meaning and definition of Growth and Development
- 1.2 Stages of Growth and Development
- 1.3 Principles and factors influencing growth and development
- 1.4 Age and sex difference in relation to physical activities and sports

### UNIT - II : CONCEPT OF SPORTS ORGANIZATION AND ADMINISTRATION

- 2.1 Meaning and importance of organization and administration in Physical Education and Sports
- 2.2 Principles of sports organization and administration
- 2.3 Organization and administration of Intramural and Extramural activities
- 2.4 Tournaments and their types (League and Knock out)

### UNIT - III : CONCEPT OF POSTURE

- 3.1 Meaning of posture and importance of good posture
- 3.2. Causes of poor posture
- 3.3 Symptoms and causes of Postural Deformities: Lordosis, Kyphosis, Scoliosis, Flat Feet, Knock Knee and Blow Legs
- 3.4 Precautions and Remedies for postural deformities

### UNIT - IV : ANATOMY AND PHYSIOLOGY

- 4.1 Gross Anatomy of muscle, Types of Muscles in human body
- 4.2 Effects of exercise of Muscular System
- 4.3 Composition of Human Blood
- 4.4 Functions of Blood

**B.A.-III (SEMESTER-VI)**

Time : Three hours

[Theory : 60 Marks  
Internal Assessment : 15 Marks]

### INSTRUCTIONS FOR PAPER SETTER

The question paper will consist of five Units Ist, IInd, IIIrd, IVth & Vth. The Unit Ist, IInd, IIIrd & IVth will have two question from each Unit (Ist to IVth) carrying 10 marks each and Unit 'Vth' will consists of 10 short answer type questions covering the whole syllabus carrying 2 marks each.



## INSTRUCTIONS FOR CANDIDATES

The candidates are required to attempt one question from each unit (1st to IVth) and Unit Vth is compulsory for all.

### UNIT – I : CONCEPT OF MOTIVATION AND SOCIALIZATION

- 1.1 Meaning and definition of motivation
- 1.2 Types of motivation and importance of motivation in sports
- 1.3 Meaning and Socialization and Socialization through sports
- 1.4 Effect of social behaviour on performance of sports person

### UNIT – II : CONCEPT OF SPORTS TRAINING AND DOPING

- 2.1 Meaning and definition of sports training
- 2.2 Factors affecting sports training
- 2.3 Types of sports training : Circuit training, Interval Training and Continuous Training
- 2.4 Doping : Meaning, types and its effects on health

### UNIT – III : CONCEPT OF SPORTS BIOMECHANICS

- 3.1 Meaning and definition of sports biomechanics
- 3.2 Importance of Biomechanics in sports
- 3.3 Newton's Laws of motion and their application in sports
- 3.4 Levers: Meaning, types and their application in sports

### UNIT – IV : ANATOMY AND PHYSIOLOGY

- 4.1 Organs of Digestive System
- 4.2 Structure of Digestive System
- 4.3 Mechanism of food digestion
- 4.4 Effects of exercise on Digestive System

## B.A.–III (SEMESTER–V & VI) : PRACTICAL

[Practical : 50 Marks]

1. **Pranayam** 10 Marks
  - (i) Bhramari
  - (ii) Anulom Vilom
  - (iii) Kapal Bhati
2. **Any one game from the following :** 10 Marks

(Ground specifications, general rules and general skill)

  - (i) Volleyball
  - (ii) Hockey
  - (iii) Judo/Boxing/Wrestling/Self-defense tactics
- Typing of different types of Bandages and Arm Slings** 10 Marks
- First Aid** 10 Marks

(First aid for different injuries and circumstances, items of First aid box and their uses)
- Viva-Voce and Practical File** 10 Marks