

28 : PHYSICAL EDUCATION

part Ist Physical Education course shall consist of two theory paper carrying 60 marks each (Total 120 marks) and Practical examination carrying 80 marks (Two games & Sports 40 marks each). A candidate shall have to secure 36% mark separately in theory and practical to pass the examination.
Note: Each theory paper will have ten questions, two from each of the five units. Candidates are required to answer one question from each unit.

PAPER I HISTORY OF PHYSICAL EDUCATION

Time 3 hours

Maximum Marks : 60
Minimum Pass Marks : 22

Unit-I

1. Definition of Physical Education: Need importance, Misconception about Physical Education.
2. Principles of Physical Education
3. Aims & objectives of Physical Education
4. Scope of Physical Education
5. Career option in Physical Education.

Unit-II

1. Physical Education in Ancient India (Before 1947).
2. Physical Education in India after 1947.
3. Impact of Britain & U.S.A. on Physical Education in India.

Unit-III

1. Physical Education and Sports training Institutions in India.
2. Sports Authority of India, Scheme & Function.
3. Rajasthan State Sports Council, Function, Aims & objective.
4. Arjuna Awards, Dronacharya Awards, Maulana Abdul Kalam Azad trophy, National Sports Scholarship, Dhyan Chand and Guru Vashist, Rajiv Gandhi Khel Ratan.

Unit-IV

1. Modern Olympic Games: Start of Olympics,
2. Objectives of Olympic, olympic mascot.
3. Olympic Motto and flag.
4. Olympic Charter opening and Closing.
5. Indian Olympic Association, International Olympic Committee.
6. Ancient Olympic, differentiate Ancient and modern olympic.

Unit-V

1. Contribution of the growth of Physical Education by leaders & Movements.
2. National Physical Efficiency Drive.
3. All India council of Sports.
4. Turnverein Movement, Y.M.C.A. and Its contribution Physical Education in U.S.S.R. the spartakiad.
5. Contribution in India; G.D. Sondhi; Rajkumari Amrit Kaur; B.P.De Coubertin, Dr. P.M. Joseph; Shri H.C. Buck; Prof. Karan Singh; Prof. Ajmer Singh; Asian Games, SAF Games, National Games, Winter Olympics, Para Olympic.

Books Recommended:-

1. Ajmer Singh etc. Basis of Physical education, Health & Sports B.A.Pt. I, Kalyani Publication Ludhiana
2. Ajmer Singh etc. Basis of Physical education, Health & Sports (B.A.Pt. II), Kalyani Publication Ludhiana
3. Ajmer Singh etc. Basis of Physical education, Health & Sports (B.A.Pt. III), Kalyani Publication Ludhiana
4. Ajmer Singh Aur Anya Saririk Shiksha Swasthya evam Khelo ki Adhunik Pathyapustak B A. Part I : Kalyani Publications Ludhiana
5. Ajmer Singh etc Saririk Shiksha Swasthya evam Khelo ki Adhunik Pathyapustak B A. Part II va III : Kalyani Publications Ludhiana
6. Sidhana Ashok Kumar Saririk Siksha Sidhant, Manovigyan evam Itihas Sriyansh Publications Jaipur
7. Kamesh & Samrat Saririk Siksha ke Sidhant va Itihas Prakash Brothers Ludhiana
8. Anshu Bhandari Prakash Saririk Siksha ka Sangathan va Vidhayan Sriyansh Publications Jaipur

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FOUNDATIONS OF PHYSICAL EDUCATION

This theory paper will have ten questions, two from each of the five units. Candidates are required to answer one question from each unit.

Time 3 hours

Maximum Marks : 60
Minimum Pass Marks : 22

Unit-I**Biological Foundation**

1. Heredity & Environment & its effect
2. Stages of growth & Development.
3. Principles of growth and development, factor effecting growth & development.
4. Different between growth & development, Different between male & female
5. Chronological, Anatomical, Physiological and Mental ages of individuals - their implications in developing and implementing Physical Education Programmes.
6. Adolescent problems and their management.

Unit- II**Psychological Foundations:**

1. Meaning of psychology, Importance of Psychology for Teacher.
2. Importance and implications of psychological elements in physical education
3. Notions about mind and body and psycho-physical unity
4. Learning, Learning theories, Law of learning, transfer of learning.
5. Psychological factors effecting sports performance.
6. Personality, its dimension and type, Role of sports in personality development.

Unit- III**Philosophical Foundations:**

1. Idealism and Physical education
2. Pragmatism and Physical Education
3. Naturalism and Physical Education
4. Existentialism and Physical education

Unit- IV**Physiological Foundations:**

1. Respiratory system
2. Circulatory System
3. Muscles & type of Muscles.
4. General benefits of exercises
5. Benefit of exercise to the various systems.

Unit- V**Sociological Foundations**

1. Physical Education and Sports as a need of the society
2. Sociological Implications of Physical Education and Sports
3. Physical activities and sports as a man's cultural heritage
4. Role of social institution in development of personality through Participation in games & sports.
5. Role of leadership in personality.

References :

1. Bucher, Charles A. Foundations of Physical Education St. Louis : The C.V. Mosby company, 1986 Dollar 9.50
2. Williams Jesus Fering : The Principle of Physical Education. Philadelphia : W.B. Saunders Company 1964
3. Kamlesh M.L. Physical Edu. Facts & Foundations, P.D.Pub. Faridabad.
4. Ajmer Singh etc. Basis of Physical Education, Health and Sports (B.A. Pt. I,II,III): Kalyani Publications Ludhiana
5. Ajmer Singh etc. Saririk siksha swasthya evam khelo ki Adhunik Pathyapustak B.A. I - Kalyani Publications Ludhiana
6. Ajmer Singh etc. Saririk siksha swasthya evam khelo ki Adhunik Pathyapustak B.A. I, II, III - Kalyani Publications Ludhiana
7. Sudhanta Sanyal etc. Saririk siksha Sadhan, Manovigyan evam Itihaas - Sriyansh Publications Jaipur
8. Kamlesh M.L. Saririk siksha ke sadhan - Itihaas, Prakar B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z - Ludhiana
9. Ajmer Singh etc. Saririk Siksha Swasthya evam Khelo ki Adhunik Pathyapustak B.A. I, II, III - Kalyani Publications Ludhiana

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THEORETICAL (GAMES AND SPORTS)

113

Theoretical examination shall be conducted by a panel of two examiners to be appointed by the University. A candidate shall be required to show his/her familiarity (Rules & Techniques) and to give his performance in the following:-

1. Four period for theory
(i) Ist Paper (ii) IInd Paper
 2. Four period for practical work
(i) Athletics : two periods (ii) Games : Two periods
- (This shall carry 80 marks)

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