

B.A. Part - 11

11. PHYSICAL EDUCATION

There shall be two theory papers of 60 marks each and a Practical examination carrying 80 marks. A candidate must pass in theory and practical exam. Separately.

PAPER-I: ANATOMY AND PHYSIOLOGY OF EXERCISE

Time : 3 hours

Max Marks : 60

Min Pass Marks: 22

Unit-I - Introduction

- Meaning and concept of Anatomy. Physiology and Exercise Physiology, Its need and importance in Physical Education and Sports.
- Definition of cell, tissue.

Unit-II - Skeletal and Muscular System

- Elementary knowledge of skeleton system, teridnology of various movements around joints.
- Types of muscles.

Unit III - System

- Brief Introduction and Structure of various systems of the body (Cardio-vascular, Respiratory, Digestive, Nervous System)
 - Pumping action of heart.
 - Mechanism of respiration.

Unit IV - Physical Fitness and Training

- Physiological Concept of Physical fitness, training warming up, conditioning.
- Physiological aspects of development of strength enhance, skill.

Unit V - Physiology of Exercise

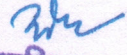
- Effect of exercises on respiratory circulatory muscular system.
- Nuro Muscular Co-ordination.
- Second wind, Oxygen dept. and binesthetic sense.
- Obesity and body weight control.

Books for Reference:

- C.V. Moshy Co, St Louis. : Morehouse & M Physiology of Exercise
- Srivastava etc,: Textbook of Practical Physiology, Scientific Book Agency, Calcutta.
- Cuyton AC : Functions of Human Body : WB Saunders Co London.
- Pearce Evelyn C. Automy and Physiology of Nurses, Faber & Faber Ltd London.

5. Karpovich and Sinnset: Physiology of Muscular Activity: WB Saunders Co. London.
6. Pearce JW: Anatomy for students and teacher of Physical Education Edward Arnold & Co., London.
7. Duvel Ellen Neill Kinesiology. The Anatomy of Motion.
8. देशपाण्डे सुरेश : मानव किया विज्ञान, हनुमान व्यायाम मण्डल, अमरावती ।
9. सिंह टी के : शरीर रचना एवं शरीर किया विज्ञान : दीपक प्रकाशन, जोधपुर ।
10. आर्मस्ट्रांग व जैकसन : नसों के लिए शरीर सम्बन्धी ज्ञान : एन.आर.ब्रदर्स, इंदौर ।
11. कंवर रमेश चन्द : शरीर किया विज्ञान व स्वास्थ्य शिक्षा: अमित ब्रदर्स नागपुर ।
12. ध्यानी वी.एस : शरीर किया विज्ञानीया : चौखम्भा ओरियन्टल, वाराणसी ।
13. पाण्डेय के आर वर्मा पी : शरीर किया विज्ञान, हिन्दी मा. का. निदेशालय, दिल्ली ।
14. अजमेर सिंह और अन्य शारीरिक शिक्षा स्वास्थ्य एवं खेलों की आधुनिक पाठ्य पुस्तक (बी.ए. पार्ट III, III) कल्याणी पब्लिकेशंस, लुधियाना ।

**Only For Session
2020-21**


अकादमिक प्रभारी
महाराजा सूरजमल वृज विश्वविद्यालय
भरतपुर (राज.)

**PAPER II: MANagements &
METHODS OF PHYSICAL EDUCATION**

Time : 3 hours

Max Marks : 60

Min Pass Marks: 22

Unit I - Introduction

1. Meaning and importance of "Teaching Methods" Factors to be considered in determining the methods of teaching.
2. Types of teaching Methods.

Unit II - Organization

Organization of Sports and National, State, District and village Level for Educational Institutions.

Unit III - Tournaments

Meaning, types of Tournaments, Method of drawing fixtures, Merits and Demerit of various types of Tournaments.

Unit IV - Facilities and Equipments

1. Need and importance of equipments for physical Education.
2. An ideal list of equipments for Physical Education.
3. Development of improvised equipment and storekeeper.

Unit V - Office Management and Budget

Physical Education Budget and its Preparation, Maintenance of Accounts, Income & Expenditure (Sources).

Books for Reference:

1. G Tirunarayanan & S Hariharan : Methods in Physical Education, Alagappa College of Physical Education, Alagappauram Karaijudi.
2. Hari Shankar Sharma: Physical Education. Organisation, Administration and Supervision(Hindi).
3. Knapp Clyde and Hagman, EP : Teaching Methods for Physical Education, New York: Mc Graw Hill Book Co. 1984.
4. Bucher CA : Administration of Physical Education and Atuletic Programmes. The CV Kosby Company, London, 1983.
5. Zelgler, EF And Bowiew GW : Management Competency Development in sports and physical education, Lea and Febler, Philadelphia, 1983.
6. कंवर आर सी : शारीरिक शिक्षा संगठन एवं प्रशासन अमित ब्रदर्स, नागपुर
7. अरोड़ा पी के : शारीरिक शिक्षा में संगठन, संचालन एवं मनोरंजन, प्रकाश ब्रदर्स, (लुधियाना)
8. कमरकर ए के और श्रीवास्वत ए के : शारीरिक शिक्षा संगठन, प्रशासन, पर्यवेक्षण एवं शिविर, सुयोग प्रकाशन, अमरावती ।

9. मोहम्मद वाहित और दीक्षित एन के : शारीरिक शिक्षा में शिक्षण विधियाँ : डालीगंज रेलवे कॉसिंग, लखनऊ।
10. पाण्डेय लक्ष्मीकान्त : शारीरिक शिक्षा की शिक्षण पद्धति, मैट्रोपोलिटन बुक कं. प्रा. लि., नई दिल्ली।
11. वैष्णव राजेन्द्र प्रसाद : शारीरिक शिक्षा का संगठन व विधियाँ : श्रीयांश पब्लिकेशन्स, जयपुर।
12. श्रीवास्तव ए के : शारीरिक शिक्षा और खेल में संगठन व पर्यवेक्षण, दिल्ली।
13. अजमेर सिंह और अन्य : शारीरिक शिक्षा स्वास्थ्य एवं खेलों की आधुनिक पाठ्य पुस्तक (बी ए पार्ट I, II, III) : कल्याणी पब्लिकेशन, लुधियाना।
14. सिदाना अशोक कुमार : शारीरिक शिक्षा सिद्धान्त, मनोविज्ञान एवं इतिहास : श्रीयांश पब्लिकेशन्स, जयपुर।

PRACTICAL

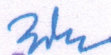
Max Marks : 80

Min Pass Marks: 28

The practical examination shall be conducted by a panel of examiners. A candidate shall be required to show his/her familiarity. Rules & Techniques) and give performance/demonstration in the following:

1. Athletics (Compulsory) 40 Marks
Triple-Jump, Javelin Shot-Put
2. Any one game of candidate's choice from the following: 40 Marks
(a) Cricket (b) Kho-kho (c) Yoga

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PHYSICAL EDUCATION

B.A. 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% marks 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

Unit-II

1. Physical Education in Ancient India (Before 1947).
2. Physical Education in India after 1947.

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.

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.

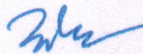
Unit - V

1. Contribution of the growth of Physical Education By leaders & Movements.
2. National Physical Efficiency Drive.
3. All India council of sports.
4. 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 Olympic, 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.Pt. 1, Kalyani Publications Ludhiana.
5. Ajmer Singh Aur Anya : Saririk Shiksha Swasthya evam Khelo Ki Adhunik Pathyapustak B.A.Pt. II va III: Kalyani Publications Ludhiana.
6. Sidhana Ashok Kumar: saririk Siksha Sidhant, Manovigyan evam Itihas: Sriyansh Publications Jaipur.
7. Kamlesh & Sangral : Saririk Siksha ke Sidhant va Itihas: Prakash Brothers Ludhiana.
8. Vaishnav Rajendra Prasad: Saririk Siksha Ka Sangthen va Vidhayan: Sriyansh Publications Jaipur.

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PAPER II
FOUNDATIONS OF PHYSICAL EDUCATION

Each 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-1

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. 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. Psychological factors effecting sports performance.
5. 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

Unit-IV

Physiological Foundations:

1. Respiratory System
2. Circulatory System
3. General benefits of exercises
4. Benefit of exercises 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 leadership in personality

References:

1. Buchetr, Charles A. Foundations of Physical Education St. Louis: The C.V. Hosby 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. Sidhana Ashok Kumar: Saririk Siksha Sidhant, Manovigyan evam Itihas: Sriyansh Publications Jaipur
8. Kamlesh aur Sangral: Saririk Siksha ke sidhant va itihas: prakash Brothers Ludhiana
9. Vaishnav Rajendra Prasad: Saririk Siksha ka Sangthan va Vidhivan: Sriyansh Publications Jaipur

PRACTICAL (GAMES AND SPORTS)

The practical 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 and 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)

Paper-II
Test and Measurement

Health Education

Time: 3 Hours

Max. Marks 60

Min. Pass M. 22

Unit-I : Introduction

1. Meaning of tests, measurements & Evaluation, Need & Importance of Tests & Measurement in Physical Education.
2. Meaning of Statistics, Need & Importance of Statistics.

Unit-II : Fundamental of Statistics

1. Measures of Central Tendency - Meaning, uses and Calculation from Frequency Tables.
2. Graphical representation of Data-Meaning uses and Techniques.

Unit-III: Test Evaluation and Construction

1. Item to be included in Objective and Subjective tests.
2. Administration of Testing programme.

Unit-IV: Measurement of Physical Fitness and Skill Performance

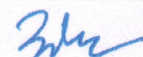
1. Fitness Tests : JCR Test,
2. Sports skill Tests : Johnson Basketball Ability Test, MC Donald Soccer Test.

Unit-V

Dimenciors and Markin of Playfields Football, Volleyball, Basketball, Cricket.

Books Recommended :

1. Clarke H.H. Application of Measure to Health and Physical Education, Englewood Cliffs, N.J. Precentice Hall Inc.
2. Larson I.A. and Yacom, R.D. Measurement and Evaluation in Physical Health and Recreation Education, St. Louis : C.V. Moslay Company 1957.
3. Mathew, Donald K. Measurement in Physical Education, London; W.B. Saunders Company 1973.
4. Neilson N.P. : An Elementary Course in statistice Test and Measurement in Physical Education National Test Polo Athletic 1960.
5. Ajmer Singh etc. Basis of Physical Education, Health & Sports (B.A. I) : Kalyani Publication Ludiana.
6. Ajmer Singh etc. Basis of Physical Education, Health & Sports (B.A. II) : Kalyani Publicaiton Ludhiana.
7. Ajmer Singh etc. Basis of Physical Education] Health & Sports (B.A. III): Kalyani Publication Ludhiana.



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