

महाराजा सूरजमल बृज विश्वविद्यालय  
भरतपुर (राज.)

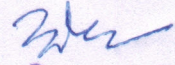
SYLLABUS

B.A. (Part I, II, II)

PHYSICAL EDUCATION

(2020-21)

For Session  
2020-21

  
अकादमिक प्रभारी  
महाराजा सूरजमल बृज विश्वविद्यालय  
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## B.A. Part I

### PHYSICAL EDUCATION 2020-21

B.A. Part I<sup>st</sup> 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 Charter opening and Closing.
4. Indian Olympic Association, International Olympic Committee.

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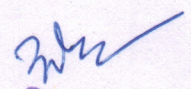
## Unit-V

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.

### 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. I, 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-I**

**Biological Foundation:**

1. Heredity & Environment & its effect.
2. Stages of growth & Development.
3. Principles of growth and development, factor effecting growth & development.
4. Difference between growth & development, Difference between male & female.
5. Chronological, Anatomical, Physiological and Mental ages of Individuals- their implications in developing and implementing physical Education programs.

#### **Unit-II**

**Psychological Foundations:**

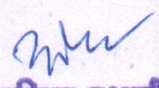
1. Meaning of Psychology, Importance of Psychology for Teacher.
2. Importance and implications of psychological elements in physical education.
3. Notions about mind and body and psycho-physical unity.
4. Learning, Learning theories, Law of learning, transfer of learning
5. Personality, its dimension 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

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## Unit-IV

### Philosophical Foundations:

1. Respiratory System.
2. Circulatory System.
3. Muscles & type of Muscles.
4. General benefits of exercises.

## Unit-V

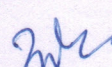
### Sociological Foundations:

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 Publication 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
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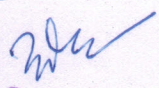
### **Practical (GAMES AND SPORTS)**

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)**

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