

SYLLABUS AND COURSES OF READING
FOR
BACHELOR OF PHYSICAL EDUCATION
B.A. (THREE YEARS) PART-II
(SEMESTER III & IV)

SESSION 2023-24, 2024-25 & 2025-26



PUNJABI UNIVERSITY, PATIALA
(ESTABLISHED UNDER THE PUNJAB ACT NO. 35 OF 1961)

Ms. G. L.
Patiala
2023

SYLLABUS OF B.A. PART-II (SEMESTER-III)
PHYSICAL EDUCATION
FOR THE YEAR: 2021-2022, 2022-2023 & 2023-24

PART-A	THEORY	100 Marks Theory Paper: 80 Marks Internal Assessment: 20 Marks Pass Marks: 35%	6 Periods Per week for Per Unit
PART-B	PRACTICAL (SKILL & PROWESS)	50 Marks (External)	6 Periods Per week for Per Unit

Note: Teaching hrs. for Theory: 6 Periods per week of one unit contains 70-80 students.
 Teaching hrs. for Practical: 6 Periods per week (2 periods x3 Days) of one unit (one unit contains 30-40 students)

THEORY PAPER

MARKS: 80

Timing : 3 Hrs.

**INSTRUCTIONS
FOR THE PAPER-SETTER**

- There shall be nine questions in all.
- First question is compulsory. It will contain 10 short type questions, covering entire syllabus. Each question carries 2 marks. (10 X 2 = 20 Marks).
- Rest of the paper shall contain four units I, II, III and IV for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e., the student shall attempt one question from each unit. (15 X 4 = 60 Marks)

UNIT-I

- Play: Introduction, Theories and Importance.
- Childhood & Adolescence: Growth and Development (Physical, Mental, Emotional & Social.)
- Age and Sex Differences:-Introduction, Age & Sex differences, Structural differences, Physiological differences and Gynecological differences.

UNIT-II

- Yoga: Introduction, Aim, Importance and Types of Yoga
- Pranayama: Meaning, Types, Objectives and its Importance.
- Physiology of Asanas: Effective on various system of body

UNIT-III

- Respiratory System: Introduction, Organs, Structure and Functions
- Sports Terminologies: Isometric, Isotonic, Isokinetic, Reflex Action, Over Load, Recovery and Motor Ability.
- Excretory System: Introduction, Organs, Structure and Functions.

UNIT-IV

- Asanas: Introduction, Importance, Types and Techniques of (Padmasana, Vajra asana, Sukhasana, Savasana, Makar asana, Halasana, Mayur asana and Chakrasna.
- Kabaddi (Nationalstyle): History, Layout, General Rules and Regulations, Officials, Major Tournaments and Arjuna Awardees.
- Shotput: Rules, Layout and Techniques.

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REFERENCES:

- Aggarwal, J.C. (2006) "Health and Physical Education" Shipra Publications, Shakarpur, Delhi.
- Ahluwalia, P.S., Deol, N.S. and Kaushal, S. (2009) "A Text book of Physical Education" Imperium Publishers, Khanna, Ludhiana.
- Dutta, A.K. (2004) "Games and Sports for Children" 1st edition- Janvani Prakashan, Shahdra, Delhi.
- Jain, Deepak (2002) "Physical Education and Recreational Activities" Khel Sahitya Kendra, New Delhi.
- Kang G.S. and Deol N.S. (2008) "An Introduction to Health and Physical Education" Twenty First Century, Patiala.
- Kapri, B.C. et. al. (2014) "Physical and Health Education" N. B. Publications, Meerut, India.
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- Sarswati, Swami Satyan and, Four chapters of freedom" (2006) Yoga publication trust, Gang adarsh an Munger, Bihar, India.
- Singh. Ajmeret.al.(2016)"Essential of Physical Education and Olympic movement" Kalyani Publishers, Ludhiana.
- Thour, Mandeep (2006) "Camping Management in Physical Education" Friends Publication, Delhi.
- International Association of Athletics Federations Competition Rules (2017-18). Centenary Edition. Monaco. <http://www.iaaf.org>

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**SEMESTER-III
PRACTICAL**

PART-B

SKILL & PROWESS

MARKS: 50 (External)

PART-B	Skill and Prowess	50 marks (External)	6 Periods Per week for Per Unit
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Note: Teaching hours: 6 Periods per week (2 periods x3 Days) of one unit (one unit contains 30-40 students)

KABADDI, YOGA AND SHOT PUT

Evaluation will be based on skill test, performance and Viva-voce.

Content to be covered during practical sessions:

1. Measurement of the field and preparation of the field.
2. Equipment and Materials of the games.
3. Fundamental skill and lead up games.
4. Techniques.
5. Rules and regulation of the games
6. Officiating:
 - Duties of officials.
 - Knowledge of score sheet.
 - Signals of officiating
 - Technical equipment for officiating

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UNIT-I

1. Sports Psychology: Introduction, Importance and its Relationship.
2. Learning: Meaning, Types, Laws of Learning and their Implication in Sports.
3. Transfer of Training: Types and its application in Sports.

UNIT-II

1. Motivation: Introduction, Types, Methods of Motivation and its Importance in Physical Education and Sports.
2. Personality: Introduction, Types and Characteristics of Personality.
3. First Aid: Introduction, Principles, Qualities of First Aider, Process of Providing First Aid during different Calamity (Burns, Electric Shock, Heat Stroke, Drowning).

UNIT-III

1. Joints: Introduction, Classification of Various Joints of Human Body and Kinds of Joints Movements.
2. Sports injuries: Introduction, Causes, Symptoms, Treatment and Prevention of (Sprain, Strain, Contusion, Dislocation and Fracture).
3. Nervous System: Structure and Functions

UNIT-IV

1. High jump: Rules and Regulations, Layout and Techniques.
2. Discus Throw: Rules and Regulations, Layout and Techniques.
3. Kho-Kho: History, Layout, General Rules and Regulation, Officials, Major Tournaments.

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REFERENCES:

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**SEMESTER-IV
PRACTICAL**

PART-B

SKILL & PROWESS

MARKS: 50 (External)

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KHO-KHO, HIGH JUMP AND DISCUS THROW

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 - Duties of officials.
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