

FACULTY OF ARTS AND SOCIAL SCIENCES

SYLLABUS

of

Physical Education

for

Bachelor of Arts (SEMESTER-I, II, III, IV, V, VI)

(Under Continuous Evaluation System)

Session: 2021-22



The Heritage Institution
KANYA MAHA VIDYALAYA JALANDHAR
(Autonomous)

Kanya Maha Vidyalaya, Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME
Bachelor of Arts
Session-2021-22

BACHELOR OF ARTS SEMESTER-I							
Course Code	Course Title	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
BARM-1384	Physical Education	E	100	50	30	20	3+3

COURSE OUTCOMES: PHYSICAL EDUCATION

Upon Successful Completion of this Semester, Students will be able to:

- CO1:** This section gives a brief overview of Meaning & Definition of Education and Physical Education, Aim and Objectives of Physical Education and also be able to apply this knowledge to analyse the Positive Relationship between Education and Physical Education and Importance of Physical Education.
- CO2:** This Section gives a brief overview and addressing areas such as Biological Principles of Growth and Development, Age and Sex differences, it also highlights various Effects of Heredity and Environment on Growth and Development, different types of Age and Body types.
- CO3:** This section gives a brief overview of Harmful effects of Alcohol and Smoking on Health and Concept of Doping and its Harmful Effects in Sports and Concept of Sports Injuries.
- CO4:** This section gives a brief overview of Warming Up and Cooling Down and also provides a context for the History of Physical Education in India from Pre-Independence and Post-Independence from earliest times to the present. It provides updates on the various Sports Schemes in India and progress of Olympic Movement and Historical Development of Ancient and Modern Olympic Games and it's also offers expanded coverage of History of Commonwealth Games and Asian Games.

Bachelor of Arts
Semester-I
Session 2021-22
Course Code: BARM-1384
Course Title: Physical Education

Time: 3 Hours

Max. Marks: 100

Theory: 50

Practical: 30

CA: 20

Instructions for the Paper Setter: Eight questions of equal marks (10 marks) are to be set, two in each of the Four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the Syllabus Respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

UNIT-I

- Definition of the terms: Education, Physical Education, Physical Training and Coaching
- Aims and Objectives of Physical Education
- Relationship of Education and Physical Education
- Need and Importance of Physical Education

UNIT-II

- Biological Principles
 - Growth and Development
 - Age and Sex differences
 - Effects of Heredity and Environment on Growth and Development
 - Chronological Age, Physiological Age, Anatomical age and Mental age
 - Body Types
- Effects of Alcohol and Smoking on Health
- Doping in Sports
- Care, Prevention and Causes of Sports Injuries: Sprain, Strain, Contusion and Dislocation

UNIT-III

- Meaning and importance of Warming Up and Cooling Down
- Development of Physical Education and Sports in India
 - Pre Independence
 - Post Independence
- Sports Schemes in India
 - N.S.N.I.S
 - Sports Authority of India
 - Punjab Sports Department
 - Punjab State Sports Council

UNIT-IV

- Olympic Games
- Ancient Olympics
- Modern Olympics
- Commonwealth Games
- Asian Games

References/Text Books:

1. Barrow, H.M. (1973). Man and His Movements: Principles of Physical Education, Lea and Febiger.
2. Reverse, R.S. (1978). Foundations of Physical Education Houghton Mifflin Co. Boston, Latest Edition.
3. Bucher, C.S. (1968). Foundations of Physical Education 5th Edition, at Louis C.V. Mosby. C.
4. Eraz Ahmad Khan. History of Physical Education-Scientific Book Co., Patna-4, Latest Ed.
5. Tadan D.K. (2001). Scientific basis of Physical Education and Sports, Friends Publication, New Delhi.
6. Singh Ajmer and Gill Jagtar. (2004). Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana.
7. Kang G.S. and Deol N.S. (2008). An Introduction to Health and Physical Education, 21st Century, Patiala.

Bachelor of Arts
Semester-I
Session 2021-22
Course Code: BARM-1384
Course Title: Physical Education
Practical

Marks: 30

Division of Marks: Athletics (07) + Games (07) + Practical Note Book (4),
*Games/Athletics Event Comprehensions & Viva–Voce (12)

Athletics Performance:

- 100 Meters
- Long Jump

Games:

- Volleyball, Cricket

***Games/Athletics Event Comprehensions & Viva–Voce**

- History of the Game/Athletic Events
- Basic Fundamentals
- Equipment and Specifications
- Marking/Layout of Field
- Rules and Regulations (Number of Players, Number of Officials required and General Rules of Play)
- Major Tournaments/Competitions

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SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME
Bachelor of Arts
Session-2021-22

BACHELOR OF ARTS SEMESTER-II							
Course Code	Course Title	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
BARM-2384	Physical Education	E	100	50	30	20	3+3

COURSE OUTCOMES: PHYSICAL EDUCATION

Upon Successful Completion of this Semester, Students will be able to:

CO1: This section gives a brief overview of Cell: Meaning, Structure and Functions of Cell, Skeletal System: Types of Bones, Names of the Various Bones of the Body, Various Types of Joints and also be able to apply this knowledge to know about the role of Muscular System: Various Types of Muscles and Structure of Skeletal Muscles.

CO2: This Section gives a brief overview of working of different systems such as Digestive System: its Organs and Mechanism of Digestion, and role of Nutrition: Elements of Balanced Diet, Functional Diet/Food for achieving the peak performance in sports competition and Meaning and Scope of Health Education. Hygiene Problems of Educational Institutions and their Remedial Measures.

CO3: This section gives a brief overview of concept of Personal Hygiene; Care of Eyes, Teeth, Ears, Skin, Hair and Nail and Harmful effects of Air and Water Pollution and its Remedial Measures.

CO4: This section gives a brief overview of First aid in Case of Snake Bite, Drowning, Electric Shock and Burns and Communicable Diseases: Mode of Transmission, Prevention and control of Tuberculosis, Hepatitis (A & B), Rabies and HIV/AIDS.

**Bachelor of Arts
Semester-II
Session 2021-22
Course Code: BARM-2384
Course Title: Physical Education**

Time: 3 Hours

Max. Marks: 100

Theory: 50

Practical: 30

CA: 20

Instructions for the Paper Setter: Eight questions of equal marks (10 marks) are to be set, two in each of the Four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the Syllabus Respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

UNIT-I

- Cell: Structure and Functions
- Skeletal System: Types of Bones, Names of the Various Bones of the Body, Various Types of Joints
- Muscular System: Various Types of Muscles, Structure of Skeletal Muscles

UNIT-II

- Digestive System: its Organs and Mechanism of Digestion.
- Nutrition: Elements of Balanced Diet, Functional Diet/Food
- Meaning and Scope of Health Education. Hygiene Problems of Educational Institutions and their Remedial Measures

UNIT-III

- Personal Hygiene; Care of Eyes, Teeth, Ears, Skin, Hair and Nail
- Air and Water Pollution and its Remedial Measures

UNIT-IV

- First aid in Case of Snake Bite, Drowning, Electric Shock and Burns
- Communicable Diseases: Mode of Transmission, Prevention and control of Tuberculosis, Hepatitis (A & B), Rabies and HIV/AIDS

References/Text Books:

1. Atwal & Kansal. (2016). “AP Text Book of Health, Physical Education & Sports”, AP Publishers.
2. R. D. Kansal. (2009). “Physical Education and Sports”, Modern Publishers, India.
3. John Raynor. (1983). Anatomy and Physiology, New York Harper & Row.
4. Rose & Wilson. (1981). Foundations of Anatomy and Physiology, 5th Edition.
5. Parror, J.W. (1983). Anatomy and Physiology for Physical Education Teachers, Lend; Edward Arnold Healthful Living McGraw Hill.
6. Singh Ajmer & Gill Jagtar. (2004). Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana.
7. Kang G.S. & Deol N.S. (2008). An Introduction to Health and Physical Education 21st Century, Patiala.
8. Memmler et al. (1992). “Structure & Function of the Human Body”, Lippincott Williams & Wilkins; Subsequent.

**Bachelor of Arts
Semester-II
Session 2021-22
Course Code: BARM-2384
Course Title: Physical Education
Practical**

Marks: 30

Division of Marks: Athletics (07) + Games (07) + Practical Note Book (4),
*Games/Athletics Event Comprehensions & Viva–Voce (12)

Athletics Performance:

- 200 Meters
- Shot Put

Games:

- Handball, Kho-Kho

***Games/Athletics Event Comprehensions & Viva–Voce**

- History of the Game/Athletic Events
- Basic Fundamentals
- Equipment and Specifications
- Marking/Layout of Field
- Rules and Regulations (Number of Players, Number of Officials required and General Rules of Play)
- Major Tournaments/Competitions

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Session-2021-22

BACHELOR OF ARTS SEMESTER-III							
Course Code	Course Title	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
BARM-3384	Physical Education	E	100	50	30	20	3+3

COURSE OUTCOMES: PHYSICAL EDUCATION

Upon Successful Completion of this Semester, Students will be able to:

CO1: This section gives a brief overview of Meaning & Definition of Psychology and Sports Psychology and also be able to apply this knowledge to analyse the Meaning of Learning, Laws of Learning, Learning Curve, Notion of Motivation, Play Theories, Psychological Factors Effecting Sports Performance, and Concept of Personality

CO2: This section gives a brief overview of Transfer of Training, Factors Affecting Transfer of Training, Concept of Growth and Development, it also highlights and Role of Media in Promotion of Sports, Causes of Poor Performance of Sports in India, Concept of Socialization through Sports, Role of Politics and Economy in the Promotion of Games and Sports

Bachelor of Arts
Semester-III
Session 2021-22
Course Code: BARM-3384
Course Title: Physical Education

Time: 3 Hours

Max. Marks: 100

Theory: 50

Practical: 30

CA: 20

Instructions for the Paper Setter: Eight questions of equal marks (10 marks) are to be set, two in each of the Four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the Syllabus Respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

UNIT-I

- Meaning of Psychology and Sports Psychology
- Meaning of Learning, Nature of Skill Learning and Laws of Learning, Learning Curve
- Meaning, Definitions, Types and Methods of Motivation

UNIT-II

- Play meaning and theories
- Psychological Factors Effecting Sports Performance i.e. Stress Tension, Anxiety, Aggression
- Meaning, Definitions, Characteristics, Dimensions of Personality

UNIT-III

- Meaning, Definitions, Types and Factors Affecting Transfer of Training
- Growth and Development during Childhood: Physical, Mental, Emotional, Social Development
- Role of Media in Promotion of Sports

UNIT-IV

- Causes of Poor Performance of Sports in India
- Meaning and Definitions of Socialization, Socialization through Sports
- Role of Politics and Economy in the Promotion of Games and Sports.

References/Text Books:

1. Singh, Kanwaljeet and Singh Inderjeet. (2000). Sports Sociology, Friends Publication, New Delhi.
2. Tandan, D.K. (2001). Scientific basis of Physical Education and Sports, Friends Publication, New Delhi.
3. Singh, Ajmer and Gill Jagtar. (2004). Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana.
4. Blair Jones & Simpson. (1962). Educational Psychology". The MacMillan Co., New York.
5. Brown, R: (1965). Social Psychology, Free Press, New York.
6. Bucher, Charles A. (1979). Foundations of Physical Education", St. Louis, The C.V. Mosby Company.
7. Singh, Ajmer. (2000). Modern Text Books of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana, 2000.

**Bachelor of Arts
Semester-III
Session 2021-22
Course Code: BARM-3384
Course Title: Physical Education
Practical**

Marks: 30

Division of Marks: Athletics (07) + Games (07) + Practical Note Book (4),
*Games/Athletics Event Comprehensions & Viva–Voce (12)

Athletics Performance:

- 200M
- Discuss Throw

Games:

Badminton, Yoga

***Games/Athletics Event Comprehensions & Viva–Voce**

- History of the Game/Athletic Events
- Basic Fundamentals
- Equipment and Specifications
- Marking/Layout of Field
- Rules and Regulations (Number of Players, Number of Officials required and General Rules of Play)
- Major Tournaments of the Game/Competitions

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SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME
Bachelor of Arts
Session-2021-22

BACHELOR OF ARTS SEMESTER-IV							
Course Code	Course Title	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
BARM-4384	Physical Education	E	100	50	30	20	3+3

COURSE OUTCOMES: PHYSICAL EDUCATION

Upon Successful Completion of this Semester, Students will be able to:

CO1: This section gives a brief overview of Yoga, Meaning, Aim and Types, Practice of Asanas and their Importance, Meditative Poses, Padmaasanas, Vajraasanas, Sukhasanas and Cultural Poses: Halasana, Sarvangasana, Bhujangasana, Salabhasana, Dhanurasana, and Chakrasana.

CO2: This Section gives a brief overview of Pranayama, its Importance and Types, Objectives and Physiological Values, Shudhi-Kriya: Its Types, Objectives and Physiological Values, Effect of Yogic and Physical Exercises on Various Systems of the Body.

CO3: This Section gives a brief overview of working of different systems such as Respiratory System: Organs of Respiratory, Mechanism of Respiration, Excretory System: Structure and Functions of Kidney and Skin, Endocrine System: Meaning of Endocrine Glands, Functions and Location of Pituitary, Thyroid and Adrenal Glands

CO4: This section gives a brief overview of working of different systems such as Nervous System: Its Organs and Functions, Circulatory System: Heart and Its Structure, Mechanism of Circulation of Blood, Various Types of Blood Vessels, Meaning, Function and Composition of Blood.

Bachelor of Arts
Semester-IV
Session 2021-22
Course Code: BARM-4384
Course Title: Physical Education

Time: 3 Hours

Max. Marks: 100

Theory: 50

Practical: 30

CA: 20

Instructions for the Paper Setter: Eight questions of equal marks (10 marks) are to be set, two in each of the Four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the Syllabus Respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

UNIT-I

- Meaning, Aim and Types of Yoga
- The Practice of Asanas and their Importance, Meditative Poses, Padmaasanas, Vajraasanas, Sukhasanas
- Cultural Poses: Halasana, Sarvangasana, Bhujangasana, Salabhasana, Dhanurasana, Chakrasana

UNIT-II

- Pranayama, Its Types, Objectives and Physiological Values
- Shudhi-Kriya: Its Types, Objectives and Physiological Values
- Effect of Yogic and Physical Exercises on Various Systems of the Body

UNIT-III

- Respiratory System: Organs of Respiratory, Mechanism of Respiration
- Excretory System: Structure and Functions of Kidney and Skin
- Endocrine System: Meaning of Endocrine Glands, Functions and Location of Pituitary, Thyroid and Adrenal Glands

UNIT-IV

- Nervous System: Its Organs and Functions
- Circulatory System: Heart and Its Structure, Mechanism of Circulation of Blood, Various Types of Blood Vessels
- Blood: Meaning, Function and Composition

References/Text Books:

1. Atwal & Kansal. (2016). “AP Text Book of Health, Physical Education & Sports”, AP Publishers.
2. R. D. Kansal. (2009). “Physical Education and Sports”, Modern Publishers, India.
3. Sri Anand. (1980). *"The Complete Book of Yoga: Harmony of Body and Minds"*, Orient Paper Back, New Delhi.
4. John Raynor. (1983). *Anatomy and Physiology*, New York Harper & Row.
5. Rose & Wilson. (1981). *Foundations of Anatomy and Physiology*, 5th Edition.
6. Parror, J.W. (1983). *Anatomy and Physiology for Physical Education Teachers*, Lend; Edward Arnold Healthful Living McGraw Hill.
7. Vijayendra Pratap. (1987). *"A Teacher's Guide for Beginning Yoga"*, First Edition, Sky Foundations, Philadelphia, Pennsylvania, U.S.A.
8. Memmler, Cohen & Wood. (1992). “Structure & Function of the Human Body”, Lippincott Williams & Wilkins; Subsequent.

Bachelor of Arts
Semester-IV
Session 2021-22
Course Code: BARM-4384
Course Title: Physical Education
Practical

Marks: 30

Division of Marks: Athletics (07) + Games (07) + Practical Note Book (4),
*Games/Athletics Event Comprehensions & Viva-Voce (12)

Athletics Performance:

- 200M
- High Jump

Games:

- Basketball, Wrestling

***Games/Athletics Event Comprehensions & Viva-Voce**

- History of the Game/Athletic Events
- Basic Fundamentals
- Equipment and Specifications
- Marking/Layout of Field
- Rules and Regulations (Number of Players, Number of Officials required and General Rules of Play)
- Major Tournaments/Competitions

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME

Bachelor of Arts **Session-2021-2022**

BACHELOR OF ARTS SEMESTER-V							
Course Code	Course Title	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
BARM-5384	Physical Education	E	100	50	30	20	3+3

COURSE OUTCOMES: PHYSICAL EDUCATION

Upon Successful Completion of this Semester, Students will be able to:

CO1: This section gives a brief overview of Meaning & Importance of Recreation and Aim & Objectives of Recreation, and also be able to apply this knowledge to analyse the Meaning of Intramural and Extramural Sports Competitions, Law of Motion, Equilibrium, Its Types, Centre of Gravity, Force and its Types, Friction.

CO2: This section gives a brief overview of Muscular Contraction, Posture: Meaning and Types of Postures and Postural-Deformities, Meaning, Aims and Objective and Principles of Sports Training and Principles and Types of Massage and their benefits

Bachelor of Arts
Semester-V
Session 2021-2022
Course Code: BARM-5384
Course Title: Physical Education

Time: 3 Hours

Max. Marks: 100

Theory: 50

Practical: 30

CA: 20

Instructions for the Paper Setter: Eight questions of equal marks (10 marks) are to be set, two in each of the Four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the Syllabus Respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

UNIT-I

- Recreation: Meaning, Aims, Objectives and Importance of Recreation
- Intramural and Extramural Competitions: Meaning, Procedure to Conduct and Importance of Intramurals and Extramurals
- Tournaments: Meaning, Types (Knockout & League) of Tournaments, their Merits & Demerits, Draw of Fixtures

UNIT-II

- Laws of Motion, Equilibrium, its Types, Centre of Gravity, Force and its Types, Friction
- Muscular Contraction: Eccentric, Concentric, Isotonic, Isometric, Isokinetic Exercises

UNIT-III

- Posture: Meaning and Types of Postures
- Postural Deformities: Flat Foot, Bow Legs, Round Shoulder, Kyphosis, Lordosis and Scoliosis, their Causes, Preventive and Remedial Measures

UNIT-IV

- Sports Training: Meaning, Aims & Objective and Principles of Sports Training
- Massage: Meaning, definition, Principles and Types of Massage
- Effects of Massage on Circulatory System, Muscular System and Nervous System

References/Text Books:

1. Bell, A.J. (1964). *Massage and the Physiotherapist: Physiotherapy*.
2. Butler, G.D. (1959). *Introduction to Community Recreation*, McGraw Hill Book Company, Inc. New York.
3. Tandan, D.K. (2001). *Scientific basis of Physical Education and Sports*, Friends Publication, New Delhi.
4. Singh, Ajmer and Gill Jagtar. (2004). *Essentials of Physical Education and Olympic Movement*, Kalyani Publishers, Ludhiana.
5. Kang G.S. (2000). *Anatomy, Physiology and Health Education*, Publication Bureau, Punjabi University Patiala.
6. Kang G.S. and Deol, N.S. (2008). *An Introduction to Health and Physical Education 21st Century*, Patiala.

**Bachelor of Arts
Semester-V
Session 2021-2022
Course Code: BARM-5384
Course Title: Physical Education
Practical**

Marks: 30

Division of Marks: Athletics (07) + Games (07) + Practical Note Book (4),
*Games/Athletics Event Comprehensions & Viva–Voce (12)

Athletics Performance

- 400M
- Javelin Throw

Games:

- Football, Judo

***Games/Athletics Event Comprehensions & Viva–Voce**

- History of the Game/ Athletic Events
- Basic Fundamentals
- Equipment and Specifications
- Marking/Layout of Field
- Rules and Regulations (Number of Players, Number of Officials required and General Rules of Play)
- Major Tournaments of the Game/Competitions

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SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME
Bachelor of Arts
Session-2021-22

BACHELOR OF ARTS SEMESTER-VI							
Course Code	Course Title	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
BARM-6384	Physical Education	E	100	50	30	20	3+3

COURSE OUTCOMES: PHYSICAL EDUCATION

Upon Successful Completion of this Semester, Students will be able to:

CO1: This section gives a brief overview of Effect of Exercises on Muscular, Respiratory and Circulatory Systems and General Concept of Vital Capacity, Blood Pressure, Second Wind, and Fatigue & Oxygen Debt.

CO2: This section gives a brief overview of Organisation of Camps, Play Days (Sports Meet) and Need and Scope of Coaching in India. Professional Preparation of Coaches & Qualifications and responsibilities of a Good Coach.

CO3: This section gives a brief overview of Kinesiology, Meaning and Joints, Muscles, their Types and Movements.

CO4: This section gives a brief overview of Components of Physical Fitness, Speed, Strength, Endurance, Agility and Flexibility, Training Methods; Circuit, Interval, Fartlek, Weight-Training and Cross Country and Methods of Improving Strength, Speed, Endurance, Flexibility and Agility.

Bachelor of Arts
Semester-VI
Session 2021-22
Course Code: BARM-6384
Course Title: Physical Education

Time: 3 Hours

Max. Marks: 100

Theory: 50

Practical: 30

CA: 20

Instructions for the Paper Setter: Eight questions of equal marks (10 marks) are to be set, two in each of the Four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the Syllabus Respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

UNIT-I

- Effect of Exercises on Muscular, Respiratory and Circulatory Systems
- General Concept of Vital Capacity, Blood Pressure, Second Wind, Fatigue & Oxygen Debt

UNIT-II

- Organisation of Camps, Play Days (Sports Meet)
- Need and Scope of Coaching in India. Professional Preparation of Coaches & Qualifications and responsibilities of a Good Coach

UNIT-III

- Meaning and Importance of Kinesiology
- Joints, Muscles, their Types and Movements

UNIT-IV

- Components of Physical Fitness, Speed, Strength, Endurance, Agility and Flexibility
- Training Methods; Circuit, Interval, Fartlek, Weight-Training and Cross Country
- Methods of Improving Strength, Speed, Endurance, Flexibility and Agility

References/Text Books:

1. Atwal & Kansal. (2016). “AP Text Book of Health, Physical Education & Sports”, AP Publishers.
2. R. D. Kansal. (2009). “Physical Education and Sports”, Modern Publishers, India.
3. Tandon D.K. (2001). Scientific Basis of Physical Education and Sports, Friends Publication New Delhi.
4. Singh Ajmer and Gill Jagtar. (2004). Essentials of Physical Education and Olympic movement, Kalyani Publishers, Ludhiana,.
5. Kang G.S. (2000). Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University Patiala.
6. Frank W. Dick. (1980). “Sports Training Principles”, A & C Black Publisher Limited, Scotland.
7. Ramesh Rai. (2003). “Biomechanics: Mechanical Aspects of Human Motion” Agrim Publication, India.
8. Hardayal Singh. (1984). “Sports Training: General Theory & Methods”, Netaji Subhas National Institute of Sports.

Bachelor of Arts
Semester-VI
Session 2021-22
Course Code: BARM 6384
Course Title: Physical Education
Practical

Marks: 30

Division of Marks: Athletics (07) + Games (07) + Practical Note Book (4),
*Games/Athletics Event Comprehensions & Viva–Voce (12)

Athletics Performance:

- 800M
- Discus Throw

Games:

- Hockey, Kabaddi

***Games/Athletics Event Comprehensions & Viva–Voce**

- History of the Game/Athletic Events
- Basic Fundamentals
- Equipment and Specifications
- Marking/Layout of Field
- Rules and Regulations (Number of Players, Number of Officials required and General Rules of Play)
- Major Tournaments/Competitions