



**S. S. Jain.Subodh P.G. College (Autonomous)
Jaipur**

SYLLABUS

Faculty of Arts
THREE YEAR UNDER GRADUTE PROGRAMME

PHYSICAL EDUCATION

(Syllabus as per NEP-2020 and choice Based Credit System)

I & II SEMESTER EXAMINATION 2023-24
III & IV SEMESTER EXAMINATION 2024-25
V & VI SEMESTER EXAMINATION 2025-26

w.e.f. Academic Session 2023-24

1. Eligibility

10+2 with 48% from Rajasthan Board/CBSE in Rajasthan or 60% from CBSE or any other Equivalent recognized Board from other states.

2. Scheme of Examination

Examination Question Paper Pattern for all semester Exams

Attempt all questions:-

(I) 7 Questions (very short answer questions) = 7x1 Marks - 07

(II) 6 Questions (short answer questions) = 5x2 Marks - 10

(III) 3 Questions (1 question from each unit with internal choice) = 3x6 Marks – 18

Total of End Sem. Exam - 35

Internal Assessment - 15

Maximum Marks - 50

Practical - 50 (30 - External marks + 20 - Internal marks)

3. Semester Structure

The details of the course with code, title and the credits assign are as given below.

Abbreviations Used

DSC: Discipline Specific Core DSCP: Discipline Specific Core Practical DSE: Discipline Specific Elective DSEP: Discipline Specific Elective Practical GE: General Elective AEC: Ability Enhancement Course AEC: Ability Enhancement Course SEC: Skill Enhancement Course	Contact Hours L: Lecture T: Tutorial P: Practical or Other S: Self Study The medium of instruction and examination shall be Hindi/English
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5. Course Detail

S.No	Subject Code	Course Title	Course Category	Credit	Contact Hours Per Week			ESE Duration (Hrs.)	
					L	T	P	Theory	Practical
1.									
2.		History of Physical Education-I	DSC	2	2				
3.		Foundation of Physical Education-I	DSC	2	2				
4.		Practical	DSCP	2			4		4
5.									
S.No	Subject Code	Course Title	Course Category	Credit	Contact Hours Per Week			ESE Duration (Hrs.)	
					L	T	P	Theory	Practical
1.									
2.		History of Physical Education-II	DSC	2	2				
3.		Foundation of Physical Education-II	DSC	2	2				
4.		Practical	DSCP	2			4		4
5.									
S.No	Subject Code	Course Title	Course Category	Credit	Contact Hours Per Week			ESE Duration (Hrs.)	
					L	T	P	Theory	Practical
1.									
2.		Anatomy & Physiology of Exercise-I	DSC	2	2				
3.		Management & method of physical education-I	DSC	2	2				
4.		Practical	DSCP	2			4		4
5.									
S.No	Subject Code	Course Title	Course Category	Credit	Contact Hours Per Week			ESE Duration (Hrs.)	
					L	T	P	Theory	Practical
1.									
2.		Anatomy & Physiology of Exercise-I	DSC	2	2				
3.		Management & method of physical education-I	DSC	2	2				
4.		Practical	DSCP	2			4		4
5.									
S.No	Subject Code	Course Title	Course Category	Credit	Contact Hours Per Week			ESE Duration (Hrs.)	
					L	T	P	Theory	Practical
1.									
2.		Health Education- I	DSC	2	2			2	
3.		Test and Measurement - I	DSC	2	2			2	
4.		Yoga education	DSE	2	2			2	
5.		Practical	DSEP	2	-	-	4	-	4
S.No	Subject Code	Course Title	Course Category	Credit	Contact Hours Per Week			ESE Duration (Hrs.)	
					L	T	P	Theory	Practical
1.									
2.		Health Education- II	DSC	2	2			2	
3.		Test and Measurement - II	DSC	2	2			2	
4.		Yoga education	DSE	2	2			2	
5.		Practical	DSEP	2	-	-	4	-	4

BACHELOR OF ARTS

Subject: Physical Education

IST Semester

PAPER – I HISTORY OF PHYSICAL EDUCATION-I

Duration: 3 Hrs

Maximum Marks: 35 Marks

Note: There will be three parts in ESE.

I. 7 QUESTIONS (very short answer Questions)	7 X 1 MARK EACH = 7 Marks
II. 5 QUESTIONS (short answer Questions)	5 X 2 MARK EACH = 10 Marks
III. 3 QUESTIONS (1 question from each unit with Internal choice)	3 X 6 MARK EACH = 18 Marks
Total of End semester exam (duration of exam 3 hours)	= 35 Marks

Learning Outcomes

After successfully completing this course, the student will be able to:

1. Explore the scientific evidence that has been gathered on the contribution and the benefits of physical education in college for students.
2. Understand & differentiate the concept of History, and Principles of physical education.
3. Choose the physical education as a remedial tool to inculcate values and ethics.
4. Get acquainted with historical development and its impact on nature of physical education in India and abroad.
5. Identify the students with different Issues, challenges and opportunities in Physical education & sports.

UNIT- I:-

- Definition of Physical Education and its importance.
शारीरिक शिक्षा की परिभाषा एवं उसका महत्व।
- Misconception about Physical Education.
शारीरिक शिक्षा के बारे में गलत धारणा।
- Aim's & objective of Physical Education.
शारीरिक शिक्षा के लक्ष्य एवं उद्देश्य।
- Scope of Physical Education.
शारीरिक शिक्षा का क्षेत्र।

UNIT- II:-

- Place of Physical Education in total Education Process.
कुल शिक्षा प्रक्रिया में शारीरिक शिक्षा का स्थान।
- Physical Education in Ancient India (Before 1947).
प्राचीन भारत में शारीरिक शिक्षा (1947 से पहले)।
- Physical Education in India (after 1947).
भारत में शारीरिक शिक्षा (1947 के बाद)।
- Ancient Olympics.
प्राचीन ओलंपिक।

UNIT- III:-

- Impact of Britain & U.S.A. on Physical Education in India.
भारत में शारीरिक शिक्षा पर ब्रिटेन और अमेरिका का प्रभाव।
- Modern Physical Education in India.
भारत में आधुनिक शारीरिक शिक्षा।
- Physical Education and Sports Training in India.
भारत में शारीरिक शिक्षा और खेल प्रशिक्षण।
- Rajasthan State sports Council, Function, Aim and Objectives.
राजस्थान राज्य खेल परिषद्, कार्य, उद्देश्य एवं उद्देश्य।

Book for Reference:-

1. Bucher C.A. (1983) "Foundation of Physical Education and Sport" the C.V. Mosky Co. St. Louis Toroato- London.
2. Kamlesh & Sangral, (2000) "Principles & History of Physical Education," Prakash Brothers, Ludhiana.
3. Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".
4. Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
5. Ajmer singh etc. Essential of physical education." Kalyani Publishers,Ludhiyana
6. Text books of Physical Education For CBSE XI & XII class.

BACHELOR OF ARTS

Subject: Physical Education

1ST Semester

PAPER – II FOUNDATION OF PHYSICAL EDUCATION-I

Duration: 3 Hrs

Maximum Marks: 35 Marks

Note: There will be three parts in ESE.

I. 7 QUESTIONS (very short answer Questions)	7 X 1 MARK EACH = 7 Marks
II. 5 QUESTIONS (short answer Questions)	5 X 2 MARK EACH = 10 Marks
III. 3 QUESTIONS (1 question from each unit with Internal choice)	3 X 6 MARK EACH = 18 Marks
Total of End semester exam (duration of exam 3 hours)	= 35 Marks

Learning Outcomes

After successfully completing this course, the student will be able to:

1. Exploring the Biological, Psychological, physiological, sociological and Philosophical foundation of human being.
2. Knowledge of learning theories.
3. Exploring the physical and mental growth and development in body.
4. Knowledge about Idealism, Pragmatism, Naturalism and Existentialism

UNIT- I: - Biological Foundation.

जैविक आधार

- Heredity & Environment and their effect.
आनुवंशिकता एवं पर्यावरण और उनका प्रभाव ।
- Stage of Growth & Development.
वृद्धि एवं विकास का चरण।
- Principles of Growth and Development.
वृद्धि और विकास के सिद्धांत।
- Factor's effecting Growth & Development.
वृद्धि एवं विकास को प्रभावित करने वाले कारक
- Differences between Growth & Development.
वृद्धि और विकास के बीच अंतर।

UNIT- II: - Psychological Foundation.

मनोवैज्ञानिक आधार

- Meaning of Psychology. Importance of Psychology for Teacher.
मनोविज्ञान का अर्थ, शिक्षक के लिए मनोविज्ञान का महत्व ।
- Role of Psychological Elements in Physical Education. Motion - mind and body.
शारीरिक शिक्षा में मनोवैज्ञानिक तत्वों की भूमिका । गति - मन और शरीर ।
- Psycho-Physical Unity.
मनो-शारीरिक एकता ।
- Learning. Learning Theories. Law of Learning.
सीखना। सीखने के सिद्धांत .सीखने का नियम ।

UNIT- III: - Philosophical Foundation.

दार्शनिक आधार

- Idealism and Physical Education.
आदर्शवाद और शारीरिक शिक्षा
- Pragmatism and Physical Education.
व्यावहारिकता और शारीरिक शिक्षा ।
- Naturalism and Physical Education.
प्रकृतिवाद और शारीरिक शिक्षा ।
- Existentialism and Physical Education
अस्तित्ववाद और शारीरिक शिक्षा

Book for Reference:-

1. Bucher C.A. (1983) "Foundation of Physical Education and Sport" the C.V. Mosky Co. St. Louis Toroato- London.
2. Kamlesh & Sangral, (2000) "Principles & History of Physical Education," Prakash Brothers, Ludhiana.
3. M.L.Kamlesh "Foundation of physical education", Sports publication, New Delhi
4. Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".
5. Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
6. Ajmer singh etc. Essential of physical education." Kalyani Publishers,Ludhiyana
7. Text books of Physical Education For CBSE XI & XII class

Practical Examination प्रायोगिक परीक्षा

(Semester - I)

Max. Marks: 50

Duration: 3 Hrs.

Learning Outcomes:

On successful completion of the course, the students will be able to:

1. Assess the individual levels of fitness components.
2. Demonstrate the basic fundamental knowledge and skills of indoor games/sports.

PRACTICAL ASSESSMENT

1. Practical	=	30 Marks
2. Viva	=	10 Marks
3. Practical File	=	10 Marks
Total	=	50 Marks

Topics for practical:

1. Opted any one Indoor game.

कोई भी एक अंतःकक्ष खेल चुनें

a. Table Tennis - टेबल टेनिस

b. Badminton - बैडमिंटन

(Preparing of practical file on opted indoor game.)

(चुने गए अंतःकक्ष खेल पर प्रायोगिक फ़ाइल तैयार करना।)

1. Canadian Physical Fitness

कैनेडियन शारीरिक योग्यता परीक्षण

BACHELOR OF ARTS

Subject: Physical Education

IInd Semester

PAPER – I HISTORY OF PHYSICAL EDUCATION-II

Duration: 3 Hrs

Maximum Marks: 35 Marks

Note: There will be three parts in ESE.

I. 7 QUESTIONS (very short answer Questions)	7 X 1 MARK EACH = 7 Marks
II. 5 QUESTIONS (short answer Questions)	5 X 2 MARK EACH = 10 Marks
III. 3 QUESTIONS (1 question from each unit with Internal choice)	3 X 6 MARK EACH = 18 Marks
Total of End semester exam (duration of exam 3 hours)	= 35 Marks

Learning Outcomes

After successfully completing this course, the student will be able to:-

1. Knowing the history of games given in Puraans and Scriptures and experimenting in games.
2. Acquire knowledge of particular historical context.
3. Knowledge about sports awards, sports associations, popular personalities of sports.

UNIT- I: -

- History of Olympic Games.
ओलंपिक खेलों का इतिहास
- Modern Olympic Games.
आधुनिक ओलंपिक खेल
- Objective of Olympic Games, Moto and Flag of Olympic, Charter of opening & Closing.
ओलंपिक खेलों का उद्देश्य, ओलंपिक का मोटो और ध्वज, उद्घाटन और समापन का घोषणापत्र ।
- Indian Olympic Association.
भारतीय ओलंपिक संघ

- Indian Sports Awards:-

भारतीय खेल पुरस्कार:-

- | | |
|-----------------------------------|-----------------------------------|
| - Arjun Award | - अर्जुन पुरस्कार |
| - Dronacharya Award | - द्रोणाचार्य पुरस्कार |
| - Maulana Abdul Kalam Azad Trophy | - मौलाना अब्दुल कलाम आज़ाद ट्रॉफी |
| - Major Dhyan Chand award | - मेजर ध्यानचंद पुरस्कार |
| - Guru Vashisth award | - गुरु वशिष्ठ पुरस्कार |

UNIT- II: -

- Contribution of the Growth of Physical Education by leader's movements.
नेताओं के आंदोलनों द्वारा शारीरिक शिक्षा के विकास में योगदान
- All India Council of Sports.
अखिल भारतीय खेल परिषद
- National Physical Efficiency Drive.
राष्ट्रीय शारीरिक दक्षता अभियान।

UNIT- II:-

- Turnverein Movement.
टर्नवेरिन आंदोलन
- Y.M.C.A. and its Contribution.
वाई.एम.सी.ए. और उसका योगदान
- Contribution of personalities in the field of sports in India by:-
भारत में खेल के क्षेत्र में हस्तियों का योगदान:-
 - G.D. Sondhi
जी.डी. सोंधी
 - Rajkumari Amrit Kaur
राजकुमारी अमृत कौर
 - Dr. P.M. Joseph
डॉ. पी.एम. यूसुफ

- Shri H.C. Buck
श्री एच.सी. बक

- Prof. Karan Singh
प्रोफेसर करण सिंह

- Ajmer Singh
अजमेर सिंह

- **Sports Tournaments:-**
खेल प्रतियोगिताएं

- Asia Games
एशिया खेल

- S.A.F. Games
एस.ए.एफ. खेल

- National Games
राष्ट्रीय खेल

- Paralympic games
पैरालंपिक खेल

Books for Reference:-

1. Kamlesh & Sangral, (2000) "Principles & History of Physical Education," Prakash Brothers, Ludhiana.
2. Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
3. Ajmer singh etc. Essential of physical education." Kalyani Publishers, Ludhiana
4. Bucher C.A. (1983) "Foundation of Physical Education and Sport" the C.V. Mosky Co. St. Louis Toroato- London.
5. Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".
6. Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
7. Ajmer singh etc. Essential of physical education." Kalyani Publishers, Ludhiana
8. Text books of Physical Education For CBSE XI & XII class.

BACHELOR OF ARTS

Subject: Physical Education

IInd Semester

PAPER – II FOUNDATION OF PHYSICAL EDUCATION-II

Duration: 3 Hrs

Maximum Marks: 35 Marks

Note: There will be three parts in ESE.

I. 7 QUESTIONS (very short answer Questions)	7 X 1 MARK EACH = 7 Marks
II. 5 QUESTIONS (short answer Questions)	5 X 2 MARK EACH = 10 Marks
III. 3 QUESTIONS (1 question from each unit with Internal choice)	3 X 6 MARK EACH = 18 Marks
Total of End semester exam (duration of exam 3 hours)	= 35 Marks

Learning Outcomes

After successfully completing this course, the student will be able to:-

1. Know about Various systems of body.
2. Develop the knowledge of foundation of Physical Education.
3. Exploring the development of physical education and sports in different areas.

UNIT- I: - Physiological Foundation

शरीर क्रिया विज्ञान का आधार

- Respiratory System.
श्वसन प्रणाली
- Circulatory System.
संचार प्रणाली
- Muscles & type of Muscles.
मांसपेशियां और मांसपेशियों के प्रकार
- General benefits of Exercise.
व्यायाम के सामान्य लाभ

UNIT- II: - Sociological Foundation

समाजशास्त्रीय आधार

- Physical Education and sports as a need of the Society.
शारीरिक शिक्षा एवं खेल समाज की आवश्यकता
- Sociological Implication of Physical Education and sports.
शारीरिक शिक्षा और खेल का समाजशास्त्रीय निहितार्थ।
- Physical activities and sports as a Man's cultural Heritage
मनुष्य की सांस्कृतिक विरासत के रूप में शारीरिक गतिविधियाँ और खेल

UNIT- III:-

- Psychological Factor's effecting sports Performance.
खेल प्रदर्शन को प्रभावित करने वाले मनोवैज्ञानिक कारक
- Benefits of Different type of Exercise to the various system of the body.
विभिन्न प्रकार के व्यायाम से शरीर की विभिन्न प्रणालियों को लाभ
- Role of Social Institution in development of personality through Publication in games & Sports
खेलों में प्रकाशन के माध्यम से व्यक्तित्व के विकास में सामाजिक संस्था की भूमिका।

Book for Reference:-

1. Bucher C.A. (1983) "Foundation of Physical Education and Sport" the C.V. Mosky Co. St. Louis Toroato- London.
2. Kamlesh & Sangral, (2000) "Principles & History of Physical Education," Prakash Brothers, Ludhiana.
3. M.L.Kamlesh "Foundation of physical education", Sports publication, New Delhi
4. Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".
5. Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
6. Ajmer singh etc. Essential of physical education." Kalyani Publishers,Ludhiyana
7. Text books of Physical Education For CBSE XI & XII class.

Practical Examination प्रायोगिक परीक्षा

(Semester - II)

Max. Marks: 50

Duration: 3 Hrs.

Learning Outcomes:

On successful completion of the course, the students will be able to:

1. Assess the individual levels of fitness components.
2. Demonstrate the basic fundamental knowledge and skills of outdoor games/sports.

PRACTICAL ASSESSMENT

1. Practical	=	30 Marks
2. Viva	=	10 Marks
3. Practical File	=	10 Marks
Total	=	50 Marks

Topics for practical:

2. Opt any one Outdoor games.
कोई भी एक बहिर्कक्ष खेल चुनें

- a. Football फुटबॉल
- b. Hockey हॉकी

(Preparing of practical file on opted outdoor game.)
(चुने गए बहिर्कक्ष खेल पर प्रायोगिक फ़ाइल तैयार करना।)

1. Cooper Physical Fitness Test (10 minutes run)
कूपर शारीरिक योग्यता परीक्षण (10 मिनट दौड़)

BACHELOR OF ARTS

Subject: Physical Education

IIIrd Semester

PAPER – I ANATOMY AND PHYSIOLOGY OF EXERCISE-I

Duration: 3 Hrs

Maximum Marks: 35 Marks

Note: There will be three parts in ESE.

I. 7 QUESTIONS (very short answer Questions)	7 X 1 MARK EACH = 7 Marks
II. 5 QUESTIONS (short answer Questions)	5 X 2 MARK EACH = 10 Marks
III. 3 QUESTIONS (1 question from each unit with Internal choice)	3 X 6 MARK EACH = 18 Marks
Total of End semester exam (duration of exam 3 hours)	= 35 Marks

Learning Outcomes

After successfully completing this course, the student will be able to:

1. Understand the basic structure and function of the human body and demonstrate its knowledge for the development of skills and fitness.
2. Knowledge of anatomy helps design effective training programs tailored to individual needs and goals, optimizing performance and minimizing the risk of injuries.
3. Demonstrate knowledge and understanding of the effect of exercise on the different systems.
4. Classify types of joints and explain the structure and function of human joints.

UNIT I: - Introduction

- Meaning and concept of Anatomy.
शरीर रचना का अर्थ और अवधारणा।
- Meaning of Physiology and Exercise Physiology.
शरीर क्रिया विज्ञान और व्यायाम शरीर क्रिया विज्ञान का अर्थ.
- Need and importance of Anatomy and Physiology in Physical Education.
शारीरिक शिक्षा में शरीर रचना एवं शरीर क्रिया विज्ञान की आवश्यकता एवं महत्व।
- Definition of cell, Tissue, Organs.
कोशिका, ऊतक, अंगों की परिभाषा।
- Microscopic Structure of cell.
कोशिका की सूक्ष्म संरचना।

UNIT- II:-

- Elementary knowledge of skeleton system.
कंकाल तंत्र का प्रारंभिक ज्ञान
- Joints and types at joints, - Terminology of various movement around joints.
जोड़ और जोड़ों के प्रकार, - जोड़ों के आसपास विभिन्न गतिविधियों की शब्दावली।
- Types of Muscles.
मांसपेशियों के प्रकार
- Structure of Muscles.
मांसपेशियों की संरचना.
- Characteristics of Muscles.
मांसपेशियों के लक्षण

UNIT- III: - Body System

शारीरिक प्रणालियाँ

- | | |
|---|-----------------------------------|
| • Cardio vascular System.
हृदय तंत्र | • Digestive System.
पाचन तंत्र |
| • Respiratory System.
तंत्रिका तंत्र | • Nervous System.
श्वसन तंत्र |

Reference for Books:-

1. Avelin C. Pearce, (2005)" Anatomy and Physical Education' Prakash ,Brothers, Ludhiana.
2. Pearce, Evelyn- Anatomy and Physiology for Nurse" Oxford University Press, New Delhi.
3. Sears, Gordon –Anatomy and Physiology for Nurses- Orient Longman Ltd., New
4. Yashoda Saini,"Sharir Rachna Tatha Sharir Kriya Vigyan (Hindi)" Khel sahitya Kendra
5. Brinda Singh "मानव शरीर रचना और क्रिया विज्ञान स्वास्थ्य विज्ञान",CBS Publication, New Delhi
6. Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".
7. Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
8. Ajmer singh etc. Essential of physical education." Kalyani Publishers,Ludhiyana
9. Text books of Physical Education For CBSE XI & XII class.

BACHELOR OF ARTS

Subject: Physical Education

IIIrd Semester

PAPER – II MANAGEMENT AND METHODS OF PHYSICAL EDUCATION-I

Duration: 3 Hrs

Maximum Marks: 35 Marks

Note: There will be three parts in ESE.

I. 7 QUESTIONS (very short answer Questions)	7 X 1 MARK EACH = 7 Marks
II. 5 QUESTIONS (short answer Questions)	5 X 2 MARK EACH = 10 Marks
III. 3 QUESTIONS (1 question from each unit with Internal choice)	3 X 6 MARK EACH = 18 Marks
Total of End semester exam (duration of exam 3 hours)	= 35 Marks

Learning Outcomes

After successfully completing this course, the student will be able to:

1. Describe the fundamentals of Sports Management, Organization and Administration in Sports Industry.
2. Organize competitions at different levels.
3. Prepare and execute the intramural program for their school and college.

UNIT- I: - Teaching

शिक्षण

- Meaning and importance of 'Teaching methods.
शिक्षण विधियों का अर्थ एवं महत्व।
- Types of teaching method.
शिक्षण पद्धति के प्रकार
- Principle of teaching.
शिक्षण का सिद्धांत

UNIT- II: - Organizations

संगठन

Organization of sports for educational institutes:-
शैक्षणिक संस्थानों के लिए खेलों का आयोजन

- National level.
राष्ट्रीय स्तर
- State level.
राज्य स्तर
- District level.
जिला स्तर
- Village level.
ग्रामीण स्तर

UNIT- III: - Tournaments

प्रतियोगिता

- Meaning of tournament.
प्रतियोगिता का मतलब
- Types of tournaments.
प्रतियोगिता के प्रकार
- Method of drawing fixtures.
खेल तिथि-निर्धारण की विधि
- Merit and demerits of different types of tournaments.
विभिन्न प्रकार के प्रतियोगिता के गुण और दोष।

Reference for Books:-

1. 'Sharirik Shiksha me Sangathan tatha Prashasan " Dr. Khailash K. Pawar Sports publication, New Delhi
2. Kamlesh, M.L. (2005). "Methods in physical education" Friends publication.
3. Thomas, J.P.(1967). Organization and Administration of Physical Education. Madras: Gyanodayal Press.
4. Voltmer, E.F. & Esslinger, A.A.(1979). The Organization and Administration of Physical Education. New York: Prentice Hall Inc.
5. Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
6. Ajmer Singh etc. Essential of physical education." Kalyani Publishers, Ludhiana.
7. Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".

Practical Examination

प्रायोगिक परीक्षा

(Semester - III)

Max. Marks: 50
Hrs.

Duration: 3

Learning Outcomes:

On successful completion of the course, the students will be able to:

1. Assess the individual levels of fitness components.
2. Demonstrate the basic fundamental knowledge and skills Athletics (Track and Field).

PRACTICAL ASSESSMENT

1. Practical	=	30 Marks
2. Viva	=	10 Marks
3. Practical File	=	10 Marks
Total	=	50 Marks

Topics for practical:

1. Athletics (Track and field).

एथलेटिक्स (ट्रैक एंड फील्ड)

a. Two Throwing Events फेंकने की दो स्पर्धाएँ

b. Two Jumping Events कूदने की दो स्पर्धाएँ

(Preparing of practical file on athletics (Track and field)

(एथलेटिक्स (ट्रैक एवं फील्ड) पर प्रायोगिक फ़ाइल तैयार करना।)

2. Canadian Physical Fitness

कैनेडियन शारीरिक योग्यता परीक्षण

BACHELOR OF ARTS

Subject: Physical Education

IVth Semester

PAPER – I ANATOMY AND PHYSIOLOGY OF EXERCISE-II

Duration: 3 Hrs

Maximum Marks: 35 Marks

Note: There will be three parts in ESE.

I. 7 QUESTIONS (very short answer Questions)	7 X 1 MARK EACH = 7 Marks
II. 5 QUESTIONS (short answer Questions)	5 X 2 MARK EACH = 10 Marks
III. 3 QUESTIONS (1 question from each unit with Internal choice)	3 X 6 MARK EACH = 18 Marks
Total of End semester exam (duration of exam 3 hours)	= 35 Marks

Learning Outcomes

After successfully completing this course, the student will be able to:

1. Understand the homeostatic mechanisms and altered physiology of whole systems of body
2. Identify and differentiate various movements of the body and demonstrate knowledge of the Importance of appropriate movements during exercise and sports.
3. Recognize the need of different energy systems of the human body for its efficient performance during exercise and sports

UNIT- I: - Growth and Development

वृद्धि एवं विकास

- Define Growth and Development.
वृद्धि एवं विकास को परिभाषित करें।
- Difference between Growth and Development.
वृद्धि और विकास के बीच अंतर
- Role of Glands in Growth and Development.
वृद्धि और विकास में ग्रंथियों की भूमिका।

- Definition and Physiological concept of physical fitness training.
शारीरिक फिटनेस प्रशिक्षण की परिभाषा और शरीर-क्रियात्मक अवधारणा।
- Definition and importance of - warming up and conditioning
गरमाना और अनुकूलन की परिभाषा एवं महत्व
- Physiological aspects of developments of strength, speed, agility.
शक्ति, गति, चपलता के विकास के शारीरिक पहलू।

UNIT- II: - Effects of exercises on:-

व्यायाम का प्रभाव

- Respiratory system.
श्वसन प्रणाली
- Circulatory system
परिसंचरण तन्त्र
- Muscular system.
मांसपेशी तंत्र

UNIT- III:-

- | | |
|---|---|
| • Neuro-muscular co-ordination
तंत्रिका-पेशी समन्वय | • Obesity and body weight control
मोटापा और शरीर का वजन नियंत्रण |
| • Second wind
पश्च वायु | • Kinesthetic Sense
गतिसंवेदी ज्ञान |
| • Oxygen depth
ऑक्सीजन की गहराई | • Fatigue
थकान |
| • Side stich
साइड स्टिच
(Exercise-related transient abdominal pain.)
(व्यायाम से संबंधित क्षणिक पेट दर्द) | • Cramp
ऐंठन |

Reference for Books:-

1. Avelin C. Pearce, (2005)" Anatomy and Physical Education' Prakash Brothers, Ludhiana.
2. Pearce, Evelyn- Anatomy and Physiology for Nurse- Oxford University Press, New Delhi.
3. Sears, Gordon –Anatomy and Physiology for Nurses- Orient Longman Ltd., New
4. Yashoda Saini, "Sharir Rachna Tatha Sharir Kriya Vigyan (Hindi)" Khel sahitya Kendra
5. Brinda Singh "मानव शरीर रचना और क्रिया विज्ञान स्वास्थ्य विज्ञान", CBS Publication, New Delhi
6. Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".
7. Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
8. Ajmer singh etc. Essential of physical education." Kalyani Publishers, Ludhiyana
9. Text books of Physical Education For CBSE XI & XII class.

BACHELOR OF ARTS

Subject: Physical Education

IVth Semester

PAPER – II MANAGEMENT AND METHODS OF PHYSICAL EDUCATION-II

Duration: 3 Hrs

Maximum Marks: 35 Marks

Note: There will be three parts in ESE.

I. 7 QUESTIONS (very short answer Questions)	7 X 1 MARK EACH = 7 Marks
II. 5 QUESTIONS (short answer Questions)	5 X 2 MARK EACH = 10 Marks
III. 3 QUESTIONS (1 question from each unit with Internal choice)	3 X 6 MARK EACH = 18 Marks
Total of End semester exam (duration of exam 3 hours)	= 35 Marks

Learning Outcomes

After successfully completing this course, the student will be able to:

1. Prepare their own SOP for purchasing the sports equipment.
2. Design the layouts of sports facilities
3. There are so many employment opportunities that a Sports Management graduate will surely find sports jobs that will help them achieve success

UNIT- I: - facilities and equipment's सुविधाएं और उपकरण

- Need and importance of equipment for physical education.
शारीरिक शिक्षा हेतु उपकरणों की आवश्यकता एवं महत्व
- An Ideal list of equipment's for physical education.
शारीरिक शिक्षा के लिए उपकरणों की एक आदर्श सूची
- Role of equipment in physical education.
शारीरिक शिक्षा में उपकरणों की भूमिका

UNIT- II: - Purchasing and Maintaining

क्रय एवं रखरखाव

- Realistic approach in purchase procedure of equipment.
उपकरणों की खरीद प्रक्रिया में यथार्थवादी दृष्टिकोण।
- Maintenance of equipment.
उपकरण का रखरखाव.
- Development of improvised equipment and store keeping.
तात्कालिक उपकरणों और भण्डार पालन का विकास।

UNIT- III:- Budget and office Management.

बजट और कार्यालय प्रबंधन

- Physical education budget and its preparation.
शारीरिक शिक्षा बजट एवं उसकी तैयारी।
- Maintenance of records, and office correspondence.
अभिलेखों का रखरखाव, और कार्यालय पत्राचार।
- Maintenance of accounts, income sources & expenditure
खातों का रखरखाव, आय के स्रोत एवं व्यय

Reference for Books:-

1. Dr. Khailash K. Pawar "Sharirik Shiksha me Sangathan tatha Prashasan " Sports publication, New Delhi
2. Kamlesh, M.L. (2005). "Methods in physical education" Friends publication.
3. Thomas, J.P.(1967). Organization and Administration of Physical Education. Madras: Gyanodayal Press.
4. Voltmer, E.F. & Esslinger, A.A.(1979). "The Organization and Administration of Physical Education". New York: Prentice Hall Inc.
5. Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".
6. Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
7. Ajmer singh etc. Essential of physical education." Kalyani Publishers, Ludhiyana
8. Text books of Physical Education For CBSE XI & XII class.

Practical Examination प्रायोगिक परीक्षा

(Semester - IV)

Max. Marks: 50

Duration: 3 Hrs.

Learning Outcomes:

On successful completion of the course, the students will be able to:

1. Assess the individual levels of fitness components.
2. Demonstrate the basic fundamental knowledge and skills of Indian originated Games/sports.

PRACTICAL ASSESSMENT

1. Practical	=	30 Marks
2. Viva	=	10 Marks
3. Practical File	=	10 Marks
Total	=	50 Marks

Topics for practical:

3. Opted any one Indian originated game.

कोई एक भारतीय मूल का खेल चुनें

a. Kabaddi कबडडी

b. Kho-Kho खो-खो

(Preparing of practical file on opted Indian originated game.)

(चुने गए भारतीय मूल के खेल पर प्रायोगिक फ़ाइल तैयार करना।)

2. Cooper Physical Fitness Test (10 minutes run)

कूपर शारीरिक योग्यता परीक्षण (10 मिनट दौड़)

BACHELOR OF ARTS
Subject: Physical Education
Vth Semester
PAPER – I HEALTH EDUCATION-I

Duration: 3 Hrs

Maximum Marks: 35 Marks

Note: There will be three parts in ESE.

I. 7 QUESTIONS (very short answer Questions)	7 X 1 MARK EACH = 7 Marks
II. 5 QUESTIONS (short answer Questions)	5 X 2 MARK EACH = 10 Marks
III. 3 QUESTIONS (1 question from each unit with Internal choice)	3 X 6 MARK EACH = 18 Marks
Total of End semester exam (duration of exam 3 hours)	= 35 Marks

Learning Outcomes

After successfully completing this course, the student will be able to:

1. Understand the importance of health education and strive for good health.
2. Understand the concept of health education.
3. Understand the concept, importance & determinants of health and environment studies.

UNIT- I:-

- Meaning, Definition and need of health education.
स्वास्थ्य शिक्षा का अर्थ, परिभाषा एवं आवश्यकता।
- Aims and objectives of health education.
स्वास्थ्य शिक्षा के लक्ष्य एवं उद्देश्य.
- Factors effecting health.
स्वास्थ्य को प्रभावित करने वाला कारक।
- Scope of health education for school & college students.
स्कूल और कॉलेज के छात्रों के लिए स्वास्थ्य शिक्षा का दायरा।

UNIT- II:-

- Concept of health and fitness.
स्वास्थ्य एवं योग्यता की अवधारणा।
- Component of Physical fitness.
शारीरिक योग्यता का घटक।
- Importance of health to individual, family & state.
व्यक्ति, परिवार और राज्य के लिए स्वास्थ्य का महत्व।

UNIT- III:-

- Mental health and its relation up with physical education.
मानसिक स्वास्थ्य और इसका शारीरिक शिक्षा से संबंध।
- Balance diet and Nutrition & its components.
संतुलित आहार और पोषण एवं उसके घटक।
- Function of food in the body.
शरीर में भोजन का कार्य।
- Required diet for sports persons.
खिलाड़ियों के लिए आवश्यक आहार

Books for Reference:-

1. Manju Arora "स्वास्थ्य एवं शारीरिक शिक्षा", Radha publication
2. C.H. Robinson: Normal and Therapeutic nutrition
3. Narayan Sudha: Aahar Vigyan Research Publication Jaipur
4. Florida A.A. "Safety education", Mc Graw Hill book Co. New York
5. Dr. R Choudhary & Indrajeet Basu, "Health and Physical Education", Harbour press International.
6. A.K. Uppal etc. "Posture, Athletic Care and First-Aid", Friend Publication, New Delhi
7. Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".
8. Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
9. Ajmer singh etc. Essential of physical education." Kalyani Publishers, Ludhiyana
10. Text books of Physical Education For CBSE XI & XII class.

BACHELOR OF ARTS
Subject: Physical Education
Vth Semester
PAPER – II TEST AND MEASUREMENT-I

Duration: 3 Hrs

Maximum Marks: 35 Marks

Note: There will be three parts in ESE.

I. 7 QUESTIONS (very short answer Questions)	7 X 1 MARK EACH = 7 Marks
II. 5 QUESTIONS (short answer Questions)	5 X 2 MARK EACH = 10 Marks
III. 3 QUESTIONS (1 question from each unit with Internal choice)	3 X 6 MARK EACH = 18 Marks
Total of End semester exam (duration of exam 3 hours)	= 35 Marks

Learning Outcomes

After successfully completing this course, the student will be able to:

1. Define the concept of Test and Measurement, and Assessment Procedure in Physical Education and give examples of each.
2. Understand and differentiate between formative and summative evaluation, Process and Product evaluation.
3. Select appropriate measurement tools according to purpose and age groups.
4. Applying the knowledge to determine the corrective measures that test are administered for.
5. Develop physical competence and knowledge of specific test to measure the performance and fitness.

UNIT- I:-

- Meaning of Test & Measurement and Evaluation.
परीक्षण एवं मापन एवं मूल्यांकन का अर्थ.
- Importance of Test & measurement in Physical Education.
शारीरिक शिक्षा में परीक्षण एवं माप का महत्व
- Criteria of construction of test.
परीक्षण के निर्माण के मानदंड.
- Items to be included in objectives & subjective test.
वस्तुनिष्ठ एवं व्यक्तिपरक परीक्षण में शामिल किया जाने वाली वस्तुएं ।

UNIT- II: - Statistics

- Meaning & definitions of statistic.
सांख्यिकी का अर्थ एवं परिभाषाएँ।
- Need and importance of statistics.
सांख्यिकी की आवश्यकता एवं महत्व
- Data, types of data, source at data collection.
आंकड़े, आंकड़ों के प्रकार, आंकड़ों के संग्रह का स्रोत
- Graphic presentation, meaning & definition. Type of graphs.
सजीव प्रस्तुति, अर्थ और परिभाषा
- Type of graphs.
आरेख के प्रकार।

UNIT- III:-

- Meaning of control tendency - (Mean, mode, median)
नियंत्रण प्रवृत्ति का अर्थ - (माध्य, बहुलक, मधिका)
- Meaning, uses & calculation from frequency table.
आवृत्ति तालिका से अर्थ, उपयोग और गणना।
- Co-relation-meaning & calculation.
सहसंबंध - अर्थ एवं गणना

Books for Reference:

1. Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications.
2. Kamlesh M.L. (2017). Methods in physical education, New Delhi: Friends Publications.
3. Mathews, D.K., (1973). Measurement in physical education, Philadelphia: W.B. Saunders Company.
4. Karad P.L. (2019). Test, measurement and evaluation physical education, New Delhi: Khel Sahitya Kendra .
5. Singh, Hardyal, (1991). Science of Sports Training, New Delhi: DVS Publications.
6. Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".
7. Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
8. Ajmer singh etc. Essential of physical education." Kalyani Publishers,Ludhiyana
9. Text books of Physical Education For CBSE XI & XII class.

BACHELOR OF ARTS

Subject: Physical Education

Vth Semester

PAPER-III YOG EDUCATION-I

Duration: 3 Hrs

Maximum Marks: 35 Marks

Note: There will be three parts in ESE.

I. 7 QUESTIONS (very short answer Questions)	7 X 1 MARK EACH = 7 Marks
II. 5 QUESTIONS (short answer Questions)	5 X 2 MARK EACH = 10 Marks
III. 3 QUESTIONS (1 question from each unit with Internal choice)	3 X 6 MARK EACH = 18 Marks
Total of End semester exam (duration of exam 3 hours)	= 35 Marks

Learning Outcomes

After successfully completing this course, the student will be able to:

1. Acquiring knowledge about history and concept of yog .
3. Creating awareness on different aspect of health, yog and fitness.
4. Gaining the knowledge of Pranayam, Kriya Aana and their benefits.
5. Providing job opportunities to students through yoga education

Unit – I Introduction of Yog

योग का परिचय

1. Meaning and definition of yog, aims and objectives of yog.
योग का अर्थ एवं परिभाषा, योग के लक्ष्य एवं उद्देश्य।
2. Yoga in early Upanishads.
प्रारंभिक उपनिषदों में योग।
3. Importance of yog in our daily life.
हमारे दैनिक जीवन में योग का महत्व।
4. Helpful and disturbing aspects during practice of yog.
योगाभ्यास के दौरान सहायक एवं परेशान करने वाले पहलू

Unit – II Kinds of Yog

योग के प्रकार

1. Bhakti Yog
भक्ति योग
2. Karma Yog
कर्म योग
3. Hath Yog
हठ योग
4. Ashtang Yog
अष्टांग योग

Unit - III Introduction of prominent yogis

प्रमुख योगियों का परिचय

1. Maharishi Patanjali,
महर्षि पतंजलि
2. Yogi Gorakhnath
योगी गोरखनाथ
3. Swami Vivekanand
स्वामी विवेकानन्द
4. Swami Shivanand
स्वामी शिवानंद

Books for Reference:-

1. Ananda, Sri., (1999) The complete Book of Yoga Harmony of Body and mind. Orient paperbacks. Madarsa Road, Kashmere Gate, Delhi.
2. Iyenger, B.K.S., (1982) Light on Yoga, Great Britain, George Allen and Unwin
3. Dinesh Gaur, "Yoga And Meditation (योग एवं ध्यान)"

Practical Examination प्रायोगिक परीक्षा

(Semester - V)

Max. Marks: 50

Duration: 3 Hrs.

Learning Outcomes:

On successful completion of the course, the students will be able to:

1. Assess the individual levels of fitness components.
2. Demonstrate the basic fundamental knowledge and skills of Combat sports.
3. Demonstrate the basic fundamental knowledge and skills of Yog Aasans.

PRACTICAL ASSESSMENT

1. Practical	=	30 Marks
2. Viva	=	10 Marks
3. Practical File	=	10 Marks
Total	=	50 Marks

Topics for Physical Education practical:

1. Opt any one Combat sports (one against one).
कोई एक मुक्काबले (एक के विरुद्ध एक) के खेल चुनें

a. Boxing मुक्केबाज़ी

b. Wrestling कुश्ती

(Preparing of practical file on opted Combat sports.)
(चयनित मुक्काबले के खेल पर प्रायोगिक फ़ाइल तैयार करना)

2. Canadian Physical Fitness
कैनेडियन शारीरिक योग्यता परीक्षण

Topics for Yog Education practical:

Opt any Any five Asanas with Therapeutic value)

चिकित्सीय महत्व वाले कोई भी पांच आसन चुनें

a. Padmasana,	-	पद्मासन
b. Dhanurasana,	-	धनुरासन
c. Sarvangasana	-	सर्वांगासन
d. Paschimottanasana	-	पश्चिमोत्तानासन
e. Chakrasana	-	चक्रासन
f. Halasana	-	हलासन
g. Matsyasana	-	मत्स्यासन
h. Ustrasana	-	उष्ट्रासन
i. Mayurasana	-	मयूरासन
j. Vajrasana	-	वज्रासन

(Preparing of practical file on opted Yog Aasans and to perform.)

(चयनित योग आसनों पर पर प्रायोगिक फ़ाइल तैयार करना और प्रदर्शन करना)

BACHELOR OF ARTS
Subject: Physical Education
VIth Semester
PAPER – I HEALTH EDUCATION-II

Duration: 3 Hrs

Maximum Marks: 35 Marks

Note: There will be three parts in ESE.

I. 7 QUESTIONS (very short answer Questions)	7 X 1 MARK EACH = 7 Marks
II. 5 QUESTIONS (short answer Questions)	5 X 2 MARK EACH = 10 Marks
III. 3 QUESTIONS (1 question from each unit with Internal choice)	3 X 6 MARK EACH = 18 Marks
Total of End semester exam (duration of exam 3 hours)	= 35 Marks

Learning Outcomes

After successfully completing this course, the student will be able to:

1. Demonstrate the Understanding and causes, symptoms and case to be taken for various ailments.
2. Understand the importance of body posture and acquire the appropriate body posture.

UNIT- I: - Hygiene

- Personal Hygiene- Meaning & definition.
व्यक्तिगत स्वच्छता- अर्थ एवं परिभाषा
- Needs & importance of personal Hygiene.
व्यक्तिगत स्वच्छता की आवश्यकताएं और महत्व।
- Effect of Tobacco, Alcohol, and Drugs on the body.
तम्बाकू, शराब और नशीली दवाओं का शरीर पर प्रभाव।
- Hygiene habits.
स्वच्छता की आदतें।

UNIT- II: - Communicable Disease- Symptoms, precautions, treatment.

Malaria, - मलेरिया	Smallpox,	- चेचक	Hydrophobia	- जलांतक
AIDS, - एड्स	Whooping Cough,	-काली खांसी	Tuberculosis	- तपेदिक
Cholera, - हैजा	Diphtheria,	- रोहिणी	Leprosy	- कुष्ठ रोग
Dysentery, - पेचिश	Tetanus,	- धनुस्तंभ		

Postures -deformity and its treatment.

आसन- विकृति एवं उसका उपचार।

UNIT- III: - Safety

- Safety: - Meaning, Principles, Need & importance.

सुरक्षा के अर्थ, सिद्धांत, आवश्यकता और महत्व।

- Role of safety for preventing accident in sports.

खेलों में दुर्घटना रोकने में सुरक्षा की भूमिका

- Common injuries in sports and their prevention.

खेलों में सामान्य चोटें और उनकी रोकथाम।

- First aid - definition, qualities of first aiders.

प्राथमिक चिकित्सा - परिभाषा, प्राथमिक चिकित्साकर्ताओं के गुण।

Books for Reference:-

1. Manju Arora "स्वास्थ्य एवं शारीरिक शिक्षा , Radha publication
2. Ajmer singh Etc. Basic of physical education, health & sports, Kalyani Publication, Delhi
3. C.H. Robinson: Normal and Therapeutic nutrition
4. Narayan Sudha: Aahar Vigyan Research Publication Jaipur
5. Florida A.A. "Safety education", Mc Graw Hill book Co. New York
6. Dr. R Choudhary& Indrajeet Basu,"Health and Physical Education", Harbour press International.
7. A.K. Uppal etc." Posture, Athletic Care and First-Aid", Friend Publication, New Delhi.
8. Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".
9. Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
10. Ajmer singh etc. Essential of physical education." Kalyani Publishers,Ludhiyana
11. Text books of Physical Education For CBSE XI & XII class.

BACHELOR OF ARTS

Subject: Physical Education

VIth Semester

PAPER – II TEST AND MEASUREMENT-II

Duration: 3 Hrs

Maximum Marks: 35 Marks

Note: There will be three parts in ESE.

I. 7 QUESTIONS (very short answer Questions)	7 X 1 MARK EACH = 7 Marks
II. 5 QUESTIONS (short answer Questions)	5 X 2 MARK EACH = 10 Marks
III. 3 QUESTIONS (1 question from each unit with Internal choice)	3 X 6 MARK EACH = 18 Marks
Total of End semester exam (duration of exam 3 hours)	= 35 Marks

Learning Outcomes

After successfully completing this course, the student will be able to:

1. Collect and analyses fitness test data of school students. Imparting the knowledge of collection of data help in evaluating the learner's ability individually.
2. Have knowledge of various types of tests through which they will be able to take skill and fitness tests of various sports.
3. Know about the dimensions and marking of play field.

UNIT- I: - Fitness test

योग्यता परीक्षण।

- AAPHER Youth fitness test.
AAPHER युवा योग्यता परीक्षण।
- J.C.R. test
जे.सी.आर. परीक्षण।
- Canadian fitness test
कैनेडियन योग्यता परीक्षण।
- Cooper fitness test.
कूपर योग्यता परीक्षण।

UNIT- II: - Skill test

कौशल परीक्षण

- Johnson Basketball ability test.
जॉनसन बास्केटबॉल क्षमता परीक्षण।
- Soccer Mc Donald test.
सॉकर मैक डोनाल्ड परीक्षण।
- Harbans Singh field Hockey test.
हरबंस सिंह फील्ड हॉकी परीक्षण।
- Volley ball Brady test.
वॉलीबॉल ब्रेडी परीक्षण।

UNIT- III: - Dimensions and marking of play fields.

खेल के मैदानों का आयाम एवं अंकन

- | | | | | | |
|--------------|---|------------|-------------------|---|-----------------|
| • Football | - | फुटबॉल | • Hockey | - | हॉकी |
| • Volleyball | - | वॉलीबॉल | • Kho-Kho | - | खो-खो |
| • Basketball | - | बास्केटबॉल | • Badminton | - | बैडमिंटन |
| • Judo | - | जूडो | • Kabaddi | - | कबड्डी |
| • Cricket | - | क्रिकेट | • Athletics field | - | एथलेटिक्स मैदान |

Books for Reference:

1. Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications.
2. Kamlesh M.L. (2017). Methods in physical education, New Delhi: Friends Publications.
3. Mathews, D.K., (1973). Measurement in physical education, Philadelphia: W.B. Saunders Company.
4. Karad P.L. (2019). Test, measurement and evaluation physical education, New Delhi: Khel Sahitya Kendra .
5. Singh, Hardy, (1991). Science of Sports Training, New Delhi: DVS Publications.
6. Dr. Suresh Kumar Agarwal etc. "Basics of Physical Education, Health & Sports".
7. Singh Ajmer etc. (2000) "Olympic Movement" Kalyani Publishers, Ludhiana.
8. Ajmer singh etc. Essential of physical education." Kalyani Publishers, Ludhiana
9. Text books of Physical Education For CBSE XI & XII class.

BACHELOR OF ARTS

Subject: Physical Education

VIth Semester

PAPER-III YOG EDUCATION-II

Duration: 3 Hrs

Maximum Marks: 35 Marks

Note: There will be three parts in ESE.

I. 7 QUESTIONS (very short answer Questions)	7 X 1 MARK EACH = 7 Marks
II. 5 QUESTIONS (short answer Questions)	5 X 2 MARK EACH = 10 Marks
III. 3 QUESTIONS (1 question from each unit with Internal choice)	3 X 6 MARK EACH = 18 Marks
Total of End semester exam (duration of exam 3 hours)	= 35 Marks

Learning Outcomes

After successfully completing this course, the student will be able to:

1. Acquire knowledge about concept of yog and physical exercises.
3. Create awareness on different aspect of health, yog and fitness.
4. Classify Pranayam, Kriya Aana and their benefits.
5. Enable students in acquiring new knowledge, developing various

Unit –I

1. Importance of Precautions of Place, time and food for Yoga.
योग के लिए स्थान, समय और भोजन की सावधानियों का महत्व
2. Helpful and disturbing aspects during practice of yoga.
योग के अभ्यास के दौरान सहायक और परेशान करने वाले पहलू
3. Benefits of Meditation and dhyana
ध्यान और ध्यान के फायदे

Unit -II

Effects of Asanas and Pranayama on:-

आसन और प्राणायाम का प्रभाव:-

1. Respiratory system
2. श्वसन तंत्र
3. Circulatory system
परिसंचरण तंत्र
4. Digestive system
पाचन तंत्र
5. Nervous system
तंत्रिका तंत्र

Unit- III

1. Meaning of Pranayam, Types and benefits of Pranayam
प्राणायाम का अर्थ, प्राणायाम के प्रकार और फायदे
2. Kriyas :- Meaning and types:-
क्रियाएँ:- अर्थ एवं प्रकार
 - Kapalabhati (Stimulating the brain cells by purifying the brain)
कपालभाति (मस्तिष्क को शुद्ध करके मस्तिष्क की कोशिकाओं को उत्तेजित करना)
 - Neti (Upper Nasal Track)
नेति (ऊपरी नासिका मार्ग)
 - Trataka (Eye Exercises)
त्राटक (नेत्र व्यायाम)
 - Nauli (Abdominal muscle and Viscera)
नौली (पेट की मांसपेशी और आंत)
 - Dhoti (Cleansing the intestine)
धौति (आंतों को साफ करना)
 - Vasti (Cleaning of the Rectum)
वस्ति (मलाशय की सफाई)

Books for Reference:-

1. Ananda, Sri., (1999) The complete Book of Yoga Harmony of Body and mind. Orient paperbacks. Madarsa Road, Kashmere Gate, Delhi.
2. Iyenger, B.K.S., (1982) Light on Yoga, Great Britain, George Allen and Unwin
3. Dinesh Gaur, "Yoga And Meditation (योग एवं ध्यान)"

P.T.O

Practical Examination प्रायोगिक परीक्षा

(Semester - VI)

Max. Marks: 50

Duration: 3 Hrs.

Learning Outcomes:

On successful completion of the course, the students will be able to:

1. Assess the individual levels of fitness components.
2. Demonstrate the basic fundamental knowledge and skills of Yog.

PRACTICAL ASSESSMENT

1. Practical	=	30 Marks
2. Viva	=	10 Marks
3. Practical File	=	10 Marks
Total	=	50 Marks

Topics for practical:

1. Yog.
योग
 - a. Pranayam-(Any five) - प्राणायाम-(कोई पांच)
 - b. Aasan- - (Any five) - आसन- - (कोई पांच)

(Preparing of practical file on Prayanaam & Aasan.)
(प्रयाणम और आसन पर प्रायोगिक फ़ाइल की तैयारी।)

2. Cooper Physical Fitness Test (10 minutes run)
कूपर शारीरिक योग्यता परीक्षण (10 मिनट दौड़)

Topics for Yog Education practical:

Opt any Any five Shatkarm (Body cleaning activities)

कोई भी पाँच प्राणायाम (सांस नियंत्रण की प्रक्रिया) चुनें

a. Nadi shodhan pranayama	-	नाड़ी शोधन प्राणायाम
b. Sheetli pranayama	-	शीतली प्राणायाम
c. Ujjaiyi pranayama	-	उज्जायी प्राणायाम
d. Kapalbhathi pranayama	-	कपालभाती प्राणायाम
e. Digra pranayama	-	डिग्र प्राणायाम
f. Bhastrika pranayama	-	भस्त्रिका प्राणायाम
g. Bahya pranayama	-	बाह्य प्राणायाम
h. Bhramri pranayama	-	भ्रामरी प्राणायाम

(Preparing of practical file on opted Pranayama and to perform.)

(चयनित प्राणायाम पर प्रायोगिक फ़ाइल तैयार करना और प्रदर्शन करना)