BACHELOR OF ARTS
Subject: Physical Education
1st Semester
PAPER – I HISTORY OF PHYSICAL EDUCATION-I

Duration : 3 Hrs
Maximum Marks : 50 Marks

Note: There will be three parts in EOSE.

I 10 QUESTIONS (very short answer Questions) 10X 1 MARK EACH = 10 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) 3X 10 MARK EACH = 30 Marks
Total of End semester exam (duration of exam 3 hours) = 50 Marks

UNIT- I :-
• Definition of Physical Education its importance.
• Misconception about Physical Education.
• Aim's & objective of Physical Education.
• Scope of Physical Education.

UNIT- II :-
• Place of Physical Education in total Education Process.
• Physical Education in Ancient India (Before 1947).
• Physical Education in India (after 1947).
• Ancient Olympics.

UNIT- III :-
• Impact of Britain & U.S.A. on Physical Education in India.
• Modern Physical Education in India.
• Physical Education and Sports Training in India.
• Rajasthan State of Sports Council, Function, Aim & Objective.
BACHELOR OF ARTS  
Subject : Physical Education  
Ist Semester  
PAPER –II  FOUNDATION OF PHYSICAL EDUCATION-I

Duration : 3 Hrs  
Maximum Marks : 50 Marks

Note : There will be three parts in EOSE.

I 10 QUESTIONS (very short answer Questions)  
10X 1 MARK EACH  
= 10 Marks

II 5 QUESTIONS(short answer Questions)  
5 X 2 MARK EACH  
= 10 Marks

III 3QUESTIONS (1 question from each unit with Internal choice)  
3X 10 MARK EACH  
= 30 Marks

Total of End semester exam (duration of exam 3 hours)  
= 50 Marks

UNIT- I :- Biological Foundation.

- Heridity & Environment & its effect.
- Stage of Growth & Development.
- Principles of Growth and Development.
- Factor's effecting Growth & Development.
- Differences between Growth & Development.

UNIT- II :- Psychological Foundation.

- Meaning of Psychology. Importance of Psychology for Teacher.
- Role of Psychological Elements in Physical Education. Motion about mind and body.
- Psycho-Physical Unity.

UNIT- III :- Philosophical Foundation.

- Idealism and Physical Education.
- Pragmatism and Physical Education.
- Naturalism and Physical Education.
- Existentialism and Physical Education.
BACHELOR OF ARTS
Subject : Physical Education
IInd Semester
PAPER –I HISTORY OF PHYSICAL EDUCATION-II

Duration : 3 Hrs
Maximum Marks : 50 Marks

Note : There will be three parts in EOSE.

I 10 QUESTIONS (very short answer Questions) 10X 1 MARK EACH = 10 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) 3X 10 MARK EACH = 30 Marks

Total of End semester exam (duration of exam 3 hours) = 50 Marks

UNIT- I :-

• Write about Arjuna Award, Dronacharya Award, Maulana Abdul Kalam Azad Trophy, Major Dhyan Chand, Guru Vashist and Rajiv Gandhi Khel Ratan.
• History of Olympic Games.
• Modern Olympic Games.
• Objective of Olympic Games, Moto and Flag. Charter opening & Closing.
• India Olympic Association, Federation.

UNIT- II :-

• Contribution of the Growth of Physical Education by leader's Movements.
• All India Council of Sports.
• National Physical Efficiency Drive.

UNIT- III :-

• Turnverein Movement.
• T.M.C.A. and its Contribution.
• Contribution in India by:-
  G.D. Sondhi.
  Rajkumari Amrit Kaur.
  Dr. P.M. Joseph.
  Shri H.C. Buck.
  Prof. Karan Singh Ajmer Singh.
  Asia Games, S.A.F. Games. National Games
  Para Olympic.
BACHELOR OF ARTS
Subject: Physical Education
II\textsuperscript{nd} Semester
PAPER –II FOUNDATION OF PHYSICAL EDUCATION-II

Duration : 3 Hrs
Maximum Marks : 50 Marks

Note : There will be three parts in EOSE.

<table>
<thead>
<tr>
<th>Unit</th>
<th>Topics</th>
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<tbody>
<tr>
<td>I</td>
<td>Physiological Foundation.</td>
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<td>- Respiratory System.</td>
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<td>- Circulatory System.</td>
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<td>- Muscles &amp; type of Muscles.</td>
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<td>- General Benefits of Exercise.</td>
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<td>II</td>
<td>Psychological Factor's effecting sports Performance.</td>
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<td>- Benefits of Different type of Exercise to the various system of the body.</td>
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<td>- Role of Social Institution in Development of personality through Publication in games &amp; Sports.</td>
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<tr>
<td>III</td>
<td>SOCIOLOGICAL FOUNDATION:</td>
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<td>- Physical Education and sports as a need of the Society.</td>
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<td>- Sociological Implication of Physical Education and sports.</td>
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<td>- Physical activities and sports as a Man's cultural Heritage.</td>
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BACHELOR OF ARTS
Subject : Physical Education
IIIrd Semester
PAPER –I  ANATOMY AND PHYSIOLOGY OF EXERCISE -I

Duration : 3 Hrs
Maximum Marks : 50 Marks

Note : There will be three parts in EOSE.

I  10 QUESTIONS (very short answer Questions) 10X 1 MARK EACH = 10 Marks
II  5 QUESTIONS(short answer Questions) 5 X 2 MARK EACH = 10 Marks
III 3QUESTIONS (1 question from each unit with Internal choice) 3X 10 MARK EACH = 30 Marks

Total of End semester exam (duration of exam 3 hours) = 50 Marks

UNIT- I :-

• Meaning and concept of Anatomy.
• Meaning of Physiology and Exercise Physiology.
• Need and importance of Anatomy and Physiology in Physical Education.
• Definition of cell, Tissue, Organs.
• Microscopic Structure of cell.

UNIT- II :-

• Elementary knowledge of skeleton system.
• Joints and types at joints,- Terminology of various movement around joints.
• Types of Muscles.
• Structure of Muscles.
• Characteristics of Muscles.

UNIT- III :-

• Cardio vascular System.
• Respiratory System.
• Digestive System.
• Nervous System.
BACHELOR OF ARTS
Subject: Physical Education
IIIrd Semester
PAPER –II MANAGEMENT & METHODS OF PHYSICAL EDUCATION-I

Duration : 3 Hrs Maximum Marks : 50 Marks

Note : There will be three parts in EOSE.

I 10 QUESTIONS (very short answer Questions) 10X 1 MARK EACH = 10 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) 3X 10 MARK EACH = 30 Marks
Total of End semester exam (duration of exam 3 hours) = 50 Marks

UNIT- I :- INTRODUCTION

• Meaning and importance of 'Teaching methods'.

• Types of Teaching method.

• Principle of teaching.

UNIT- II :- ORGANIZATIONS

Organization of sports for educational institutes:-

• National level.

• State level.

• District level.

• Village level.

UNIT- III :- TOURNAMENTS :

• Meaning of tournament.

• Types of tournaments.

• Method of drawing fixtures.

• Merit and demerits of different types of tournaments.
BACHELOR OF ARTS
Subject: Physical Education
IVth Semester
PAPER-I ANATOMY AND PHYSIOLOGY OF EXERCISE-II

Duration: 3 Hrs
Maximum Marks: 50 Marks

Note: There will be three parts in EOSE.

I  10 QUESTIONS (very short answer Questions)  10X 1 MARK EACH = 10 Marks
II 5 QUESTIONS (short answer Questions)  5X 2 MARK EACH = 10 Marks
III 3 QUESTIONS (1 question from each unit with Internal choice)  3X 10 MARK EACH = 30 Marks
Total of End semester exam (duration of exam 3 hours) = 50 Marks

UNIT- I : - Growth and Development
- Define Growth and Development.
- Difference between Growth and Development
- Role of Glands in Growth and Development.
- Definition and Physiological concept of physical fitness training.
- Definition and importance of
  - warming up
  - conditioning
- Physiological aspects of Developments of strength, speed, agility.

UNIT- II : - PHYSIOLOGY OF EXERCISE
  Effects of exercises on:
- Respiration system.
- Circulation system
- Muscular system.

UNIT- III : -
- Neuro Muscular co-ordination.
- Second wind.
  Oxygen dept.
- Kinesthetic Sense
- Stitch and Cramp.
- Obesity and body weight control.
- Fatigue
UNIT- I :- FACILITIES AND EQUIPMENTS

- Need and importance of equipments for physical education.
- An Ideal list of equipment for physical education.
- Role of equipment in physical education.

UNIT- II :- Purchasing and Maintaining

- Realistic approach in purchase procedure of equipment.
- Maintenance of equipment.
- Development of improvised equipment and store keeping.

UNIT- III :- Budget and office Management.

- Physical education budget and its preparation.
- Maintenance of records, filling and office correspondence.
- Maintenance of accounts, income & expenditure (Sources)
BACHELOR OF ARTS
Subject : Physical Education
Vth Semester
PAPER –I HEALTH EDUCATION-I

Duration : 3 Hrs

Maximum Marks : 50 Marks

Note : There will be three parts in EOSE.

I 10 QUESTIONS (very short answer Questions) 10X 1 MARK EACH = 10 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) 3X 10 MARK EACH = 30 Marks

Total of End semester exam (duration of exam 3 hours) = 50 Marks

UNIT- I :-

• Meaning, Definition and need of health education.
• Aims and objectives of health education.
• Factor effecting health.
• Scope of health education for school & college students.

UNIT- II :-

• Concept of health and fitness.
• Component of Physical fitness.
• Importance of health to individual, family & state.

UNIT- III :-

• Mental health and its relation up with physical education.
• Balance diet and Nutrition & its components.
• Function of food in the body.
• Required diet for sports persons.
BACHELOR OF ARTS
Subject: Physical Education
Vth Semester
PAPER –II TEST AND MEASUREMENT-I

Duration: 3 Hrs
Maximum Marks: 50 Marks

Note: There will be three parts in EOSE.

I 10 QUESTIONS (very short answer Questions) 10X 1 MARK EACH = 10 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) 3X 10 MARK EACH = 30 Marks
Total of End semester exam (duration of exam 3 hours) = 50 Marks

UNIT- I :

- Meaning of Test & Measurement and Evaluation.
- Importance of Test & measurement in Physical Education.
- Criteria of construction of test.
- Item to be included in objectives & subjective test.
- Administration of Test programme.

UNIT- II :- STATISTICS

- Meaning & definitions.
- Need and importance of statistics
- Data, types of data, source at data collection
- Graphic presentation, meaning & definition type of grapes.

UNIT- III :

- Meaning of control tendency (Mean, mode, median) meaning, uses & calculation from frequency table.
- Co-relation-meaning & calculation.
BACHELOR OF ARTS
Subject : Physical Education
VIth Semester
PAPER –I HEALTH EDUCATION-II

Duration : 3 Hrs
Maximum Marks : 50 Marks

Note : There will be three parts in EOSE.

I 10 QUESTIONS (very short answer Questions) 10X 1 MARK EACH = 10 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) 3X 10 MARK EACH = 30 Marks
Total of End semester exam (duration of exam 3 hours) = 50 Marks

UNIT- I :- Hygiene

• Personal Hygiene- Meaning & definition,
• Needs & importance of personal Hygiene.
• Effect of Tobacco, Alcohol, Drugs on the body.
• Hygiene habits.

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

<table>
<thead>
<tr>
<th>Disease</th>
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<tbody>
<tr>
<td>Malaria</td>
<td>Smallpox</td>
<td>Hydrophobia</td>
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<tr>
<td>AIDS</td>
<td>Whooping Cough</td>
<td>Tuberculosis</td>
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<tr>
<td>Cholera</td>
<td>Diphtheria</td>
<td>Leprosy</td>
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<tr>
<td>Dysentery</td>
<td></td>
<td>Tetanus</td>
</tr>
</tbody>
</table>


UNIT- III :- SAFETY

• Meaning, Principles, Need & importance at safety.
• Role of safety for preventing accident in sports.
• Common injuries in sports and their prevention.
• First aid-definition, qualities of first aiders.
BACHELOR OF ARTS
Subject : Physical Education
VIth Semester
PAPER –II TEST AND MEASUREMENT-II

Duration : 3 Hrs
Maximum Marks : 50 Marks

Note : There will be three parts in EOSE.

I  10 QUESTIONS (very short answer Questions)  10X 1 MARK EACH  = 10 Marks
II 5 QUESTIONS (short answer Questions)  5X 2 MARK EACH  = 10 Marks
III 3 QUESTIONS (1 question from each unit with Internal choice)  3X 10 MARK EACH  = 30 Marks

Total of End semester exam (duration of exam 3 hours)  = 50 Marks

UNIT- I :- FITNESS TEST

• AAPHER  Youth fitness test.
• J.C.R. Test
• Canadian & cooper fitness test.

UNIT- II :- SKILL TEST

• Johnson Basket ball ability bets.
• Soccer m Donald best
• Harbans Singh field Hockey test
• Volley ball Brady test.

UNIT- III :- DIMENSIONS AND MARKING OF PLAY FIELDS.

• Football
• Volleyball
• Basketball
• Cricket
• Hockey
• Kabaddi
• Badminton
• Kho-Kho