

BACHELOR OF ARTS
Subject : Physical Education
Ist 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	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 :-

- 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.
- Learning. Learning Theories. Law of Learning.

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	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 :-

- Write about Arjuna Award, Dronacharya Award, Maulana Abdul Kalam Azad Trophy, Major Dhyana 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
IInd Semester
PAPER –II FOUNDATION 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	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 :- Physiological Foundation.

- Respiratory System.
- Circulatory System.
- Muscles & type of Muscles.
- General Benefits of Exercise.

UNIT- II :-

- Psychological Factor's effecting sports Performance.
- Benefits of Different type of Exercise to the various system of the body.
- Role of Social Institution in Development of personality through Publication in games & Sports.

UNIT- III :- SOCIOLOGICAL FOUNDATION :

- Physical Education and sports as a need of the Society.
- Sociological Implication of Physical Education and sports.
- Physical activities and sports as a Man's cultural Heritage.

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	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 :- 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)	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 :- 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

BACHELOR OF ARTS
Subject : Physical Education
IVth Semester

PAPER –II MANAGEMENT & METHODS 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	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 :- 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	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, 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	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 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 graphs.

UNIT- III :-

- Meaning of central 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	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 :- 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.

Malaria	Smallpox	Hydrophobia
AIDS	Whooping Cough	Tuberculosis
Cholera	Diphtheria	Leprosy
Dysentery	Tetanus	

Postures -deformity and its treatment.

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)	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 :- 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