

SYLLABUS

PHYSICAL EDUCATION

B.A. (General) 3rd year (Semester V & VI)

(As per the latest syllabus issued by Panjab University, Chandigarh)

Max. Marks: 65

Theory Marks : 60

Internal Assessment Marks : 05

Semester-V

UNIT-I

Entire syllabus given in the Unit-II to V will be covered to set six short answer type questions in first question/unit of the question paper which is compulsory.

UNIT-II

Play

- Meaning and Definition of Play.
- Various theories of play and their significance in Physical Education and Sports.

Recreation

- Meaning, definition, characteristics, aim, objectives and types of recreation and recreational activities.
- Significance of recreation in the modern society.
- Recreation providing agencies.

UNIT-III

Competitions

- Meaning, importance and conduct of intramural and extramural competitions.
- Meaning and types of tournament and their merits and demerits.
- Draw of fixtures of various tournaments.

Camps

- Meaning, aim and objectives of the camp.
- Advantages of camping/outdoor education.
- Types and agencies promoting camping.
- Organization of camps and factors affecting its organization.
- Educative values of a camp.

Athletics Meet

- Organization of an athletics meet.
- Importance/significance of an athletics meet.

UNIT-IV

Posture

- Meaning, types and importance of a good posture.
- Causes, preventive and remedial measures of a poor posture.

Postural Deformities

- Postural deformities (Kyphosis, lordosis, scoliosis and flat foot), their causes, preventive and remedial measures.

Physical Activities and their effects on various physical parameters and vice versa

- Physical activities/training and their effects on aging, body composition, and obesity, general problems of obesity.
- Health related risk factors of obesity.
- Obesity and physical activity.
- Causes, preventive and remedial measures of obesity.

UNIT-V

Massage

- Brief history of massage.
- Meaning and definition of massage.
- Principles/guidelines for massage.
- Types of massage and their benefits.
- Effects of massage on skin, blood circulation, nervous system and muscles.

Basics of Cricket

- History of the Game
- Basic Fundamental Skills
- Equipment and Specifications
- Marking/Layout of field
- Rules and Regulations (Number of players, duration of game, number of officials required and general rule of play)
- Major Tournaments and Arjuna Awardees of the game.

Semester-VI

UNIT-I

Entire syllabus given in the Unit-II to V will be covered to set six short answer type questions in first question/unit of the question paper which is compulsory.

UNIT-II

Nervous System

- Meaning of Nervous System.
- Main organs of Nervous System and their functions.
- Reflex action and Reciprocal Innervations.
- Functional classification of Nervous System.

Excretory System

- Meaning of Excretory System.
- Main organs of Excretory System and their structure and functions.

Endocrine System :

- Meaning of Endocrine System.
- Meaning of Glands, their location and functions/Hormones produced by them.

UNIT-III

Sports Training

- Meaning, definition, aim, objective, characteristics and principles of sports training.

General Physiological concept

- Physiological concepts such as vital capacity, second wind, stitch, in the side and its causes.
- Definition of oxygen debt/excess post exercise oxygen consumption (EPOC) and its implication.
- Meaning definition and types of fatigue.
- Muscular contractions such as isotonic, isometric, eccentric and isokinetic.
- Meaning of Blood pressure, Hypertension : Its causes, effects and treatment, exercise and hypertension.

Effects of Physical exercise/Training on

- Muscular, respiratory and circulatory systems of the body.

UNIT-IV

Career aspects in Physical Education :

- Career options in Physical Education.
- Different avenues in Physical Education.
- Self assessment for career choices.
- Courses and institutions available for Physical Education profession.

UNIT-V

Coach and Basics of Table Tennis

Coach

- Coaching, coaching philosophy, definition of a coach.
- Qualification and characteristics of a coach.
- Responsibilities of a coach.

Basics of Table Tennis

- History of the game
- Basic fundamentals
- Equipments and specifications
- Marking/Layout of T.T. Table
- Rules and regulations (Number of players, duration of game, number of officials required and general rules of play)
- Major Tournaments and Arjuna Awardees of the game.