

New Scheme of Examination for B.A Health & Physical Education-2011

Theory: 3 hours

B.A. Health & Physical Education	Theory	Int. Assessment	Total
Semester –Ist.	60	10	70
Semester IIInd.	60	10	70
Practical	--	--	60
Semester IIIrd.	60	10	70
Semester IVth.	60	10	70
Practical	--	--	60
Semester –V	60	10	70
Semester VI	60	10	70
Practical	--	--	60
		Total	600

SEMESTER –V
B.A. - Health & Physical Education

Time: Three hours

Theory – 60 Marks
Internal Assessment - 10 Marks

Instructions for Paper Setter :

The question paper will consist of five Units Ist, IInd, IIIrd, IVth & Vth. . The Unit Ist, IInd, IIIrd & IVth. will have two questions from each Unit (Ist. to IVth.) carrying 10 marks each and Unit ‘Vth’ will consists of 10 short answer type questions covering the whole syllabus carrying 2 marks each.

Instructions for Candidates

The candidates are required to attempt one question from each unit (1st. to IVth.) and Unit Vth. is compulsory for all.

Unit- I

1. Growth & Development.
2. Difference between Growth & Development.
3. Principles of Growth & Development.
4. Factors effecting Growth & Development.
5. Age & Sex differences in relation to Physical activities and Sport.

Unit- II

Respiratory System

1. Organs comprising Respiratory system.
2. Type of Respiration.
3. Functions of Respiration.
4. Mechanism of Respiration.
5. Effect of exercise on Respiratory system.

Unit- III

Sports Injuries

1. Meaning, Types of Sports Injuries.
2. Common Sports Injuries-abrasion, Sprain Strain, Dislocation Bruise.
3. Prevention & Treatment of Sports Injuries.
4. Rehabilitation of Sports Injuries.

Unit- IV

Shudhi Kiryas

1. Introduction.
2. Objectives of Shudhi Kiryas.
3. Types of Shudhi Kiryas
4. Physiological values.

SEMESTER –VI
B.A. - Health & Physical Education

Time: Three hours

Theory – 60 Marks
Internal Assessment - 10 Marks

Instructions for Paper Setter :

The question paper will consist of five Units Ist, IInd, IIIrd, IVth. & Vth. . The Unit Ist, IInd, IIIrd & IVth. will have two questions from each Unit (Ist. to IVth.) carrying 10 marks each and Unit ‘Vth’ will consists of 10 short answer type questions covering the whole syllabus carrying 2 marks each.

Instructions for Candidates

The candidates are required to attempt one question from each unit (1st. to IVth.) and Unit Vth. is compulsory for all.

Unit- I

1. Definition of Socialization
2. Socialization through Sports.
3. Role of Traditions and their influence behavior pattern.
4. Effect of social behavior on performance of Sports person.

Unit- II

1. Meaning, Importance of first aid.
2. Principles of First aid.
3. Functions of first aid.
4. First aid Box Articles & definitions.

Unit- III

1. Meaning of leadership.
2. Qualities and professional qualification of Physical Education Teachers/Coaches.
3. Need & Importance of leadership.
4. Nature & Characteristics of leadership.

Unit- IV

Digestive System

1. Organs of digestive system.
2. Mechanism of digestive system.
3. Food enzymes & Juices of digestive track.
4. Effect of exercise on digestive system.
5. Different organs of excretion Skin, Kidney, Lungs, Direction track.

(B.A. VIth. Semester)

PRACTICAL

Note : The candidates are required to perform various Pranayama and other practical aspect as per instructions of the external examiners.

Yogic activates Practical : 60 Marks

- i) Kapal Bhati **30 Marks**
- ii) Dhauti
- iii) Shitli Pranayama
- iv) Shitkari Pranayama

Any one game from the following: 10 Marks

- i) Hockey (Game layout & score sheet)
- ii) Handball -do-
- iii) Table Tennis -do-
- iv) Lawn Tennis -do-

Any two Athletic Events 10 Marks

- i) Indigenous Activities

Viva-Voce and Practical File 10 Marks

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5. Chauhan B.S., Khel jagat mein Athletics, Jalandhar : A.P. Pub., 1999.
6. Fox, E.L., Physiological Basis of Physical Education and Athletics, Brown Pub. 1989.
7. Anand Om Parkash, Yoga Dawara Kaya Kalp, Kanpur, Sewasth Sahitya Perkashan, 2001.
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