

# SCHEME FOR UNDERGRADUATE PROGRAM

## Course: Health and Physical Education

Multiple Entry Exit, Internship and CBCS/LOCF in accordance to NEP-2020 w.e.f the session  
2022 – 23 in phased manner  
1<sup>st</sup> Semester & 2<sup>nd</sup> Semester

Seme ster	Type of Course	Paper Code	Nomenclature of paper	Credit			Contact Hours per week			Examination Scheme				Total
				Theory	Practical	Total	Theory	Practical	Total	Theory		Practical		
										External Evaluation	Internal Assessment	External Evaluation	Internal Assessment	
1 <sup>st</sup>	CC - 1	HPHY - 101	Health and Physical Education	04	02	06	04	04	08	50	50	25	25	150
2 <sup>nd</sup>	CC - 2	HPHY - 202	Health and Physical Education	04	02	06	04	04	08	50	50	25	25	150

**SYLLABUS FOR UNDERGRADUATE PROGRAM**  
**Course: Health and Physical Education**  
**Multiple Entry Exit, Internship and CBCS/LOCF in accordance to**  
**NEP-2020 w.e.f the session 2022 – 23 in phased manner**  
**1<sup>st</sup> Semester (Theory)**

**Time- 3 hours    Max. Marks: 100 (External – 50 Marks + Internal Assessment- 50 Marks)**

**Instructions for Paper- Setter:**

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V<sup>th</sup> will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

**Instructions for Candidates**

Candidates are required to attempt one question each from Unit I, II, III and IV. Unit - V is compulsory for all.

**Course Objectives:**

To provide the student knowledge about Physical Education and make him familiarize with its aims, objectives and scope. To develop understanding about Health, Hygiene and personal Hygiene. To Provide knowledge about Yoga and Pranayam. Student will acquire the basic knowledge of the anatomy, physiology and of the human body. They will develop understanding about the cells of human body.

**Course Learning Outcomes:**

After completing this course, the students will be able to:

- Describe the Aims, Objectives and scope of Physical Education.
- Illustrate the significance of health & hygiene. And process of personal hygiene.
- Describe the concept and benefits of Yoga and pranayam.
- Explain terms Anatomy, physiology, Cell, Tissue and Organ. cells of human body

**Course Contents**

**Unit - 1: Introduction to Physical Education-**

1. Meaning, definition and scope of Physical Education.
2. Relationship of Physical Education with General Education
3. Aim, Objectives and Importance of Physical Education in modern society.
4. Misconceptions regarding Physical Education

**Unit- II: Health & Hygiene**

1. Meaning, definition and importance of Health.
2. Factors influencing Health.
3. Meaning and importance of Personal Hygiene
4. Hygiene of various body parts and Factors influencing Personal Hygiene

**Unit- III: Introduction to Yoga**

1. Yoga - Meaning, Concept and Historical development
2. Types of Yoga
3. Importance of yoga in healthy living
4. Pranayam - Meaning, types and their benefits.

**Unit- IV: Introduction to Human Anatomy and Physiology**

1. Meaning and definition of Human Anatomy and Physiology
2. Importance of Human Anatomy and Physiology in Physical Education
3. Definition of Cell, Tissue, Organ and System
4. Structure and Properties of Cell

**Text Books and References**

- Singh Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,(2010).
- Sharma, V.K, "Health & Physical Education" Saraswati House Pvt. Ltd . Daryagani, New Delhi. (2013).
- Kang G.S. Deol N.S. "An introduction to Health and Physical Education 21<sup>st</sup> century" Patiala (2008).
- Singh Ajmer et. al. "Olympic Movement" Kalyani Publishers, Ludhiana, (2000).
- Sharma, V.K., " Yog Shiksha" Saraswati House Pvt.Ltd. Daryaganj, New Delhi (2011)
- Kamlesh & Sangral, "Principles & History of Physical Education", Parkash Brothers, Ludhiana.(2000)
- Avelin C. Pearce., "Anatomy and Physiology for Nurses"Oxford University Press.New Delhi, (2003). .
- Iyengar, B.K.S. "Light on life" Oxford, Pan Macmillan Ltd. (2005).
- Iyengar, B.K.S. "The Tree of Yoga" New Delhi, Harper Collins. (2009).
- Verma, K.K., "Health & Physical Education" Parkash Brothers, Ludhiana.(2005).

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**1<sup>st</sup> Semester (Practical)**

**Max. Marks: 50 (External – 25 Marks + Internal Assessment- 25 Marks)**

**Practical Objectives:**

To give basic knowledge about the ground specifications, rules and regulations of kho - kho Badminton and shotput. To impart the basic knowledge about the basic skill of kho – kho, Badminton and shot-put. To give basic knowledge about the basic Asana, Surya Namaskar and Three Pranayams.

**Practical Learning Outcomes**

After completing this course, the students will be able to:

- Describe the ground specifications, rules and regulations of kho - kho Badminton and shotput. And perform basic skills of kho - kho Badminton and shotput.
- Perform basic Asana, Surya Namaskar and Pranayams

<b>1. Any one game</b>	<b>10 Marks</b>
(With ground specifications, general rules and general skills)	
1. kho - kho                      2. Badminton	
<b>2. Ten basic Asana, Surya Namaskar and Three Pranayams</b>	<b>10 Marks</b>
<b>3. Athletics:</b>	<b>10 Marks</b>
Shot Put (Measurements & Basic Techniques)	
<b>4. Viva – Voce and Practical File</b>	<b>10+10 Marks</b>

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**2nd Semester (Theory)**

**Time- 3 hours    Max. Marks: 100 (External – 50 Marks + Internal Assessment- 50 Marks)**

**Instructions for Paper- Setter:**

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V<sup>th</sup> will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

**Instructions for Candidates**

Candidates are required to attempt one question each from Unit I, II, III and IV. Unit - V is compulsory for all.

**Course Objectives:**

To provide the student knowledge about Health Education and make him familiarize with its aims, objectives and scope. To develop understanding about First Aid in detail. Student will acquire the basic knowledge of the historical development of physical Education and sports policies. To equip the students with knowledge of components and principles of physical fitness. They will develop understanding about the various bones and joints of human body.

**COURSE LEARNING OUTCOME**

After completing this course, the students will be able to:

- Describe the Aims, Objectives and scope of Health Education and Illustrate the significance and methods of first aid for various conditions
- Describe the historical development of physical education and significance of important sports institutions and organization. Explain the state and national sports policies.
- Explain components and principles of Physical Fitness in detail.
- Describe the various bones and types of joints present in the human body.

**Course Contents**

**Unit – I    Introduction to Health Education**

1. Definition, Aim, Objectives and Scope of Health Education.
2. Importance of Health Education in modern society
3. First Aid: Meaning, Aim, Objectives and General Principles of First Aid.
4. First Aid for Common injuries - Bleeding, Burns, Electric Shock, Drowning and Snake Bite

## **Unit –II Historical Prospects of Physical Education**

1. Pre-independence and Post – independence historical development of Physical Education in India.
2. Role of IOA, SAI, NSNIS and YMCA in the development of Physical Education and Sports in India.
3. Sports Policy of Haryana State
4. National Sports Policy

## **Unit II Introduction to Physical Fitness**

1. Meaning, definition and importance Physical Fitness
2. Components and Principles of Physical Fitness
3. Factors influencing of Physical Fitness.
4. Meaning of Isometric, Isotonic and Isokinetic exercises

## **Unit IV Introduction to Human Anatomy and Physiology**

1. Anatomy of Human Bone
2. Types and Function of bones in Human Body
3. Meaning and types of joints in Human Body.
4. Types of synovial joints in Human Body

## **Text Books and References**

- Sharma, V.K, “Health & Physical Education” Saraswati House Pvt. Ltd . Daryagani, New Delhi.(2013).
- Kamlesh & Sangral,” Methods in Physical Education” Parkash Brothers, Ludhiana(2000).
- Bucher Olsen and Willgoose; “The Foundation of Health” Prentice Hall inc.Englewood Cliffs,New Jersey,(1976).
- Turner S and Smith “School Health and Health Education” The C.V. Mos by Company St.Loious (1961).
- Singh Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana,(2010).
- Kang G.S. Deol N.S. “An introduction to Health and Physical Education 21<sup>st</sup> century” Patiala (2008).
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**2nd Semester (Practical)**

**Max. Marks: 50 (External – 25 Marks + Internal Assessment- 25 Marks)**

**Practical Objectives:**

To give basic knowledge about the ground specifications, rules and regulations of Cricket and Table Tennis. To impart the basic knowledge about the basic skill of Cricket and Table Tennis. To give basic knowledge about the basic bones and joints of human body. To impart basic knowledge about the types starts.

**Practical Learning Outcomes**

After completing this course, the students will be able to:

- Describe the ground specifications, rules and regulations of Cricket and table Tennis. And perform basic skills of Cricket, Table Tennis and starts.
- Identify the various bones and joints of human body.

- |  |                    |
|--|--------------------|
| <b>1. Any one game</b>   | <b>10 Marks</b>    |
| (With ground specifications, general rules and general skills)       |                    |
| 1. Cricket                      2. Table Tennis                      |                    |
| <b>2. Name and identification of bones in Human Body</b>             | <b>10 Marks</b>    |
| <b>3. Athletics:</b>   | <b>10 Marks</b>    |
| Types of Starts - Crouch Start and standing starts (Basic Technique) |                    |
| <b>4. Viva – Voce and Practical File</b>                             | <b>10+10 Marks</b> |