

Chaudhary Bansi Lal University, Bhiwani

(A State University established by Govt. of Haryana Act No. 25 of 2014)

Session: 2021-22

Scheme of Examination for Bachelor of Arts with Physical Education & Health

Semester-I to VI

Credits= 36

Total Marks = 600

Paper Code/Semester	Subjects	Type of Course	Contact Hours Per Week			Credit		Examination Scheme			Total	
			Theory	Practical	Total	Theory	Tutorial/Practical	Total	Theory	Internal Assessment		Practical
21UPHY 101 Semester-I	Foundations of Physical Education	C.C.	05		05			06	60	15		100
21UPHY 102 Semester-I	Practical	C.C		02	07		01	06			25	100
21UPHY 201 Semester-II	Health, Hygiene & Nutrition	C.C.	05		07			06	60	15		100
21UPHY 202 Semester-II	Practical	C.C		02			01				25	100
21UPHY301 Semester-III	Psycho-physiological basis of Physical Education	C.C.	05		07			06	60	15		100
21UPHY302 Semester-III	Practical	C.C.		02			01				25	100
21UPHY401 Semester-IV	Basics of Sports Training	C.C.	05		07			06	60	15		100
21UPHY402 Semester-IV	Practical	C.C		02							25	100

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21UPHY501 Semester-V	Science of Sports Training Practical OR	D.S.E	05	02	07	05	01	06	60	15	25	100
21UPHY501-A Semester-V												
21UPHY502 Semester-V	Yoga Science	D.S.E	05	02	07	05	01	06	60	15	25	100
21UPHY502-A Semester-V												
21UPHY601 Semester-VI	Organization and Amnistration of Physical Education Practical OR	D.S.E	05	02	07	05	01	06	60	15	25	100
21UPHY601-A Semester-VI												
21UPHY602 Semester-VI	Sports Journalism and Mass Media	D.S.E	05	02	07	05	01	06	60	15	25	100
21UPHY602-A Semester-VI												
Total	Practical		30	12	42	30	06	36	360	90	150	600

C.C. = Core Course

F.W. = Field Work

D.S.E = Discipline Specific Elective

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B.A. Physical Education & Health

1st Semester

Paper Name -Foundations of Physical Education (C.C)

Paper Code: 21UPHY101

Time: 3 hours

Theory: 60 Marks

Internal assessment: 15 Marks

Important Instructions for Paper Setter and students:

1. The question paper will consist of 09 questions in all and will carry 12 marks each. The first question will be compulsory and comprise of 06 short answer types questions (2 marks each) and this question will be set from the whole syllabus.
2. Remaining 08 questions would be set unit wise, two questions from each unit. The candidate has to attempt four questions selecting at least one from each unit.

Unit -I Introduction to Physical education:

1. Meaning, definition and scope of Physical education.
2. Aim and objectives of physical education.
3. Importance of physical education in modern society.
4. Qualities and Qualifications for a physical education teacher.

Unit -II Historical development of Physical education:

1. Pre independence developments of physical education & sports in India.
2. Post-independence developments of physical education and sports in India.
3. S.A.I, NSNIS and role of these agencies in development of Physical education and sports.
4. IOA, Aim, objectives and role in Promotion of sports.

Unit- III Olympic Movement:

1. Historical development of ancient Olympic games.
2. Historical development of modern Olympic games.
3. India in Olympics.
4. Asian games, Common wealth games and highlights of India's performance in these games.

Unit- IV National Sports Awards:

1. Rajiv Gandhi KhelRatna Award
2. Arjuna award
3. Dronacharya award
4. Bhim Award
5. MAKA Trophy
6. Major Dhayanchand Award

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Suggested Reading List:

1. Singh, A. (2016) Essentials of physical education. Kalyani publishers.
2. Uppal, A.K. (1994) Foundations of physical education. Friends publication.
3. Kamlesh, M.L.(1997) Foundations of physical education. Sports publication.
4. Sangral,M.S.(1988) Principles and history of physical education. Prakash brothers.
5. Kamlesh, M.L. (1988) Physical education facts and foundations. P.B. publications.
6. Buchar, C.A. (1979) Foundations of physical education. C.V. Mosby Com.

1st Semester

Practical : Paper Code: 21UPHY102

Time ; 3;00 Hours

Total 25 marks

1. **Physical fitness:** Shuttle Run, 800m race, push-ups, sit-ups.....05 marks
2. **Athletics:** Start and finish techniques, Long Jump, Discus throw.....05 marks
3. **Game (Any two):** Hockey, Kabaddi, Wrestling05 marks
4. **Record Work:** File for above listed activities.....05 marks
5. **Viva-Voce:**.....05 marks

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B.A. Physical Education & Health

2nd Semester

Paper Name - Health, Hygiene & Nutrition (C.C)

Paper Code: 21UPHY201

Time: 3hours

Theory: 60 marks

Internal assessment: 15 Marks

Important Instructions for Paper Setter and students:

1. The question paper will consist of 09 questions in all and will carry 12 marks each. The first question will be compulsory and comprise of 06 short answer types questions (2 marks each) and this question will be set from the whole syllabus.
2. Remaining 08 questions would be set unit wise, two questions from each unit. The candidate has to attempt four questions selecting at least one from each unit.

Unit-I Introduction to health:

1. Introduction, meaning and definition of health.
2. Dimensions of health.
3. Importance of health and factors affecting health.
4. Characteristics of a healthy individual.

Unit-II Health & Hygiene:

1. Meaning and importance of personal hygiene.
2. Personal hygiene of :
 - a) Teeth
 - b) Ears
 - c) Eyes
 - d) Skin
 - e) Nails and Fingers
 - f) Clothes
3. Meaning, aim, objectives and guiding principles of First-Aid.
4. First -Aid in case of :
 - a) Drowning
 - b) Fracture
 - c) Fainting
 - d) Heat Stroke

Unit- III Health & Nutrition:

1. Concept of Nutrition and Balanced Diet.
2. Components of Balanced diet.
3. Factors affecting Diet.
4. Importance of Balanced Diet.

Unit-IV Communicable Disease:

1. Meaning of Communicable and non-communicable diseases.
2. Various modes of transmission of Communicable Diseases.
3. Prevention and Control of Communicable diseases.
4. Symptoms, prevention and control of :
 - a)A.I.D.S
 - b) Hepatitis
 - c) Tuberculosis
 - d) Malaria

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Suggested Reading List:

1. Bogart, L.J. (1973) Nutrition and physical fitness. W.B. saunders Company.
2. Singh, A. (2016) Essentials of physical education. Kalyani publishers.
3. Uppal,A.K. (1994) Foundations of physical education. Friends publication.
4. Kamlesh,M.L. (1997) Foundations of physical education. Sports publication.
5. Griffith,H.Winter (1989) Complete guide to sports injuries. New Delhi, metropolitan book co.
6. Yudenich, V.V. (1986) Accident first aid, Moscow. Mir publishers.
7. Mangal,S.K. (2018) Health and physical education. Tandon publication.

2nd Semester

Practical : **Paper Code: 21UPHY202**

Time ; 3;00 Hours

Total 25 marks

1. **Physical fitness:** Shuttle Run, 800m race, push-ups, sit-ups..... 05 marks
2. **Athletics:** Relay Race, High Jump ,Shot-Put.....05 marks
3. **Game (Any two):** Badminton, Football, Weight-Lifting.....05 marks
4. **Record Work:** File for above listed activities.....05 marks
5. **Viva-Voce:**05 marks

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B.A. Physical Education & Health

3rd Semester

Paper Name - Psycho-physiological basis of Physical Education (C.C)

Paper Code: 21UPHY301

Time: 3hours

Theory: 60 marks

Internal assessment: 15 Marks

Important Instructions for Paper Setter and students:

1. The question paper will consist of 09 questions in all and will carry 12 marks each. The first question will be compulsory and comprise of 06 short answer types questions (2 marks each) and this question will be set from the whole syllabus.
2. Remaining 08 questions would be set unit wise, two questions from each unit. The candidate has to attempt four questions selecting at least one from each unit.

Unit- I Psychology in sports:

1. Psychology: Meaning, definition and importance of sports psychology.
2. Learning: Meaning, Laws and Transfer of learning.
3. Motivation: Meaning, definition, types and methods of Motivation.
4. Individual differences: Types and causes.

Unit -II Fundamentals of Anatomy and physiology:

1. Meaning definition and importance of anatomy and physiology.
2. Circulatory system and effects of exercise on circulatory system.
3. Respiratory system and effects of exercise on respiratory system.
4. Bones, types and functions of bones.

Unit -III Posture and Postural deformities:

1. Meaning and types of Good Posture.
2. Causes of Poor posture.
3. Common postural deformities, prevention and remedial measures.
4. Importance of good posture.

Unit-IV Tournament/Competition:

1. Meaning and types of Tournaments.
2. Procedure to draw fixtures for single Knock-out Tournament.
3. Procedure to draw fixtures for league Tournament.
4. Merits and Demerits of knock- out and League Tournament.

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Suggested Readings:

1. Sharma, V.K. (2017) Health and physical education. Saraswati publication house.
2. Singh, A. (2016) Essentials of physical education. Kalyani publishers.
3. Uppal, A.K. (1994) Foundations of physical education. Friends publication.
4. Kamlesh, M.L. (1997) Foundations of physical education. Sports publication.

3rd Semester

Practical : **Paper Code: 21UPHY303**

Time ; 3;00 Hours

Total 25 marks

1. **Physical fitness:** Shuttle Run, 800m race, push-ups, sit-ups.....05 marks
2. **Athletics:** Hurdle Race, Tripple- Jump, Javelin throw05 marks
3. **Game (Any two):** Cricket, Handball, Judo.....05 marks
4. **Record Work:** File for above listed activities.....05 marks
5. **Viva-Voce:**.....05 marks

 

B.A. Physical Education & Health

4th Semester

Paper Name - Basics of Sports Training (C.C)

Paper Code: 21UPHY401

Time:3hours

Theory: 60 marks

Internal assessment: 15 Marks

Important Instructions for Paper Setter and students:

1. The question paper will consist of 09 questions in all and will carry 12 marks each. The first question will be compulsory and comprise of 06 short answer types questions (2 marks each) and this question will be set from the whole syllabus.
2. Remaining 08 questions would be set unit wise, two questions from each unit. The candidate has to attempt four questions selecting at least one from each unit.

Unit I Training in sports:

1. Introduction meaning and definition of sports training.
2. Aim and objectives of sports training.
3. Basic methods of sports training:
 - a) Continuous Method
 - b) Interval method
 - c) Repetition method

Unit II Warming up and cooling down:

1. Introduction of warming up and cooling down.
2. Methods and types of warming up.
3. Guiding principles of warming up, importance of warming up and cooling down.
4. Exercise, types of exercise and importance of exercise in daily life.

Unit-III Physical fitness:

1. Meaning and definition of Physical fitness.
2. Importance of Physical fitness.
3. Components of Physical fitness.
4. Factors influencing physical fitness.

Unit- IV Fatigue:

1. Meaning, definition and types of Fatigue.

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2. Symptoms of Fatigue.
3. Causes and Remedies of fatigue.
4. Massage, Types and benefits of Massage.

Suggested Readings:

1. Singh,H. (1997) Science of sports training. D.V.S. publications.
2. Bunn,J.W.(1959) Scientific principles of coaching. Prentice Hall.
3. Sharma,V.K. (2017) Health and physical education. Saraswati publication house.
4. Morgan,R.E. et.al. (1957) Circuit Training. G. Bell and Sons Ltd.
5. Frank,W.D. (2007) sports training principles. A&C black 5thEd.
6. Singh, A. (2016) Essentials of physical education. Kalyani publishers.

4th Semester

Practical : **Paper Code: 21UPHY402**

Time ; 3;00 Hours

Total 25 marks

1. **Physical fitness:** Shuttle Run, 800m race, push-ups, sit-ups.....05 marks
2. **Athletics:** General Commands and class formations, General P.T.Exercise.....05 marks
3. **Game (Any two):** Boxing, Basket-ball, Archery.....05 marks
4. **Record Work:** File for above listed activities.....05 marks
5. **Viva-Voce:**.....05 marks

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B.A. Physical Education & Health

5th Semester (OPTION-I)

Paper Name - Science of Sports Training (D.S.E)

Paper Code: 21UPHY501

Time: 3hours

Theory: 60 marks

Internal assessment: 15 Marks

Important Instructions for Paper Setter and students:

1. The question paper will consist of 09 questions in all and will carry 12 marks each. The first question will be compulsory and comprise of 06 short answer types questions (2 marks each) and this question will be set from the whole syllabus.
2. Remaining 08 questions would be set unit wise, two questions from each unit. The candidate has to attempt four questions selecting at least one from each unit.

Unit-1 Concept of sports training:

- (i) Meaning, Definition and concept of sports training.
- (ii) Aim and objective of sports training.
- (iii) Principles of sports training.
- (iv) Load, Adaptation and Recovery.

Unit-2 Methods of sports training:

- (i) Continuous Training Method
- (ii) Interval Training Method
- (iii) Repetition Training Method
- (iv) Circuit Training Method
- (v) Fart Lek and Plyometric Methods
- (vi) Weight Training Method

Unit-3 Training Components:

- (i) **Strength:** Meaning, types and Methods of improving
- (ii) **Endurance:** Meaning, types and Methods of improving endurance.
- (iii) **Speed:** Meaning, types and Methods of improving flexibility.
- (iv) **Coordinative Abilities:** Meaning, types and methods of improving co-coordinative abilities.

Unit-4 Training Process:

- (i) Periodization and its types
- (ii) Planning and principles of planning
- (iii) Types of Plan



(iv) Structure of training Session.

Suggested reading: -

1. Singh, H. (1997) Science of sports training. D.V.S. publications.
2. Singh, A. (2016) Essentials of physical education. Kalyani publishers.
3. Sharma, V.K. (2017) Health and physical education. Saraswati publication house.
4. Bunn, J.W. (1959) Scientific principles of coaching. Prentice Hall.
5. Morgan, R.E. et.al. (1957) Circuit Training. G. Bell and Sons Ltd.
6. Harre, D.(1982) Principles of sports Training. Berlin: Sportsverlag.
7. Frank, W.D. (2007) Sports training principles. A&C Black 5th Ed.

5th Semester

Practical : **Paper Code: 21UPHY501-A**

Time ; 3;00 Hours

Total 25 marks

1. **Physical fitness:** Shuttle Run, 800m race, push-ups, sit-ups.....05 marks
2. **Athletics:** Hammer, Steeple chase, Pole Vault,.....05 marks
3. **Game (Any two):** Kho-Kho, table –tennis, Baseball.....05 marks
4. **Record Work:** File for above listed activities.....05 marks
5. **Viva-Voce:**.....05 marks





B.A. Physical Education & Health

5th Semester (OPTION-II)

Paper Name – Yoga Science (D.S.E)

Paper Code: 21UPHY502

Time: 3 hours

Theory: 60 marks

Internal assessment: 15 Marks

Important Instructions for Paper Setter and students:

1. The question paper will consist of 09 questions in all and will carry 12 marks each. The first question will be compulsory and comprise of 06 short answer types questions (2 marks each) and this question will be set from the whole syllabus.
2. Remaining 08 questions would be set unit wise, two questions from each unit. The candidate has to attempt four questions selecting at least one from each unit.

Unit-1 Introduction of yoga:

1. Brief history of Yoga in India.
2. Meaning, definition and types of Yoga.
3. Astang Yoga and its steps.
4. Aim, objectives and Importance of Yoga.

Unit-2 Asanas:

1. Meaning, definition and types of Asanas.
2. Methods and benefits of Asanas: Sukhasana, Padamasana, Siddhasana and Vajrasana.
3. Sarvangasana, Halasana, Paschimottanasana, Bhujangasana, Dhanurasana and sirsasana.
4. Surya Namaskar, chakrasana and Mayurasana.

Unit-3 Shat Karams/ ShudhiKriyas process and effects:

1. Neti: SutraNeti and Jalneti.
2. Dhauti: JalDhauti, VastraDhauti, DandDhauti.
3. Basti: SusakBasti, Wet Basti.
4. KapalBhati and Taratak.

Unit-4 Yoga Breathing (Pranayama):

1. Introduction, meaning, definition of Pranayama.
2. Benefits of Pranayama.

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3. Methods of Comfortable Pranayama (Sukhpurvak), Bhastrika, Anlom-Vilom, Ujjayi, Sitali, Sitali, Sitali.
4. Hints and Cautions for the practice of Pranayama.

Suggested Readings:

1. Iyengar, B.K.S. (2006) Light on Yoga. Thorsons.
2. Hewitt, J. (1977) Yoga and Vitality. Barrie & Jenkins.
3. Sharma, J.P. (2006) Yoga Shiksha. Friends publications.
4. Maguire, I. (2008) Yoga for a healthy body.
5. Sharma, P.D. (1984) Yoga yogasana and Pranayama for health. Navneet publications pvt. Ltd.
6. Sharma, Lalita, (1999) All you wanted to know about yoga. Sterling publishers.
7. Bhole, M.V. (1988) Physiological benefits through yoga. Yoga Mimamsa.
8. Sharma, V.K. (2015) Yoga Shiksha. Saraswati House Pvt. Ltd. New Delhi.

5th Semester

Practical : **Paper Code: 21UPHY502-A**

Time ; 3;00 Hours

Total 25 marks

1. **Physical fitness:** Shuttle Run, 800m race, push-ups, sit-ups.....05 marks
2. **Athletics:** Hammer, Steeple chase, Pole Vault,.....05 marks
3. **Game (Any two):** Kho-Kho, table –tennis, Baseball.....05 marks
4. **Record Work:** File for above listed activities.....05 marks
5. **Viva-Voce:**.....05 marks

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B.A. Physical Education & Health

6th Semester (OPTION-I)

Paper Name – Organization and Administration of Physical Education. (D.S.E)

Paper Code: 21UPHY601

Time: 3hours

Theory: 60 marks

Internal assessment: 15 Marks

Important Instructions for Paper Setter and students:

1. The question paper will consist of 09 questions in all and will carry 12 marks each. The first question will be compulsory and comprise of 06 short answer types questions (2 marks each) and this question will be set from the whole syllabus.
2. Remaining 08 questions would be set unit wise, two questions from each unit. The candidate has to attempt four questions selecting at least one from each unit.

Unit-1

1. Meaning of organization and administration in physical education
2. Need of organization and administration in physical education
3. importance of organization and administration in physical education
4. objectives and guiding principles of organization and administration

Unit-2

1. Purchase of equipment's.
2. Care and maintenance of sports equipment's.
3. Care and maintenance of play fields.
4. Facilities of gymnasium hall and swimming pool.

Unit-3

1. Meaning and purpose of budget.
2. Meaning of record and registers and their importance.
3. Types of records and registers.
4. Qualities of a good administrator.

Unit-4

1. Meaning and types of tournaments.
2. Merits and demerits of knockout and league tournaments.
3. Preparation of fixtures for
4. Knockout tournaments.
5. Preparation of fixtures for league tournaments.

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Suggested readings: -

1. Kamlesh,M.L.(2006) Methods in physical education. Friends publication.
2. Two experienced professors.(2004) Organization, administration and recreation in physical education, Prakash Brothers.
3. Wakharkar,D.G(2018) Handbook of physical education. Friends Publications
4. Clyde,G.K(1953) Teaching methods for physical education. McGraw-Hill.
5. Malik.R(2018) Teaching methods of physical education. Friends publication
6. William,J.F.(2019) The organization and administration of physical education. Creative media partners.

6th Semester

Practical : **Paper Code: 21UPHY601-A**

Time ; 3;00 Hours

Total 25 marks

1. **Physical fitness:** Shuttle Run, 800m race, push-ups, sit-ups..... 05 marks
2. **Athletics:**Hitch Kick, Fosbury Flop, Parry O Brien Techniques.....05 marks
3. **Game (Any two):** Volleyball, Gymnastics, Shooting05 marks
4. **Record Work:** File for above listed activities.....05 marks
5. **Viva-Voce:**.....05 marks



B.A. Physical Education & Health

6th Semester (OPTION-II)

Paper Name – Sports Journalism and Mass Media(D.S.E)

Paper Code: 21UPHY602

Time: 3hours

Theory: 60 marks

Internal assessment: 15 Marks

Important Instructions for Paper Setter and students:

1. The question paper will consist of 09 questions in all and will carry 12 marks each. The first question will be compulsory and comprise of 06 short answer types questions (2 marks each) and this question will be set from the whole syllabus.
2. Remaining 08 questions would be set unit wise, two questions from each unit. The candidate has to attempt four questions selecting at least one from each unit.

Unit 1

1. Introduction, meaning and Definition of sports journalism.
2. Importance and Scope of Sports Journalism.
3. Historical background of sports Journalism.
4. Aim and Objectives of sports Journalism.

Unit 2

1. Qualities and qualifications for an ideal Sports Journalist.
2. Ethical Standards of sports Journalist.
3. Socio-political significance of sports Journalism.
4. Sports Journalism in India.

Unit 3

1. Famous sports writers, commentators and Broadcasters of India.
2. Duties of sports Journalist during press conference.
3. Impact of Radio, Television and Social media on sports journalism.
4. Methods of editing a Sports report.

Unit: 4

1. Recent trends of sports journalism.
2. Reporting Sports events.
3. Structure of sports bulletin.
4. Interview with an elite player or Coach.

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Suggested Reading:

1. Andrews, P. (2006) Journalism: A Practical Introduction by Phil Andrew. SAGE Publication Ltd.
2. Lovett, P. (2006) Journalism in India by Lovett Pat. Banna Publishing Company.
3. Chouhan, B.S. (2019) Sports Journalism and Mass media. Sports Publication.
4. Mishra, A. (2019) Sports Journalism and Mass Media. Sports Publication.
5. Sharma, A. (2018) Introduction to mass Communication. Evincepub Publishing.
6. Nicholson, M. et. al. (2015) Sports and the media: Managing the nexus. Routledge Publication, New York.

6th Semester

Practical : **Paper Code: 21UPHY602-A**

Time ; 3;00 Hours

Total 25 marks

1. **Physical fitness:** Shuttle Run, 800m race, push-ups, sit-ups..... 05 marks
2. **Athletics:** Hitch Kick, Fosbury Flop, Parry O Brien Techniques.....05 marks
3. **Game (Any two):** Volleyball, Gymnastics, Shooting05 marks
4. **Record Work:** File for above listed activities.....05 marks
5. **Viva-Voce:**.....05 marks

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