

**Swami Ramanand Teerth
Marathwada University, Nanded**

PHYSICAL EDUCATION
(U. G. Level)

FACULTY OF PHYSICAL EDUCATION
(Three year Degree course)

B. A. II year
(Semester Pattern)

PHYSICAL EDUCATION SYLLABUS
Effective from June 2010

B. A. Second Year

Semester - III

Paper - V

PHYSICAL EDUCATION AND HUMAN LIFE SCIENCE

Time : 2 hours

Marks 40

Per week - 4 P

Half Yearly - 60 P

Unit A Anatomy

- I Cell - Structure of Cell, types, functions
Tissue - Types : functions of various tissue
- II Structure and Functions of
Skeletal system, muscular system, Digestive system, Nervous system, Respiratory system, Circulatory system, Glandular system, Reproductive system
- III Effects of exercises on
Skeletal system, muscular system, Digestive system, Nervous system, Respiratory system, Circulatory system, Glandular system, Reproductive system

Unit B Physiology

- I Physiology of muscular activity
- II Physiology of Respiration
- III Physiology of Blood circulation
- IV Factors influencing performance in Games and Sports

Unit C First Aid

- Definition and importance of first aid
- II Basic principles of first aid
- III Nature of injuries in Athletic and their prevention
- IV Common injuries on play field and their first aid.

(Note :- 10 Marks Internal assessment – Class test, Tutorial, Seminar and Attendance in class)

REFERENCE BOOK

1. Merley, William P.
"Health and Physical fitness" 1982 CBS College Publishing.
2. Sampath K. & Uma Maheshwar B.
"Human Anatomy & Physiology". First Edition, 1999-2000, Birla Publications Delhi.
3. Shaver, Lerry G.
"Essential of Exercies Physiology" Surjee Publications Delhi, First Indian Print 1980.
4. Winter Griffith H
"Complete Guide to sports injuries", First

Indian Edition, 1989, Metro Politian Book Co. Pvt. Ltd. New Delhi.

5. Shi Anand

"The Complete Book of Yoga, Harmony of Body and Minds" Orient Paper Back, new Delhi 1980.

6. Yoga Step by step

Kamal Bakshi Ajanta Publication (India) Jawahar Nagar, Delhi 110 007

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B. A. Second Year
Semester - III
Paper - VI

PHYSICAL EDUCATION - PRACTICAL

Time : Marks -50 Per week - 4 P
Half Yearly - 60 P

COURSE CONTENTS

1	Practical project (Any one)	10
	a) Blood Pressure (Measure Low and High B.P.)	
	b) Pulse rate (Measure Before and After playing)	
2.	Track and Field events (Only techniques)	10
	a) Running events - 200 m/ 1500/m (men/women) (Starting and finishing techniques)	
3.	Optional games	15
	a) One Indian game 1) Kho-Kho 2) Yoga Fundamental Skills, Knowledge of Rules & Regulations	
4.	Internal marks	05
	(Attendance & Behavior)	
5.	Oral	05
	All practical events related Introduction, Historical development, rules and regulations	
6.	Record Book	05
	All practical events related a) Brief History b) Various diagrams c) Names of different fundamental skill in the team events and Athletics eventsd) Officials	

Note :- Practical Paper No. VI and VIII - 100

REFERENCE BOOKS

1. Books of rules of games and sports
Y.M.C.A. Publication House
Jaisingh Road, New Delhi 110 007
2. Track marking
Dr. V. M. Sharma & Dr. Meena Thuse,
Rajendra Gand, Tetra Publishers,
Rajkamal chowk, Amravati
3. Play ground measurements manual
Lokesh Thuni, Sports publication,
W.P. 474, 1st floor, Shiv Market,
Ashok Vihar, Delhi 110 052
4. International Encyclopedia of sports and games
Ashok kumar, Mittal publications,
New Delhi 110 059 Vol. I to IV
5. Cricket Skill & Techniques
"Doug Wright Vikas Publishing House
(India) Jawahar Nagar, Delhi 110 007

B. A. Second Year

Semester - IV

Paper - VII

PHYSICAL EDUCATION AND HUMAN LIFE SCIENCE

Time : 2 hours

Marks 40

Per week - 4 P

Half Yearly - 60 P

Unit A Health Education

Definition and concept of health

II Need and importance of health

III Physical, mental and social health

IV Body posture, meaning, importance, types, common postural defects and their remedies

V Communicable diseases their preventive and therapeutic aspect.

Unit B Diet

I Definition need and importance

II Balanced diet. its factors

III Nutrition and dietary manipulation

Unit C Yoga

I Definition, nature and scope of Yoga

II Astang Yoga, Kriya, Asanas

III Pranayam, importance and types

IV Effects Yoga Asanas on health of individual

(Note :- 10 Marks Internal assessment – Class test, Tutorial, Seminar and Attendance in class)

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4. Winter Griffith H

"Complete Guide to sports injuries", First
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Co. Pvt. Ltd. New Delhi.

B. A. Second Year
Semester - IV
Paper - VIII
PHYSICAL EDUCATION - PRACTICAL

Time : Marks -50 Per week - 4 P
Half Yearly - 60 P

COURSE CONTENTS

- | | | |
|-----------|--|-----------|
| 1 | Track and Field events (Only techniques) | 20 |
| | a) Throwing events – Discus throw
(Holding, styles, delivery and Recovery) | |
| | b) Jumping events - Triple Jump (Hop-Step-Jump)
(Approach run, Take off, Air position, Landing) | |
| 2. | Optional games | 15 |
| | a) One Foreign game
1) Cricket 2) Handball
(Fundamental Skills, Knowledge of Rules & Regulations) | |
| 3. | Internal marks | 05 |
| | (Attendance & Behavior) | |
| 4. | Oral | 05 |
| | All practical events related Introduction, Historical
development, rules and regulations | |
| 5. | Record Book | 05 |
| | All practical events related
a) Brief History b) Various diagrams
c) Names of different fundamental skill in the team events and
Athletics eventsd) Officials | |

Note :- Practical Paper No. VI and VIII - 100

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1. Books of rules of games and sports
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2. Track marking
Dr. V. M. Sharma & Dr. Meena Thuse,
Rajendra Gand, Tetra Publishers,
Rajkamal chowk, Amravati
3. Play ground measurements manual
Lokesh Thuni, Sports publication,
W.P. 474, 1st floor, Shiv Market,
Ashok Vihar, Delhi 110 052
4. International Encyclopedia of sports and games
Ashok kumar, Mittal publications,
New Delhi 110 059 Vol. I to IV
6. Cricket Skill & Techniques
"Doug Wright Vikas Publishing House
(India) Jawahar Nagar, Delhi 110 007

AIMS OF PHYSICAL EDUCATION

- To aware all the student who are studying in various faculties of humanity and social science towards physical fitness and all round health of the students.
- To aware the students about the duties of citizenship and make them healthy and loyal citizen of the country.
- To create interest and motivate the students for maximum participation in sports and games.
- To prepare a disciplined healthy student throughout the university.
- To develop the national integrity in the students through sports policy.

FACULTY OF PHYSICAL EDUCATION
B. A. Second Year (Semester Pattern) examination

PHYSICAL EDUCATION
Paper – V & VII
(Physical Education and Human Life Science)

Time : 2 hours

Maximum Marks –40

- N. B.** 1. Attempt all questions
2. All question carry equal marks

Q. 1. Essay Type 10
OR
Essay Type

Q. 2. Answer the following question any two 10
i)
ii)
iii)
iv)

Q. 3. Write Short answers of any two of the following 10
i)
ii)
iii)
iv)

Q.4. Write Short notes of any two of the following 10
i)
ii)
iii)
iv)