

## B. A. Second Year

Paper III

### PHYSICAL EDUCATION AND HUMAN LIFE SCIENCE

Time : 3 hours

Marks 100

Per week - 4 P

Year - 120 P

#### PART I

<b>Unit A</b>	<b>Anatomy</b>	<b>05</b>
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	10
III	Effects of exercises on Skeletal system, muscular system, Digestive system, Nervous system, Respiratory system, Circulatory system, Glandular system, Reproductive system	10
<b>Unit B</b>	<b>Physiology</b>	<b>20</b>
I	Physiology of muscular activity	
II	Physiology of Respiration	
III	Physiology of Blood circulation	
IV	Factors influencing performance in Games and Sports	
<b>Unit C</b>	<b>First Aid</b>	<b>15</b>
I	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.	

#### PART II

<b>Unit A</b>	<b>Health Education</b>	<b>25</b>
I	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.	
<b>Unit B</b>	<b>Diet</b>	<b>15</b>
I	Definition need and importance	
II	Balanced diet. its factors	
III	Nutrition and dietary manipulation	
<b>Unit C</b>	<b>Yoga</b>	<b>20</b>
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	

**B. A. Second Year**  
**Paper IV**  
**PHYSICAL EDUCATION PRACTICAL**

Marks 100

Per week - 4 per Division

**COURSE CONTENTS**

<b>1</b>	<b>Practical project (Any one)</b>	<b>10</b>
	a) Blood Pressure (Measure Low and High B.P.)	
	b) Pulse rate (Measure Before and After playing)	
<b>2.</b>	<b>Track and Field events (Only techniques)</b>	<b>30</b>
	a) Running events - 200 m/ 1500/m (men/women) (Starting and finishing techniques)	
	b) Throwing events - Discus throw (Holding, styles, delivery and Recovery)	
	c) Jumping events - Triple Jump (Hop-step-jump) (Approach run, Take off, Air position, Landing)	
<b>3.</b>	<b>Optional games</b>	<b>30</b>
	a) One Indian game 1) Kho-Kho            2) Yoga	
	b) One foreign game 1) Cricket            2) Handball (Fundamental skills, knowledge of rules and regulations)	
<b>4.</b>	<b>Internal marks</b>	<b>10</b>
	(Attendance & Behaviour)	
<b>5.</b>	<b>Oral</b>	<b>10</b>
	All practical events related Introduction, Historical development, rules and regulations	
<b>6.</b>	<b>Record Book</b>	<b>10</b>
	All practical events related	
	a) Brief History            b) Various diagrams	
	c) Names of different fundamental skill in the team events and Athletics events            d) Officials	

## 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





## **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) examination

March / April

## PHYSICAL EDUCATION

Paper III

(Physical Education and Human Life Science)

Day / Date

Time : 3 hours

Maximum Marks – 100

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

- |       |   |    |
|-------|---|----|
| Q. 1. | Essay Type<br>OR<br>Essay Type  | 20 |
| Q. 2. | Essay Type<br>OR<br>Essay Type  | 20 |
| Q. 3. | Answer the following question any two<br>i)<br>ii)<br>iii)<br>iv)           | 20 |
| Q. 4. | Write Short answers of any two of the following<br>i)<br>ii)<br>iii)<br>iv) | 20 |
| Q.5.  | Write Short notes of any two of the following<br>i)<br>ii)<br>iii)<br>iv)   | 20 |

**Swami Ramanand Teerth  
Marathwada University, Nanded**

**PHYSICAL EDUCATION**  
(U. G. Level)

**FACULTY OF PHYSICAL EDUCATION**  
(Three year Degree course)

B. A. II year

**PHYSICAL EDUCATION SYLLABUS**  
Effective from June 2009