

Guru Jambheshwar University of Science & Technology, Hisar

Scheme for Theory + Practical Based Subjects

Guidelines for Scheme of Examination for

HEALTH & PHYSICAL EDUCATION

The Scheme of Examination of undergraduate (UG) Courses (**Theory-70 marks + Practical-30 marks Based Subjects**) under Faculty of Humanities & Social Sciences run by affiliated degree colleges will be under (50+20) + 30 (External + Internal + Practical) for practical based courses. Pass percentage will be

For the UG courses under Faculty of Humanities & Social Sciences, the guidelines regarding scheme and paper setting will be followed as:

For the end semester examinations regarding practical subjects, nine questions are to be set by the examiner. The candidates shall attempt five questions in all. First question will be compulsory of 10 marks based on the entire syllabus. It will comprise of ten short answer type questions of one mark each. Students are required to attempt any four questions out of remaining eight questions, selecting one question from each unit. All remaining questions shall carry equal marks.

Scheme: (50+20) + 30 (External + Internal + Practical)

1st question=10 marks (10 short answer type questions of one marks each)

Rest four questions: 10 marks each i.e. 4 x 10=40

Total = (10+40+20) + 30 = 100 marks

Components of Internal Assessment (Breakdown of 20 marks)

(a) Class Test: 5 marks

(b) Assignment: 5 marks

(c) Participation in Class Discussions: 3 marks

(d) Term Paper/written test/2nd assignment: 5 marks

(e) Attendance: 2 marks*

*Weightage of 2 marks for **Attendance** component out of 20 marks for Internal Assessment shall be available only to those students who attend **75% and more** of classroom lectures and practical. The break-up of marks for **attendance component** for theory + practical papers shall be as under:

(a) 75% and above up to 85%: 01 mark

(b) Above 85%: 02 mark

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*B.A. 1 -1st Semester (Health & Physical Education)
(From Session 2018-19)*

PHE 101: Health & Physical Education

*External – 50 Marks
Internal – 20 Marks
Time: -- 3 hours*

Note: For the end semester examinations, nine questions are to be set by the examiner. The candidates shall attempt five questions in all. First question will be compulsory of 10 marks based on the entire syllabus. It will comprise of ten short answer type questions of one mark each. Students are required to attempt any four questions out of remaining eight questions, selecting one question from each unit. All remaining questions shall carry equal marks i.e. 10 marks each.

Unit –I: 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: Introduction to Physical Education

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 & 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

1. Singh Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani , Ludhiana, (2010).
2. Sharma, V.K, “Health & Physical Education” Saraswati House Pvt. Ltd . Publishers Daryagani, New Delhi. (2013).

3. Kang G.S. Deol N.S. “An introduction to Health and Physical Education 21 st century” Patiala (2008).
4. Singh Ajmer et. al. “Olympic Movement” Kalyani Publishers, Ludhiana, (2000).
5. Sharma, V.K., ‘Yog Shiksha’ Saraswati House Pvt.Ltd. Daryaganj, New Delhi (2011)
6. Kamlesh & Sangral, “Principles & History of Physical Education”, Parkash Brothers,Ludhiana.(2000)
7. Avelin C. Pearce., “Anatomy and Physiology for Nurses”Oxford University Press.New Delhi, (2003). .
8. Iyengar, B.K.S. “Light on life” Oxford, Pan Macmillan Ltd. (2005).
9. Iyengar, B.K.S. “The Tree of Yoga” New Delhi, Harper Collins. (2009).
10. Verma, K.K., “Health & Physical Education” Parkash Brothers, Ludhiana.(2005).

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*B.A. 1 -1st Semester (Practical)
(Health & Physical Education)
(From Session 2018-19)*

PHE(P) 102: Practical (Health & Physical Education)

Maximum Marks: 30

Time: 3 hours

- 1. Assans : Any three out of following six asanas :** **10 Marks**

 1. Padmasana 2. Vajrasana 3. Tadasana
 4. Padahastasana 5. Sarvangasana 6. Bhujangasana

- 2. Ground Specifications, General Rules & General Skills of following games :** **15 Marks**

 1. Kho-Kho 2. Badminton 3. Kabaddi
 2. Athletic Track - Marking

- 3. Viva – Voce and Practical File** **05 Marks**

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*B.A. 1 -2nd Semester (Health & Physical Education)
(From Session 2018-19)*

PHE 103: Health & Physical Education

External – 50 Marks

Internal – 20 Marks

Time: -- 3 hours

Note: For the end semester examinations, nine questions are to be set by the examiner. The candidates shall attempt five questions in all. First question will be compulsory of 10 marks based on the entire syllabus. It will comprise of ten short answer type questions of one mark each. Students are required to attempt any four questions out of remaining eight questions, selecting one question from each unit. All remaining questions shall carry equal marks i.e. 10 marks each.

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 –III: 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

1. Sharma, V.K, "Health & Physical Education" Saraswati House Pvt. Ltd .
Daryagani,New Delhi.(2013).
2. Kamlesh & Sangral," Methods in Physical Education" Parkash
Brothers,Ludhiana(2000).
3. Bucher Olsen and Willgoose; "The Foundation of Health" Prentice Hall
inc.EnglewoodCliffs,New Jersey,(1976).
4. Turner S and Smith "School Health and Health Education" The C.V. Mos by Company
St.Loius (1961).
5. Singh Ajmer et.al. "Modern Text Book of Physical Education, Health and
Sports",Kalyani Publishers, Ludhiana,(2010).
6. Kang G.S. Deol N.S. "An introduction to Health and Physical Education 21 st century"
Patiala (2008).
7. Singh Ajmer et. al. "Olympic Movement" Kalyani Publishers, Ludhiana, (2000).
8. Kamlesh & Sangral, "Principles& History of Physical Education", Parkash Brothers,
Ludhiana.(2000)
9. Avelin C. Pearce., "Anatomy and Physiology for Nurses"Oxford University Press.New
Delhi, (2003). .
- 10 .Verma, K.K., "Health & Physical Education" Parkash Brothers,Ludhiana.(2005).

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PHE(P) 104: Practical (Health & Physical Education)

Maximum Marks: 30

Time: 3 hours

05 Marks

1. Name and Identification of Bones in Human Body :

2. Athletics :

20 Marks

Measurements & Basic Techniques of all Throwing Events and
Basic Technique of all types of starts, with marking of Athletic Track.

3. Viva – Voce and Practical File

05 Marks