

SYLLABUS FOR THE BATCH FROM YEAR 2023 TO YEAR 2026

B.A. / B.Sc. (12+3 SYSTEM OF EDUCATION) **Physical Education** (Credit Based Grading System) Examinations: 2023–26



GURU NANAK DEV UNIVERSITY AMRITSAR

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B.A./B.Sc. (Semester System) (12+3 System of Education) (CBGS) (Batch 2023-26)
(Faculty of Physical Education)

INDEX

Sr. No.	Physical Education	Page No.
1.	Semester I	1-2
2.	Semester II	3-4
3.	Semester III	5-6
4.	Semester IV	7-8
5.	Semester V	9-10
6.	Semester VI	11-12

SEMESTER-I
PHYSICAL EDUCATION
(THEORY)

Time: 3 Hours

L T P
Credits 3 0 0
Marks : 75

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A

1. Definition of the terms: Education, Physical Education, Physical Training and Coaching.
2. Aims and Objectives of Physical Education.
3. Relationship of Education and Physical Education.

SECTION-B

4. Biological Principles:
 - (a) Growth and Development
 - (b) Age and sex differences
 - (c) Effects of heredity and environment on growth and development.
 - (d) Chronological age, physiological age, Anatomical age and Mental age.
5. Body types.

SECTION-C

6. Development of Physical Education and Sports in India.
 - (a) Pre-Independence
 - (b) Post-Independence
 - (c) Sports Schemes in India
 - (i) N.S.N.I.S.
 - (ii) Sports Authority of India.
 - (iii) Punjab Sports Department.
 - (iv) Punjab State Sports Council.

SECTION-D

7. Olympic Games:
 - (a) Ancient Olympics.
 - (b) Modern Olympics.
8. Commonwealth Games
9. Asian Games
10. History, Fundamentals, Rules, Dimensions and regulations of Volleyball and Cricket.

SEMESTER-I
PHYSICAL EDUCATION
(PRACTICAL)

L T P
Credits 0 0 1
Marks : 25

Division of Marks : Athletics (08) + Games (08) +Ground Markings (2+2), Practical Note Book (3), Viva-Voce (2)

- **Athletics Performance** ————— 100M, Shot-put for Boys
100M, Shot-put for Girls
- **Games (Boys & Girls)** —----- **Fundamentals, Rules, Performance**
Volleyball
Cricket

Suggested Readings:

1. Barrow, H.M. Man and His Movements: Principles of Physical education, Lea and Febiger, 1973, Latest Edition.
2. Brar, Gurcharan Singh. Roots of Panjab University and its Sports Archives (1882-1982), Mohindra Publishing House, Chandigarh, 2017.
3. Reverse, R.S., Foundations of Physical Education Houghton Mifflin Co. Boston, 1978, Latest Edition.
4. Bucher, C.S. Foundations of Physical Education 5th Edition, 1968, at Louis C.V. Mosby. C.
5. Eraz Ahmad Khan, History of Physical Education – Scientific Book Co., Patna-4, Latest Ed.
6. Singh Kanwaljeet and Singh Inderjeet : Sports Sociology, Friends Publication, New Delhi, 2000.
7. Tadan D.K. et al,: Scientific basis of Physical Education and Sports, Friends Publication, New Delhi, 2001.
8. Singh Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana, 2004.
9. Kang G.S. and Deol N.S.: An Introduction to Health and Physical Education 21st Century, Patiala, 2008.

SEMESTER-II
PHYSICAL EDUCATION
(THEORY)

Time: 3 Hours

L T P
Credits 3 0 0
Marks : 75

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A

1. Cell: Structure and Functions.
2. Skeletal System: Types of bones, names of the various bones of the body, Various types of Joints.
3. Muscular System: Various types of muscles, structure of skeletal muscles.

SECTION-B

4. Nutrition: Elements of balanced diet, Functional Diet/Food
5. Pre, During and Post Competition diet for Sports Persons.
6. Doping in sports.

SECTION-C

7. Meaning and scope of Health Education. Hygiene problems of educational institutions and their remedial measures.
8. Air and water pollution and its remedial measures.
9. First aid in case of snake bite, drowning, electric shock, burns, fracture, dislocation, sprain and strain.

SECTION-D

10. Effects of Alcohol and smoking on health.
11. Communicable Diseases: Mode of transmission, prevention and control of tuberculosis, hepatitis (A & B), Rabies and HIV/AIDS.
12. History, Fundamentals, Rules, Dimensions and regulations of Handball and Kho-Kho.

SEMESTER-II
PHYSICAL EDUCATION
(PRACTICAL)

L T P
Credits 0 0 1
Marks : 25

Division of Marks: Athletics (08) + Games (08) +Ground Markings (2+2), Practical Note Book (3), Viva-Voce (2)

- **Athletics Performance** ————— 100M, Long Jump for Boys
100M, Long Jump for Girls
- **Games (Boys & Girls)** ----- **Fundamentals, Rules, Performance**
Handball
Kho-Kho

Suggested Readings:-

1. John Raynor Anatomy and Physiology, New York, Harper & Row, 1983.
2. Rose and Wilson Foundations of Anatomy and Physiology, 1981, 5th ed.
3. Parror, J.W. anatomy and Physiology for Physical Education Teachers, Lend; Edward Arnold Healthful Living McGraw Hill, 1983.
4. Tadan D.K. et al.: Scientific basis of Physical Education and Sports, Friends Publication, New Delhi, 2001.
5. Singh Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana, 2004.
6. Kang G.S.: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University, Patiala, 2000.
7. Kang G.S. and Deol N.S.: An Introduction to Health and Physical Education 21st Century, Patiala, 2008.
8. Dhillon G.K.: Health Education, Punjab Text Book

SEMESTER III
PHYSICAL EDUCATION
(THEORY)

Time: 3 Hours

L T P
Credits 3 0 0
Marks : 75

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION–A

1. Meaning of Learning, Nature of skill Learning and laws of learning.
2. Learning Curve.
3. Motivation in Physical education.
4. Different Theories of Motivation

SECTION–B

5. Play meaning and Theory.
6. Psychological factors effecting sports performance i.e stress tension, anxiety, aggression.
7. Psychological characteristics of the adolescent in sports situation.

SECTION–C

8. Transfer of training, its application sports situation.
9. Growth and development during the different Stages of Childhood and Adolescent:
 - I. Physical
 - II. Mental
 - III. Emotional
 - IV. Inter- Personal social development.
10. Causes of poor performance in India.

SECTION–D

11. Sports and Economy.
12. Sports and Socialization-integration through sports(National & International)
13. Sports, Politics and their relationship.
14. History, Fundamentals, Rules, Dimensions and regulations of Football and Wrestling.

SEMESTER- III
PHYSICAL EDUCATION
(PRACTICAL)

L T P
Credits 0 0 1
Marks : 25

Division Marks: athletics (08) + games (08) + ground marking (2+2), Practical Note Book (3),
 Viva Voce (2)

- **Athletics Performance** ----- 200M, Discuss Throw for Boys
 200M, Discuss Throw for Girls
- **Games (Boys & Girls)** ----- **Fundamental Rules, Performance**
 Football
 Wrestling

Books Recommended:

1. Singh, Kanwaljeet and Singh Inderjeet: Sports Sociology, Friend Publication New Delhi, 2000.
2. Tandan, D.K. et.al, : Scientific basis of physical education and sports Friends Publication
 New Delhi, 2001.
3. Singh, Ajmer and Gill Jagtar: Essentials of Physical Education and Olympics Movement,
 Kalyani Publisher, Ludhiana, 2004.
4. Kang, G.S.: Anatomy, Physiology and Health Education Publication Bureau,
 Punjabi University, Patiala, 2000.
5. Kang, G.S. and Deol, N.S.: An Introduction to Health and Physical Education, 21st Centaury,
 Patiala, 2008.

SEMESTER IV
PHYSICAL EDUCATION
(THEORY)

Time: 3 Hours

L T P
Credits 3 0 0
Marks : 75

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A

1. Meaning, aims and Objective types of yoga.
2. The practice Asans and their importance, meditative poses, Padma,Vazra, Sukh Asana Cultural poses, Halasan, Sarvangasana, Bhujangasna, Salbhasana, Dhanurasana Chakarasana,

SECTION-B

3. Pranayam, its types, objective Physiological value.
4. Sudhi kirya ; its types objective Physiological value .
5. Effects of Yogic Physical exercise on various systems of the body.

SECTION-C

6. Respiratory System, Organ of respiratory, Mechanism of respiration.
7. Excretory system ; Structure and function of skin
8. Endocrine system, meaning of endocrine glands, function and location pituitary, thyroid and adrenal glands.
9. Digestive System : Its Organ and Function

SECTION-D

10. Nervous System : its organ and function
11. Circulatory system : Heart and its structure, Mechanism of circulation of blood, various types of blood vessel.
12. Effect of Exercise on muscular, Circulatory and respiratory Systems
13. History, Fundamentals, Rules, Dimensions and regulations of Hockey.

SEMESTER- IV
PHYSICAL EDUCATION
(PRACTICAL)

L T P
Credits 0 0 1
Marks : 25

Division Marks: athletics (08) + games (08) + ground marking (2+2), Practical Note Book (3), Viva Voce (2)

- **Athletics Performance** ----- 200M, High Jump for Boys
 200M, High Jump for Girls
- **Games (Boys & Girls)**----- **Fundamental Rules, Performance**
Hockey
Yoga

Books Recommended:

1. Singh, Kanwaljeet and Singh Inderjeet: Sports Sociology, Friend Publication New Delhi, 2000.
2. Tandan, D.K. et.al, : Scientific basis of physical education and sports Friends Publication New Delhi, 2001.
3. Singh, Ajmer and Gill Jagtar: Essentials of Physical Education and Olympics Movement, Kalyani Publisher, Ludhiana, 2004.
4. Kang, G.S.: Anatomy, Physiology and Health Education Publication Bureau, Punjabi University, Patiala, 2000.
5. Kang, G.S. and Deol, N.S.: An Introduction to Health and Physical Education, 21st Centaury, Patiala, 2008.

SEMESTER-V
PHYSICAL EDUCATION
(THEORY)

Time: 3 Hours

L T P
Credits 3 0 0
Marks : 75

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A

1. Recreation: Meaning, Types and Importance of Recreation.
2. Sports Awards :
 - a. Arjuna Award b. Dronacharya Award c. Dhayanchand Khel Ratan Award
 - d. Maka Trophy e. Maharaja Ranjit Singh Award
3. Principles of recreation.
4. Agencies providing recreation in India.

SECTION-B

5. Obesity, Weight Management and Physical Activity.
6. Muscular contraction: Eccentric, Concentric, Motor unit, Isotonic, Isometric, Isokinetic Exercises.
7. Laws of motion, Lever and its types, Equilibrium, Its types and Laws, Centre of Gravity, Force and its types.

SECTION-C

8. Posture: Meaning and Types of postures.
9. Postural-Deformities: Kyphosis, Lordosis, Scoliosis, Knock Knee, Bow Legs, Flat Foot, their Causes and Corrective Exercises.

SECTION-D

10. Meaning and Aims of Sports Training.
11. Principles of Sports Training.
12. Normal Load, Creast Load, Over Load.
13. Meaning and Importance of Warming up and Cooling down in sports.
14. History, Fundamentals, Rules, Dimensions and regulations of Basketball and Judo.
15. Layout and Track Marking , Specifications of Athletic Equipment.

SEMESTER-V

PHYSICAL EDUCATION

(PRACTICAL)

L T P
Credits 0 0 1
Marks : 25

Division of Marks: Athletics (08) + Games (08) + Ground Markings (2+2), Practical Note Book (3), Viva-Voce (2)

- Athletics Performance ----- 800M, Triple Jump for Boy
800M, Triple Jump for Girls
- Games (Boys & Girls) ----- Fundamentals, Rules, Performance
Basketball, Judo

Books Recommended:

1. Singh Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi 2000.
2. Tandon D.K. et.al.: Scientific Basis of Physical Education and Sports, Friends Publication New Delhi, 2001.
3. Singh Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic movement, Kalyani Publishers, Ludhiana, 2004.
4. Kang G.S.,: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University Patiala 2000.
5. Kang G.S. and Deol, N.S.: An Introduction to Health and Physical Education 21st Century, Patiala, 2008.

SEMESTER-VI

PHYSICAL EDUCATION

(THEORY)

Time: 3 Hours

L T P
Credits 3 0 0
Marks : 75

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A

1. Common Sports injuries (Sprain, Strain, Contusion, Fracture and Dislocation) their Cause and Management.
2. General concept of Vital capacity, Blood pressure, General and Specific conditioning.
3. Tournaments: Draw of fixture, types of tournaments.
 - (a) Knock Out
 - (b) League
 - (c) Combination Tournament
 - (d) Challenge Tournament

SECTION-B

4. Intramural and Extramural Sports Competitions and their Importance.
5. Organization of Camps, Play days (Sports Meet)
6. Need and scope of coaching in India. Professional preparation of coaches. Qualifications and responsibilities of a coach.

SECTION-C

7. Meaning and Importance of Kinesiology.
8. Meaning of Bio mechanics and its importance, Distance, displacement, Speed, Velocity and acceleration
9. Therapeutic Exercises, their classification and benefits.

SECTION-D

10. Components of Physical Fitness, Speed, Strength, Endurance, Agility and Flexibility.
11. Training Methods; Circuit, Interval, Fartlek, Weight-Training and Cross Country.
12. Methods of Improving Strength, Speed, Endurance, Flexibility and Agility.
13. History, Fundamentals, Rules, Dimensions and regulations of kabaddi and badminton.

SEMESTER–VI
PHYSICAL EDUCATION
(PRACTICAL)

L T P
Credits 0 0 1
Marks : 25

Division of Marks: Athletics (08) + Games (08) + Ground Markings (2+2), Practical Note Book (3), Viva-Voce (2)

- Athletics Performance -----1500M, Javelin Throw for Boy
800M, Javelin Throw for Girls
- Games (Boys & Girls) ----- Fundamentals, Rules, Performance
Kabbadi
Badminton

Books Recommended:

1. Singh Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi 2000.
2. Tandon D.K. et.al.: Scientific Basis of Physical Education and Sports, Friends Publication New Delhi, 2001.
3. Singh Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic movement, Kalyani Publishers, Ludhiana, 2004.
4. Kang G.S.: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University Patiala 2000.
5. Kang G.S. and Deol, N.S.: An Introduction to Health and Physical Education 21st Century, Patiala, 2008.