# Scheme of Examination of B.A.I (Physical Education)

## 2011-12

<table>
<thead>
<tr>
<th>Semester</th>
<th>Name of Paper</th>
<th>Total marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>PRINCIPLE AND FOUNDATION OF PHYSICAL EDUCATION</td>
<td>Ext. Marks : 60  &lt;br&gt; Int. marks: 15  &lt;br&gt;Total:- 75</td>
</tr>
<tr>
<td>2nd</td>
<td>HEALTH AND YOGA</td>
<td>Ext. Marks : 60  &lt;br&gt; Int. marks: 15  &lt;br&gt;Total:- 75</td>
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<tr>
<td>1st &amp; 2nd</td>
<td>PRACTICAL Game*  &lt;br&gt; Athletics**</td>
<td>(25+25)=50</td>
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<td>Total Marks (Theory + Practical)</td>
<td>150+50=200</td>
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**For semester 1st**  
* Volleyball, Softball, Judo, Cricket  
** Shot-put, 100 mtr race, 5000 mtr  

**For semester 2nd**  
* Basketball, Netball, Boxing & Gymnastic  
** Discus Throw, 110 mtr. Hurdle, 10000 mtr.  

**Note:**  
The students are required to prepare ten lesson plans (Games-4, Athletics-3 and Yoga-3) on the events mentioned in the syllabi of semester I & II on the loose sheets. There is no need of practical note book. The game, event of Athletics and Asan will be allotted for the final practical lesson on the basis of draw of lot which shall take place before 15 days of final practical examinations. All the lesson plans prepared by the students must be signed by the concerned teacher.

2. The practical classes shall be held throughout the year. However, final practical examinations for both the Semesters i.e. (1st & 2nd) shall be conducted at the end of 2nd semester.
# SCHEME OF EXAMINATION OF B.A.II Semester 3\textsuperscript{rd} & 4\textsuperscript{th} (PHYSICAL EDUCATION) 2011-12

<table>
<thead>
<tr>
<th>Semester 3\textsuperscript{rd} &amp; 4\textsuperscript{th}</th>
<th>Name of Paper</th>
<th>Total marks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Physical Activity &amp; Health</td>
<td>Ext. Marks :60, Int. marks: 10, Total: 70</td>
</tr>
<tr>
<td></td>
<td>Physical Fitness &amp; Yoga</td>
<td>Ext. Marks :60, Int. marks: 10, Total: 70</td>
</tr>
<tr>
<td></td>
<td>PRACTICAL Game*</td>
<td>(30+30)=60</td>
</tr>
<tr>
<td></td>
<td>Athletics**</td>
<td></td>
</tr>
</tbody>
</table>

| Total Marks (Theory + Practical) | 140+60=200 |

**For semester 3rd**
* Bandball, Baseball, Wrestling & Badminton  
** Javelin throw, Long-jump, 4x100 mtr relay

**For semester 4th**
* Korfball, Lawn-tennis, Weightlifting, Swimming  
** Hamer throws, 800 mtr, High Jump

Note:-

The students are required to prepare ten lesson plans (Games-4, Athletics-3 and Yoga-3) on the events mentioned in the syllabi of semester 3rd & 4\textsuperscript{th} on the loose sheets. There is no need of practical note book. The game, event of Athletics and Asan will be allotted for the final practical lesson on the basis of draw of lot which shall take place before 15 days of final practical examinations. All the lesson plans prepared by the students must be signed by the concerned teacher.

2. The practical classes shall be held throughout the year. However, final practical examinations for both the Semesters i.e. (3\textsuperscript{rd} & 4\textsuperscript{th}) shall be conducted at the end of 4\textsuperscript{th} semester.
B.A. Part I (Semester-1st)

Paper-I  PRINCIPLES AND FOUNDATIONS OF PHYSICAL EDUCATION

Ext. Marks: 60
Int. marks: 15
Time: 3 hours

Note:- Paper setter is required to set two questions from each unit and candidates are required to attempt four question in all by selecting atleast one question from each unit. All questions carry equal marks.

UNIT-I
- Definition, Objectives, Scope & Importance of Physical Education.
- Historical development of Ancient Olympic
- Historical development of national games of India.

UNIT-II
- Development of Physical Education in India: (i) LNUPE (ii) SAI NSNIS (iii) YMCA (iv) IOA

UNIT-III
- Modern Olympic Revival and progress
- Performance of Indian Players in Modern Olympic and Asian games.

UNIT-IV
- Sports Awards in India
  (a) Arjuna Award (b) Daronacharya Award (c) Khel Ratan Award (d) Bhim Award (Haryana) (e) Maulana Abdul Kalam Azad Trophy

REFERENCES

1. Foundations of Physical Education, Chales A. Bucher
2. Foundations of Physical Eduction, M.L.Kamlesh
3. History and Principles in Physical Education, Dr. Karan Singh
4. Essentials of Physical Education, Dr. Ajmer Singh
5. Foundations of Physical Education, Dr. A.K.Uppal.
UNIT-I
- Meaning, Importance of Health and Health Education in Modern Society.
- Guiding Principle of Health Education.

UNIT-II
- Importance of Light and Cross ventilation at School & Home
- Meaning of Personnel Hygiene and its Importance
- Meaning & Importance of personal hygiene. Personal hygiene of the following:
  a) Teeth (b) Ears (c) Eyes (d) Skin (e) Nail & Fingers

UNIT-III
- Meaning of Communicable diseases
- Mode of transmission & prevention of the following:
  (i) HIV/AIDS (ii) HEPATITIS-B & C (iii) MALARIA (iv) TUBERCULOSIS (v) CHOLERA

UNIT-IV
- Meaning, types & aims of yoga
- Procedure and benefits of following Asans:

REFERENCES:

Health the basis of life: Dr. John Maclay
Natural Health & Yoga, Brij Bhushan
Health Education, S.K.Mangal
Essential of Physical Education, Dr. Ajmer Singh & Dr. Bains
B.A. II (Semester 3rd)
Paper: - Physical Activity and Health

Internal: 10 marks
External: 60 marks
Time: 3 hours

Note:- Paper setter is required to set two questions from each unit and candidates are required to attempt four question in all by selecting atleast one question from each unit. All questions carry equal marks.

UNIT-I Health and Health Education

UNIT-II Food and Nutrition:
- Balance diet, Factors effecting diet, Elements and functions of the balance diet. Nutritional tips, Vegetarian verses non vegetarian diet.

UNIT-III Posture
- Posture: Concept of posture, value of posture, causes of poor posture, types of postural deformities, their causes and precautions
First-Aid
General Principles of first aid, Common first-aid measures for:
- a) Snake biting  (b) Choking  (c) Drawning (d) Fainting  
- (e) Fracture (f) Burns (g) Poison and Unconsciousness (h) Heat Stroke

UNIT-IV Exercise and life style disease
- Exercise and life style disease
- Exercise and obesity
- Exercise & Heart disease
- Exercise & diabetes
- Exercise & Stress Management

REFERENCES:
B.A. II (Semester 4th)
Physical Fitness & Yoga

Internal: 10 marks
External: 60 marks
Time: 3 hours

Note:- Paper setter is required to set two questions from each unit and candidates are required to attempt four questions in all by selecting at least one question from each unit. All questions carry equal marks.

UNIT-I Physical Education
- Meaning and importance of Physical Education.
- Aims and objectives of Physical Education.
- Relationship of Physical Education with General Education.
- Need of Physical Education in the modern society

UNIT-II Physical Fitness
- Meaning and Components of Physical fitness, (Speed, strength, Endurance, Flexibility, Agility). Factors influencing Physical fitness.
  Warming up - cooling down
  a) Types of warming up
  b) Guiding principles of warming up
  c) Importance of warming up and cooling down

UNIT-III Yogic Kriyas
- Meaning and objectives of Sudhi Kriya, Types of Sudhi Kriya, (Neti, Dhauti, Nauli, Basti, Kapalbhati, Trataka.
- Physiological values of sudhi kiryas.

UNIT-IV Camping
- Meaning of camping
- Types of camping
- Educational values of camping
  Role of following agencies in promotion of games and sports
  a) All India Council of Sports (AICS)
  b) International Olympic Committee (IOC)
  c) Young Women Christian Association (YWCA)
  d) Sports Physical Aptitude Test (SPAT)
REFERENCES:

1. Charles A. Buchen: Foundation of Physical Education (The C.V. Masby Company 1973 St. Louis)
2. Kamlesh M.K & M.S., Principles and History of Physical Education (Praksh Brothers, 1978)
3. N.M. Gora, Anatomy and Physiology of Yogic practices, Kanchan Prakasan Lonavala-410403
1.1 Understanding the Physical Education course
1.2 Stages of inquiry in Physical Education
1.3 Tips for success in Physical Education
1.4 Careers in Physical Education.

Chapter 1: Motor Learning, Functional Anatomy, Biomechanics and Physical Activity.

Chapter 2: Motor Learning.
2.1 Introduction to motor skills and learning
2.2 Motor learning concepts
2.3 Motor learning approaches and models: Cognitive systems approach
2.4 Motor learning approaches and models: Dynamic Systems Approach
2.5 Practice models
2.6 Categories of feedback
2.7 Body and movement concepts
2.8 Chapter review.

Chapter 3: Function On our Physical Education BA(Hons), you examine the nature of PE and our lifelong relationship with physical activity, sport, health and fitness. This course enables you to gain a broad practical understanding of physical education, combined with sport science and social science perspectives of physical education and sport. Taught by an inspirational and experienced course team and offering a range of exciting placement opportunities this course develops a broad practical understanding of physical education, informed by both sport science and social science perspectives. You will be based at our Eastbourne campus with its extensive sport and fitness facilities, and BASES-accredited sport science labs.

Chapter II: Physical Education in India after Independence
Governing bodies & Policies of Physical education and sports
Policies:- Kothari Commission, New Education Policy, National Policy on sports, Sports policy of Uttar Pradesh Govt.

Chapter-III: Schemes & Awards related to Physical Education & Sports
Rajkumari Amrit Kaur coaching scheme, N.P.E.D., N.S.O., Special Area Games
Arjuna Award, Dronacharya Award, Rajiv Gandhi Khel Ratna Award, Maulana Azad Trophy, Laxman Award, Rani Laxmibai Award.

Unit-2: Functions of Management:- planning, organising, administration and evaluation.
Schemes of Organization:- School, College, University.

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