Part-I

1. Physical Education—nature and definition, aims and objectives, relationship with education and other sciences, basic concepts of training, coaching and sports.

2. Role of sports and physical education in modern age, role of physical education teachers and sports coaches, qualities and role of physical education teachers and sports coaches.

3. History of sports and physical education—ancient and modern with special reference to India.

4. Organisation of sports and physical education in India.

5. Organisation and concept of tournaments.

Part-II

1. Concept of health, different aspects of health, factors which effect health, health instructions

for daily life, communicable disease, mode of transmission, control and prevention—Malaria, influenza, dysentery, typhoid.

2. Improtance of rest — sleep and relaxation in healthful living, factors influencing physical fitness.

3. Nutrition and balanced diet, constituents of food, different sources of nutritional contents, balanced diet and its value.

4. Personal hygiene, care of eyes, teeth, ears, skin and hair.

5. First-aid in case of snake-bite, drowning, electric shock, burns choking, fainting, poison, fracture and unconciousness.

6. Effect of alcohol and smoking on health.

Part-III

1. Cell—its structure and functions, human being as a biological entity.

2. Age and sex differences, effects of heredity

for daily life, communicable disease, mode of transmission, control and prevention—Malaria, influenza, dysentery, typhoid.

2. Improtance of rest — sleep and relaxation in healthful living, factors influencing physical fitness.

3. Nutrition and balanced diet, constituents of food, different sources of nutritional contents, balanced diet and its value.

4. Personal hygiene, care of eyes, teeth, ears, skin and hair.

5. First-aid in case of snake-bite, drowning, electric shock, burns choking, fainting, poison, fracture and unconciousness.

6. Effect of alcohol and smoking on health.

Part-III

1. Cell—its structure and functions, human being as a biological entity.

2. Age and sex differences, effects of heredity

and environment on growth and development.

3. Skeletal System—type of bones, names of various bones of the body, various types of joints Basic movements around the joints.

PRACTICAL **40 Marks**

In practical 50% marks shall be for track and field and 50% for games.

Track & Field : The student shall opt one event as his main event from the following three groups—

GROUP-A	Track Events
GROUP-B	Jump events
GROUP-C	Throw events

The student shall also opt one event as his second choice from the remaining two groups.

The main event will carry 10 marks and

secondary events will carry 5 marks each for purposes of evaluation. 5 marks shall be kept for internal assessment.

Games : Same pattern as adopted for track and field. The games shall be Hockey, Football, Cricket, Volley-ball, Basket Ball, Badminton, Table Tennis, Kbaddi, Handball, Boxing, Wrestling.

Books Recommended :

1. Barowalia, Usha : *The Principles and history of Physical Education.* First Edition 1990. (Barowalia Publications, Khalini Shimla-171002)
2. Kamlesh M.L. & Sangal M.S : *Principles and History of Physical Education* (Prakash Brothers, 1978)
3. Charles, A. Boucher : *Foundations of Physical Education* (The C.V. Mosby Company. 1960, St. Louis)

4. Eraj Akhmadkhan : *History of Physical Education,* (Bhargava Press, Varanasi).

5. Williams : *The principles of Physical Education.* (W.B. Saunders Co., Philadelphia and London)

6. Herald, M. Barrow : *Man and his movement, Principles of History of physical Education,* (Lea and Febiger, Philadelphia, 1971).

7. Atwal & Kansal, : *A text book of Health Physical Education & Sports.* A.P. Publishers 19, Books Market, Chowk Adda Tanda, Jaladhar-144008.

8. S. Dheer Mitra Busu & Radhik Kamla, : *Introduction & Health Education,* A.P. publishers 19, Books Market, Chowk Adda tanda, Jalandhar.

9. Lvall; K. (1967) : *Sharisik Shiksha Ke Sidhant,* Lucknow (Hindi).

10. Bhatia, B.L. and Suri P.N. (1956) : *Saral Sar-Kirya Vigyan Quent,* Longmens Delhi (Hindi & Punjabi).

11. Lyall, K. (1967) : *Sharirik Shikaha Ki Padhati,* Lucknow.

12. Chaube M Pathak J-K. and Dwivedi A.P. 1977) : *Sharirk Shiksha Ke Muladhar* , Kalyani Publishers, Ludhiana (Hindi)

13. More house L.E. and Miller, A.T. (1971) : *Physiology of Exercises* C.V. Moshy Co, Saint Louis.

14. Rajgopolon, K. V.A. : *Brief history of Physical Education in India,* Army Publication Delhi.

15. Dhillon & Kanwal : *Physical Education,* An Introduction I

16. J.S. Roses and K.D.W. Silson : *Foundation of Anatomy and Physiology.*

17. Chatteriji : *Human Physiology.*

Syllabus for Undergraduate Classes in Physical Education in Himachal Pradesh University, Shimla-5, to be effective w.e.f. the session 1993-94 onwards :

B.A. -II

PHYSICAL EDUCATION **Theory : 60**

Practical : 40

(Theory paper)

(Ten questions are to be set. Students are required to attempt five questions, atleast one question from each part. All questions carry euqal marks. The part of the question should be clearly indicated alongwith its marks. The question paper will be set both in English and Hindi languages).

Part-I

1. Health hazards of modern age-air,water, soil and food polution and measures to check them.

2. Stress-Physical, mental and emotional stress and measures to check them.

3. Cardial problems, hypertension-their causes, symptoms and treatment.

4. AIDS and its prevention.

5. Comunicable and non-Communicable diseases-Cholera, measles, diphthria, tuberculousis and common allergies.

6. Contribution of WHO, NICEP, CARE.

Part-II

1. Muscular System-Various types of muscles and their structural classification, physical properties of muscles.

2. Cardio repspiratory System-anatomical

structure of heart and lungs, basic physiology of blood circulation, basic physiology of respiration, blood and its composition.

3. Nervous System—basic structure and functions of nervous system.

4. Digestive & Excretory system-Basic anatomy of digestive organs, basic physiology of digestion, basic concept of absorption and metabolism, functions of lever, pancreas and kidney.

Part-III

1. Psychological Principles :

   i) Psycho-physical u of Man.

   ii) Laws of learning, their application of situation on the playfield.

   iii) Emotions and its role in sports.

   iv) Thories of play.

2. Sociological Principles :

i) Behaviour Development through Physical Education.

ii) Social values and its implication in games and sports.

iii) Physical Education as a socializing Agency.

3. Yoga :

i) Meaning, aim and importance.

ii) Importance of various Asanas

iii) Pranayam and its importance.

4. Recreation :

i) Meaning, aim, importance and its need.

ii) Classification of Recreational activities.

iii) Recreational Activities in Educational Institutions.

PRACTICAL As in B.A-I

Reference Books :

1. Asanas : Swami Kevalayananda
2. Pranayama : Swami Kevalayanananda, Kevalaydhama, Lonavala, 410.
3. Verma, K.K. : Health and Physical Education, Prakash Publication, Jalandhar.
4. Kevalyanand : Asanas Kevelya Dham, Lonavala.
5. Atwal & Kansal. : *A Text Book of Health Physical Educaton & Sports.* A. P. Publishers 19, Books Market Chowk, Adda Tanda, Jalandhar 144008.
6. Dhaiwal Amar Singh : Education Psychology.
7. T.R. Sharma : Educational Psychology.

8. Kanwal : Rcreation.

9. Bhatia and Suri : Anatomy and Physiology.

10. K.K. Verma : Anatomy and Physiology.

11. J.S. Rose and K.J. Wilson : Foundation of anatomy & physiology.

12. D.K. Hathews and E.L. Fox : The Physiology Basis of Physical Education & Sports.

13. R.S Frost : Psychological concepts applied to Physical Education and Coaching.

14. George D. Butter : Introduction to Community Recreation.

Syllabus for Undergraduate Classes in Physical Education in Himachal Pradesh University, Shimla-5, to be effective w.e.f. te session 1993-94 onwards :

B.A. -III

(Ten questions are to be set. Students are required to attempt five questions, atleast one question from each part. All questions carry euqal marks. The part of the question should be clearly indicated alongwith its marks. The question paper will be set both in English and Hindi languages).

Part-I

1. Endocrine system-endocrine glands, and their functions and location of pituitary, thyroid and adrenal glands.

2. Effect of exercise and training on various organs and systems.

3. Role of sports and physical activity for the prevention and treatment of dieases.

4. Physiotherapy and massage, injuries and first-aid (skin bone & muscles).

5. Posture-common defects and their remedies.

Part-II

1. Physical fitness : components of physical fitness, general guidelines for improving various components of fitness.

2. Sports Training : nature and aims of sports training, basic concept of planning and periodisation.

3. Training load and its components.

4. Sports performance and factors determining sports performance.

5. Training session : General structure of training session, warming up and cooling down.

6. Techniques and tactics : General guidelines for improving teachniques and tactics.

7. Growth and development : Special reference to mode of development.

Part-III

1. Blood component and functions, Blood pressure and its measurement, effect of exercise on blood pressure.

2. Fatigue—meaning, types of fatigue, symptoms of fatigue and the cause of fatigue and work.

3. Excretory system : structure and functions of kidney and skin.

4. Conepts of health diseases in yoga-Various yogic practices for maintaining good health in yogic literature.

PRACTICAL As in B.A-II

Reference Books :

1. Charles, A. Bucher : Foundations of Physical Education, The C.V. Mosby Company, 1961.
2. Verma, K.K. : Health and physical education, Prakash Publication, Jallandhar.
3. Kamlesh, M.L. and Sangral, M.S. : Principles and History of Physical Education (Prakash Brothers, 1978).
4. Swami Kevalayananda : Asanas
5. Gharote, M.L. : Guidelines for Yogic Practices, Medha Pub. Kevalayadhama, Lonavala.
6. Atwal & Kansal, : *A Text Book of Health, Physical Education & Sports*, A.P. Publishers 19,

Books Market Chowk, Adda Tanda, Jalandhar-144008.

7. Recreation by dr. C.H. Dubey Alka Nayak A.P.

8. Klaffs (1978) : Modern Principles of Athletic Training.

9. Miller and Lewell : Anatomy and Physiology.

10. Karpovich : Phychology of Exercise.

11. Lawther : Pshysiolgy of Coaching.

12. Lamous J. Dowell : Hand Book of Teaching Coaching points for Basic Physical Education Skills.

13. Pearce F : Anatomy and Physiology for Nurses.

14. Joke Ervest : Philosophy of Exercise.

15. Horus Krans : Therapevtic Exercise.

16. J. P. Thomas : Organisation of Physical Education.

17. S.M. Josheph : Organisation of Physical Education.

18. Kanwal : Recreation.

19. George D. Butter : Introduction to Community Recreation.