

SCHEME OF EXAMINATION OF B.A.I (PHYSICAL EDUCATION)

2010-11

	Name of Paper	Total marks
Semester- 1 st	PRINCIPLE AND FOUNDATION OF PHYSICAL EDUCATION	Ext. Marks : 60 Int. marks: 10 Total:- 70
Semester 2 nd	HEALTH AND YOGA	Ext. Marks : 60 Int. marks: 10 Total:- 70
Semester 1 st & 2 nd	PRACTICAL	(30+30)=60
	Total Marks (Theory + Practical)	140+60=200

Note:-

The students are required to prepare ten lesson plans (Games-4, Athletics-4 and Yoga-2) 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 through out the year. However, final practical examinations for both the Semesters i.e. (1st & 2nd) shall be conducted at the end of 2nd semester.

Paper-I PRINCIPLES AND FOUNDATIONS OF PHYSICAL EDUCATION

Ext. Marks: 60

Int. marks: 10

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

- Biological Basis of Physical activity
A-Exercise: Types of Exercise (b) Growth and Exercise, (c)Exercise and well being, (d) Body types
- Growth 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. Charles A. Bucher Foundations of Physical Education,
2. M.L.Kamlesh Foundations of Physical Education,
3. Dr. Karan Singh History and Principles in Physical Education,
4. Dr.Ajmer Singh Essentials of Physical Education,
5. Dr. A.K.Uppal. Foundations of Physical Education,

Paper-II

**B.A.I Semester -II
HEALTH AND YOGA**

Ext. Marks: 60

Int. Marks: 10

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

- 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
- Personal hygiene with special reference 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:
 1. Surya Namaskar: Bhujang Asan, Hal Asan, Dhanur Asan, Ardh Machhender Asan, Chakar Asan, Matsay Asan, Karan Peera Asan, Mayur Asan and Setu Bandh Asan

REFERENCES:

1. Dr. John Maclay Health the basis of life:
2. Brij Bhushan Natural Health & Yoga,
3. S.K.Mangal Health Education,
4. Dr. Ajmer Singh & Dr. Bains Essential of Physical Education,

PRACTICAL WORK

The practical of B.A.I (Semester 1st & 2nd) shall consist of 60 marks (30 marks for each semester). The following events of Athletics, games and yogic activities will be the part of practical:

Games: Semester 1st : Basic Gymnastics, (Formation of class, Command and assembly)
Kho-kho, Hockey and Volleyball

Athletic events:

Sprint upto 400 mtrs, Shot-put and Long-jump

Yoga:-

Surya Namaskar, Bhujang Asan, Hal asan, Dhanur asan, Machhender asan, Chakar asan, Matsay asan, Karan Peera asan, Mayur asan and Setu Bandh asan

Practical work for B.A. I Semester-II

Games: Kabaddi, Basketball, Football and Wrestling

Athletics: Discus throw, Relay Races, Tripple Jump

Yoga:- Kriyas : (i) Kapal Bhati (ii) Nauli

Distribution of marks shall be as under:

Games:- 25 marks (10 marks for performance on the basis of his/her position in event/game in AIU Championship, further authenticity of concerned performer will be verified by the Principal of concerned College at the time of practical.)
10 marks for presentation & viva
05 marks for lesson plan

Athletics:-

25 marks (10 marks for performance) on the basis of his/her position in event/game in AIU Championship further authenticity of concerned performer will be verified by the Principal of concerned College at the time of practical.)
10 marks for presentation & viva
05 marks for lesson plan

Yoga:-

10 marks on the basis of performance of Asans given in the syllabus

Note:-

1. The students are required to prepare ten lesson plans (Games-4, Athletics-4 and Yoga-2) 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 through out the year. However, final practical examinations for both the Semesters i.e. (1st & 2nd) shall be conducted at the end of 2nd semester.