

# Solapur University, Solapur

## Semester Pattern Syllabus for Physical Education

**B. A. Part III**  
**(w. e. f. June 2012)**

### Semester-V (Theory)

<b>Paper No</b>	<b>Name of the paper</b>	<b>Marks</b>
IV	Health Education	25
V	Rhythms and Recreation in Physical Education	25
VI	Applied Yoga	25
VII	Anatomy and Physiology	25
VIII	Deit and Hygiene	25

(Two periods for theory and two periods for practical per week per paper A batch of 20 students for practical period's)

## **Paper: IV**

### **Health Education**

**25 Marks**

#### **I) Introduction :**

- a) Meaning, definitions of Health Education.
- b) Nature and scope of Health Education.

#### **II) Objectives of Health Education**

- a) Physical Health Education
- b) Mental Health
- c) Social Health

#### **III) Health of the Community**

- a) Health problems in family, community, Schools and Colleges.
- b) Communicable diseases - causes, symptoms and prevention.  
(Small pox, Cholera, T.B., Malaria)
- c) Role of Government in community health.
- d) Aids - causes, symptoms & prevention of Aids.

#### **Reference Book**

1. Health Education and Hygiene :J. S. Manjal, Universal Publishers, Agra.
2. Adapted and Corrective Physical Education : Kielly.
3. Applied anatomy and Kinesiology : Rash and Burke.
4. Exercise Physiology : Fox.

## **Paper:V**

### **Rhythms and Recreation in Physical Education**

**25 Marks**

**Unit:I** : Concept, Definitions,Nature and function of Rhythm.

**Unit:II** : Principles and Objectives of Rhythm.

**Unit:III:** a) Concept, Definitions,Nature and Function of Recreation.

b) Need and importance of recreation in life.

c) Objectives of recreation.

#### **Books Recommended**

1. An Introduction to Recreation Education : W. B. Saunders Company .....  
Philadelphia :1955.

2. Community Recreation : Meyer and Brightbill, Prentice Hall, INC 1966.

3. Leisure and Recreation : Neumeier and Esther. A. S. Barnes and Company,  
1956.

## **Paper:VI :**

### **Applied Yoga**

**25 Marks**

**Unit: I)** Aim, Objectives and Scope of Yoga in Human Life.

**Unit: II)** Yoga and Physical Health: Promotives, Preventive and Curative aspects of Physical Health tackled through Yogic practices.

**Unit: III)** Yoga and Mental Health: Nature of problems in mental health. Promotive, Preventive and Curative aspects of mental health through Yogic practices.

#### **Reference Books**

- 1) Applied Yoga: Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
2. Yoga and your heart : Datey K. K., Gharote, M. L. and Soli Parri, Jaico Publications, Bombay.
3. Yogic Therapy : Swami Kuval Yananda and S. L., Vinekar, Central Bureau of Health Services : New Delhi:1963.
4. Yogasana : A. Teachers guide, N.C.E.R.T. : New Delhi.
5. Teaching methods for yogic practices Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
6. Light on Yoga : B. S. Iyengar.

## **Paper:VII**

### **Anatomy and Physiology**

**25 Marks**

#### **I) Introduction :**

Anatomy, Physiology and Physiology of exercises - Meaning, definition and importance.

#### **II) Skeletal System :**

1. Structure and classification of bones.
2. Difference between male and female skeleton.
3. Classification of Joints -Structure of a synovial joint (freely movable.)
4. Functions of skeletal system.

#### **III) Muscular System :**

1. Structure of skeletal muscle, Smooth muscle and Cardiac muscle.

#### **IV) Respiratory System :**

1. The nose, pharynx, larynx, trachea, bronchioles, lungs structure and functions.
2. Vital capacity - Second wind.

#### **Reference Book**

1. Anatomy and Physiology for nurses - E. Pearce.
2. Human Anatomy and Physiology - King & Shaver.
3. Physiology & Anatomy - Smart & Macdowel.

## **Paper:VIII**

### **Deit and Hygiene**

**25 Marks**

#### **Unit:I : Ingredients of diet**

- a) Protein, Carbohydrates, Fats, Vitamins, Minerals, water - its sources.
- b) Growth and repair
- c) Vitality and fitness

#### **Unit:II:**

- a) Balanced diet, Athletes diet
- b) Malnutrition and diseases due to deficiency.

#### **Unit:III :**

- a) Importance of Hygienic living.
- b) Environmental Hygiene -Lighting, Ventilation, Water Supply, Disposal of Waste.

#### **Books Recommended**

1. Handbook of Hygiene and Public Health - U. Bedi, Anand Publishing Company, Amritsar, 1962.
2. Nutrition and Physical Fitness -Bogert, Briggs and Calloway, W.B. - Saunders Co. 1966.
3. Human Nutrition and Dietics -Davidson and Passmore, The Williams and Wilkins Co., 1966.

**Semester- V  
Practical**

**Paper: IV to VIII**

Practical Marks	Journal	Total Marks
110	15	<b>125</b>

**Practical syllabus and Marks system**

**Total Marks: 125**

Sr.No.	Name of the event	Total marks
A	Atheletics	45
B	WeighLifting/Badminton/Judo	15
C	Gymnastics	20
D	First Aid	15
E	Rules and regulations	15
f	Journal	15

**A) Athletics**

**Total Marks: 45**

Sr.No.	Name of the event	techniques	Performance	Total marks
1	Tripple Jump.	5	10	15
2	Hurdles (110) meters	5	10	15
3	5000 meter run	5	10	15

### Tripple Jump:

<b>Gents</b>		<b>Ladies</b>
<b>Performance</b>	<b>Marks</b>	<b>Performance</b>
10 Meters and above	10	8-Meters and above
9 to 9.9 Meters	8	7-Meters
8 to 8.9 Meters	6	6-Meters
7 to 7.9 Meters	4	5-Meters

### 110 Meters Hurdles:

<b>Gents</b>		<b>Ladies</b>
<b>Performance</b>	<b>Marks</b>	<b>Performance</b>
22 Seconds and below	10	24 Seconds and below.
22.01 to 24 Seconds.	8	24.01 to 26 Seconds.
24.01 to 26 Seconds	6	26.01 to 28 Seconds
28 Seconds and above.	4	28.01 to 30 Seconds and above

### 5000 Meter Running

<b>Gents</b>		<b>Ladies</b>
<b>Performance</b>	<b>Marks</b>	<b>Performance</b>
25 to 26.99 Minutes	10	35 to 36.99 Minutes
27 to 28.99 Minutes	8	37 to 38.99 Minutes
29 to 30.99 Minutes	6	39 to 40.99 Minutes
31 Minutes and above	4	41 Minutes and above.

### B) Badminton & Weight Lifting

**15 Marks**

#### i) Badminton

Technique -- 05 Marks

Performance – 10 Marks

**Total Marks -- 15 Marks**

#### ii) Weight Lifting



<b>Gents</b>		<b>Ladies</b>
<b>Performance</b>	<b>Marks</b>	<b>Performance</b>
<b>105 kg and above.</b>	<b>10</b>	<b>85 kg. and above</b>
<b>95 kg</b>	<b>8</b>	<b>75 kg.</b>
<b>85 kg</b>	<b>6</b>	<b>65 kg.</b>
<b>75 kg.</b>	<b>4</b>	<b>55 kg.</b>

**C ) Gymanastics :**

**20 Marks**

(Any **five** of the following items)

<b>Sr.No.</b>	<b>Performance</b>	<b>Sr.No.</b>	<b>Performance</b>
1	Forward roll	6	Hand Spring
2	Backward role	7	Neck Spring
3	Dive roll	8	Head Spring
4	Cartwheel	9	Summer Sault
5	Hand Stand		

**D) First Aid:**

**15 Marks**

<b>Oral</b>	<b>Practical</b>	<b>Total Marks</b>
<b>7</b>	<b>8</b>	<b>15</b>

**E ) Rules and regulations**

**15 Marks:**

Rules and regulations of following games (Viva voce only)

**(Athletics, Weight Lifting, Badminton, Gymnastics)**

**f ) Journal :**

**15 Marks**

**Athletics**

Diagram, Sectors, rules and regulations of Athletics events.

**Weight Lifting / Badminton**

**Badminton** -Brief History, Diagram.

Techniques of two modern styles.

Rules and regulations .

### **Weight Lifting :**

Different types of technique,  
Rules and Regulations of the game.

### **Gymnastics :**

Brief history and skills of following Gymnastics events.

1. Forward roll      2. Backward role
3. Dive & roll      4. Cartwheel
5. Hand Stand      6. Hand Spring
7. Neck Spring      8. Head Spring
9. Summer Sault (Forward or Backward)

### **First Aid:**

- A) First Aid: Meaning objectives, important rules.
- B) Materials in the first Aid box
- C) Fracture- types and symptoms- use of sling and splint.
- D) Bleeding types, and symptoms - use of sling and splint.
- E) Artificial Respiration: Meaning and method of artificial respiration (any two)
- F) Bandage: ways of applying Bandage. Simple dressing.

N.B. 3) Theory papers shall be of one hour's duration carrying 25 marks. First question will be short answer type question and will carry 05 marks.

The second question having been of short answer type questions and will 10 marks.

The third question will be of short note type question and will carry 10 marks.

N.B. 4) Two periods for theory + two periods for Practical for each paper: per week.

# **New Syllabus for Physical Education**

## **B. A. Part III (w. e. f. June 2012)**

### **Semester-VI (Theory)**

(Two periods for theory and two periods for practical per week. per paper batch of 20 students for practical periods)

<b>Paper No</b>	<b>Name of the paper</b>	<b>Marks</b>
IV	Health Education	25
V	Rhythms and Recreation in Physical Education	25
VI	Applied Yoga	25
VII	Anatomy and Physiology	25
VIII	Deities and Hygiene	25

## **Paper: IV**

### **Health Education**

**25 Marks**

#### **I) Health Programme :**

- a) Importance of exercises in health and fitness.
- b) Drugs, Alcohol and Tobacco: Adverse effect on performance.
- c) Place of Physical Education teacher in health education programme.

#### **II) Body posture**

- a) types of body posture.
- b) body posture its deformities.

#### **III) Health Organization**

World Health Organization - Constitution, Aims & Objectives, Plans of Operations, Assistance, functions and importance.

#### **IV) Sex Education**

Importance and need of family planning and Sex Education in India. (In Brief)

#### **Reference Book**

1. Health Education and Hygiene: J. S. Manjal, Universal Publishers, Agra.
2. Adapted and Corrective Physical Education: Kielly.
3. Applied anatomy and Kinesiology: Rash and Burke.
4. Exercise Physiology: Fox.

## **Paper:V**

### **Rhythms and Recreation in Physical Education**

**25 Marks**

#### **Unit: I:**

Main trends in patterns of recreation ...

- a) Outdoor pursuits: Countryside for leisure.
- b) Cultural pursuits: Concrets, Play, Art, Exhibition, Films.
- c) Social Recreation: Clubs, Parties, Social Evenings.
- d) Sports and Physical Education.
- e) Holidays away from home: Hiking, Trekking, Picnic, Trips

#### **Unit: II:**

- a) Planning of recreational activities by taking into consideration sex, age, Interests, size and types of the groups, time available, funds, place etc.
- b) Recreational scheduling programmes provides for primary and secondary Schools, Colleges, Universities and Industrial workers.

**Unit: III:** Recreation facilities: playground, recreation hall, theatre, Necessary equipment.

#### **Books Recommended**

1. An Introduction to Recreation Education: W. B. Saunders Company. Philadelphia :1955.
2. Community Recreation: Meyer and Brightbill, Prentice Hall, INC 1966.
3. Leisure and Recreation: Neumeyer and Esther. A. S. Barnes and Company, 1956.
4. Introduction to Community: Recreation - Bultter.
5. Organization of Physical Education: J. P. Thomas.

## **Paper:VI :**

### **Applied Yoga**

**25 Mark**

**Unit. I)** Relationship of Yoga with Emotional Health.

**Unit. II)** Yoga and Personal Efficiency General Introduction, characteristics according to individual needs: Different methods of improving efficiency: importance of yogic practices for improving efficiency.

to:individual needs:Different methods of improving efficiency: importance of yogic practices for improving efficiency.

**Unit. III)** Yoga and Sports: Psychophysical basis of promoting sports career. Contribution of yogic practices for the development of Sports performances.

#### **Reference Books**

- 1.Applied Yoga : Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
2. Yoga and your heart : Datey K. K., Gharote, M. L. and Soli Parri, Jaico Publications, Bombay.
3. Yogic Therapy : Swami Kuval Yananda and S. L., Vinekar, Central Bureau of Health Services : New Delhi:1963.
4. Yogasana : A. Teachers guide, N.C.E.R.T. : New Delhi.
5. Teaching methods for yogic practices Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
6. Light on Yoga : B. S. Iyengar.

## **Paper:VII**

### **Anatomy and Physiology**

**25 Marks**

#### **I) Circulatory System :**

A) Blood - Its constituents and functions, working of heart.

B) Blood pressure, Pulse, Blood groups, Oxygen debt.

#### **II) Digestive System :**

Mouth, teeth, salivary glands, pharynx, oesophages, stomach, small and large intestine, pancreas, liver- structure and function - in brief.

#### **III) Endocrine System :**

Structure and function of (a) Pituitary (b) Thyroid (c) Parathyroid  
d) Adrenals (e) Thymus (f) Pancreas (Islets of Langerhans)

#### **IV) Nervous System :**

Structure of brain and spinal cord, Reflex action.

#### **Reference Book**

1. Anatomy and Physiology for nurses - E. Pearce.
2. Human Anatomy and Physiology - King & Shaver.
3. Physiology & Anatomy - Smart & Macdowell.

**Paper:VIII**  
**Diet and Hygiene**

**25 Marks**

**Unit:I:**

**Safety Education:**

Safety at home, play grounds and streets.

**Unit:II :**

**First Aid :**

Sprain, Strain, Muscle pull, Dislocation, Fracture, Cramps, Shock, Bleeding.

**Unit:III**

**Personal hygiene** - Care of skin, Hair, Ear, Throat, Teeth, Eyes, Nose, Feet & Habits.

**Books Recommended**

1. Handbook of Hygiene and Public Health - U. Bedi, Anand Publishing Company, Amritsar, 1962.
2. Nutrition and Physical Fitness -Bogert, Briggs and Calloway, W.B. - Saunders Co.1966.
3. Human Nutrition and Dietics -Davidson and Passmore, The Williams and Wilkins Co., 1966.
4. Preventive and Social Medicine J. E. Park.
5. Nutrition - Dr. Swaminathan



**Semester- VI  
Practical**

**Practical (New Course)  
From (w. e. f. June 2012)**

**Paper: IV to VIII**

Practical Marks	Journal	Total Marks
110	15	<b>125</b>

**Practical syllabus and mark system**

**Total Marks: 125**

Sr.No.	Name of the event	Total marks
A	Athletics	45
B	Asans	20
C	Marking of the Track	10
D	one ball game	20
E	Rules and regulations	15
f	Journal	15

**A) Athletics**

**Total Marks: 45**

Sr.No	Name of the event	techniques	Performance	Total marks
1	Javelin Throw	5	10	15
2	Hammer Throw	5	10	15
3	Relay (4x100 )	5	10	15

## Javelin Throw

<b>Gents</b>		<b>Ladies</b>
<b>Performance</b>	<b>Marks</b>	<b>Performance</b>
30- Meters and above	10	8-Meters and above
27 to 29.99 Meters	8	7-Meters
24 to 26.9 Meters	6	6-Meters
20 to 23.99 Meters	4	5-Meters

## Hammer Throw

<b>Gents</b>		<b>Ladies</b>
<b>Performance</b>	<b>Marks</b>	<b>Performance</b>
20- Meters and above	10	16- Meters and above
18- Meters	8	15- Meters
16- Meters	6	14- Meters
14- Meters	4	13- Meters

## Relay (4x100)

<b>Gents</b>		<b>Ladies</b>
<b>Performance</b>	<b>Marks</b>	<b>Performance</b>
22 Seconds and below	10	24 Seconds and below.
22.01 to 24 Seconds.	8	24.01 to 26 Seconds.
24.01 to 26 Seconds	6	26.01 to 28 Seconds
28 Seconds and above.	4	28.01 to 30 Seconds and above

**B) Asans****Marks- 20**

<b>A</b>	<b>Asans</b>
student choice (any two)	Sarvangasana : Matsyasana, Akarna Dhanurasana, Suptavajrasana, Paschimottanasana, Ardhamatsyantrasana, Buddha Padmasana.
<b>B</b>	<b>Asans</b>
examiners choice (any two)	Sarvangasana : Matsyasana, Akarna Dhanurasana, Suptavajrasana, Paschimottanasana, Ardhamatsyantrasana, Buddha Padmasana.
<b>C</b>	<b>Pranayama</b>
student choice (any one)	Bhastrika, Bhramari, Shitkari, Shitali, Bhramari, Ujjayai.
<b>D</b>	<b>pranayama</b>
examiners choice (any one)	Bhastrika, Bhramari, Shitkari, Shitali, Bhramari, ujjayai.

**C) Track Marking (On paper only):****Total Marks - 10**

Show all running track start. Show diagram of throwing & jumping event.

**D) One Ball game**

Name of the games	Performance	Fundamental skills	Total Marks
Football, Hockey, Cricket, Tennis, Table -Tennis.	10-Mark (Any one of the following games)	10-Marks	20

**E) Rules and regulations**

**Total Marks: 15**

Rules and regulations above games (Viva voce only)

**(Athletics, Asanas, Track Marking, Ball games)**

**F) Journal**

15 Marks

**Athletics:**

Diagram, Sectors, rules and regulations of athletics events.

**Asanas & pranayama :**

Diagrams and technique of different Asanas, pranayama etc

**Asanas**

Sarvangasana, Matsyasana, Akarna-Dhanurasana, Suptavajrasana, Paschimottanasana, Ardhamatsyantrasana, Buddha Padmasana.

**pranayama**

Anulom vilom, Bhastrika, Bhramari, Shitkari, Shitali

**Track Marking**

Diagram of 400 meter Track – starting line and finishing line. 100 M. Running, 110 M. Hurdles

Exchange Zones: 4x100 M. Relay and 4x400 M. Relay.

Marking of staggers for 200 M. Run & 400 M. Run.

**Any one ball game** (Selected by the student)

Brief history : List of Different fundamentals skills

Diagram of play field, Rules and Regulations of the game, Duties of the Officials.

**1) Separate heads of passing.**

a) Theory paper - Minimum passing 8 Marks

b) Practical - Minimum Passing 9 Marks

**2) Practical examination conducted:**

a) Each batch of 20 students

b) One organizer (Internal subject teacher)

c) Two examiners appointed by University.

d) Peons: Two peons for ground marking, water supply, and equipment Supply and collecting of materials.

e) Result sheet (Practical)

**N.B. 3)** Theory papers shall be of one hour's duration carrying 25 marks. First question will be objective type question and will carry 05 marks. The second questions having be of short answer type questions and will 10 marks. The third question will be of short note type question and will carry 10 marks.

**N.B. 4)** Two periods for theory + two periods for Practical for each paper : per week.