

Solapur University, Solapur

Semester Pattern Syllabus for Physical Education

B. A. Part - III
(w. e. f. June 2016)

Semester-V (Theory)

Paper No	Name of the paper	Marks
VII	Health Education	35
VIII	Rhythms and Recreation in Physical Education	35
IX	Applied Yoga	35
X	Anatomy and Physiology	35
VI	Deit and Hygiene	35

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

Paper: VII

Health Education

35 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: VIII

Rhythms and Recreation in Physical Education

35 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: IX

Applied Yoga

35 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: X

Anatomy and Physiology

35 Marks

I) Introduction:

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

II) The cell on its part

Structure type's function presents cell growth and development

III) 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.

IV) Muscular System:

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

V) 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:XI

Diet and Hygiene

35 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: VII to XI

Practical Marks	Journal	Total Marks
150	25	175

Practical syllabus and Marks system

Total Marks: 125

Sr.No.	Name of the event	Total marks
A	Atheletics	60
B	WeighLifting/Badminton/Judo	25
C	Gymnastics	25
D	First Aid	20
E	Rules and regulations	20
f	Journal	25

A) Athletics

Total Marks: - 60

Sr.No.	Name of the event	techniques	Performance	Total marks
1	Tripple Jump.	08	12	20
2	Hurdles (110) meters	08	12	20
3	5000 meter run	08	12	20

Tripple Jump:

Gents		Ladies
Performance	Marks	Performance
10 Meters and above	12	8-Meters and above
9 to 9.9 Meters	10	7-Meters
8 to 8.9 Meters	8	6-Meters
7 to 7.9 Meters	6	5-Meters

110 Meters Hurdles:

Gents		Ladies
Performance	Marks	Performance
22 Seconds and below	12	24 Seconds and below.
22.01 to 24 Seconds.	10	24.01 to 26 Seconds.
24.01 to 26 Seconds	8	26.01 to 28 Seconds
28 Seconds and above.	6	28.01 to 30 Seconds and above

5000 Meter Running

Gents		Ladies
Performance	Marks	Performance
25 to 26.99 Minutes	12	35 to 36.99 Minutes
27 to 28.99 Minutes	10	37 to 38.99 Minutes
29 to 30.99 Minutes	8	39 to 40.99 Minutes
31 Minutes and above	6	41 Minutes and above.

B) Badminton & Weight Lifting

25 Marks

i) Badminton

Technique -- 10 Marks

Performance – 15 Marks

Total Marks -- 25 Marks

ii) Weight Lifting

Gents		Ladies
Performance	Marks	Performance
105 kg and above.	15	85 kg. and above
95 kg	12	75 kg.
85 kg	8	65 kg.
75 kg.	6	55 kg.

C) Gymanastics :

25 Marks

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

Sr.No.	Performance	Sr.No.	Performance
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:

20 Marks

Oral	Practical	Total Marks
08	12	20

E) Rules and regulations

20 Marks:

Rules and regulations of following games (Viva voce only)

(Athletics, Weight Lifting, Badminton, Gymnastics)

f) Journal : 25 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)

Bandage: ways of applying Bandage. Simple dressing.

1) Separate heads of passing.

- a) Theory paper - Minimum passing 17 Marks
- b) Practical - Minimum Passing 18 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 1.30 hour's duration carrying 35 marks. First question will be objective type question and will carry 10 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 15 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 2016)

Semester-VI (Theory)

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

Paper No	Name of the paper	Marks
XII	Health Education	35
XIII	Rhythms and Recreation in Physical Education	35
XIV	Applied Yoga	35
XV	Anatomy and Physiology	35
XVI	Deities and Hygiene	35

Paper: XII

Health Education

35 Marks

I) Health Program:

- 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 program.

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
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: XIII

Rhythms and Recreation in Physical Education

35 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: XIV

Applied Yoga

35 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: XV

Anatomy and Physiology

35 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: XVI
Diet and Hygiene

35 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: XII to XVI

Practical Marks	Journal	Total Marks
150	25	175

Practical syllabus and mark system

Total Marks: 125

Sr.No.	Name of the event	Total marks
A	Athletics	60
B	Asans	25
C	Marking of the Track	25
D	one ball game	20
E	Rules and regulations	20
f	Journal	25

A) Athletics

Total Marks: 60

Sr.No	Name of the event	techniques	Performance	Total marks
1	Javelin Throw	08	12	20
2	Hammer Throw	08	12	20
3	Relay (4x100)	08	12	20

Javelin Throw

Gents		Ladies
Performance	Marks	Performance
30- Meters and above	12	8-Meters and above
27 to 29.99 Meters	10	7-Meters
24 to 26.9 Meters	8	6-Meters
20 to 23.99 Meters	6	5-Meters

Hammer Throw

Gents		Ladies
Performance	Marks	Performance
20- Meters and above	12	16- Meters and above
18- Meters	10	15- Meters
16- Meters	8	14- Meters
14- Meters	6	13- Meters

Relay (4x100)

Gents		Ladies
Performance	Marks	Performance
22 Seconds and below	12	24 Seconds and Below.
22.01 to 24 Seconds.	10	24.01 to 26 Seconds.
24.01 to 26 Seconds	8	26.01 to 28 Seconds
28 Seconds and above.	6	28.01 to 30 Seconds and above

B) Asans**Marks- 25**

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

C) Track Marking (On paper only):**Total Marks - 20**

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.	12-Mark (Any one of the following games)	08-Marks	20

E) Rules and regulations

Total Marks: 20

Rules and regulations above games (Viva voce only)

(Athletics, Asanas, Track Marking, Ball games)

F) Journal

25 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.

c) Theory paper - Minimum passing 17 Marks

d) Practical - Minimum Passing 18 Marks

2) Practical examination conducted:

f) Each batch of 20 students

g) One organizer (Internal subject teacher)

h) Two examiners appointed by University.

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

j) Result sheet (Practical)

N.B. 3) Theory papers shall be of one hour's duration carrying 35 marks. First question will be objective type question and will carry 10 marks. The second questions having been of short answer type questions and will 10 marks. The third question will be of short note type question and will carry 15 marks.

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