

# SYLLABUS FOR THE BATCH FROM YEAR 2022 TO YEAR 2025

## **B.A. / B.Sc.** (12+3 SYSTEM OF EDUCATION) **Physical Education** Examinations: 2022–25



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## **GURU NANAK DEV UNIVERSITY** **AMRITSAR**

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B.A./B.Sc. (Semester System) (12+3 System of Education) (*Batch 2022-25*)  
(*Faculty of Life Sciences*)

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**SEMESTER-I**  
**PHYSICAL EDUCATION**  
**(THEORY)**

**Time: 3 Hours**

**Max. Marks: 100**  
**Theory Marks: 60**  
**Practical Marks: 40**

**Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

**SECTION-A**

1. Definition of the terms: Education, Physical Education, Physical Training and Coaching.
2. Aims and Objectives of Physical Education.
3. Relationship of Education and Physical Education.

**SECTION-B**

4. Biological Principles:
  - (a) Growth and Development
  - (b) Age and sex differences
  - (c) Effects of heredity and environment on growth and development.
  - (d) Chronological age, physiological age, Anatomical age and Mental age.
5. Body types.

**SECTION-C**

6. Development of Physical Education and Sports in India.
  - (a) Pre-Independence
  - (b) Post- Independence
  - (c) Sports Schemes in India
    - (i) N.S.N.I.S.
    - (ii) Sports Authority of India.
    - (iii) Punjab Sports Department.
    - (iv) Punjab State Sports Council.

**SECTION-D**

7. Olympic Games:
  - (a) Ancient Olympics.
  - (b) Modern Olympics.
8. Commonwealth Games
9. Asian Games

**SEMESTER-I**  
**PHYSICAL EDUCATION**  
**(PRACTICAL)**

**Marks: 40**

**Division of Marks: Athletics (12) + Games (12) +Ground Markings (3+3),  
 Practical Note Book (5), Viva-Voce (5)**

- **Athletics Performance** ————— 100M, Shot-put for Boys  
 100M, Shot-put for Girls
- **Games (Boys & Girls) — Fundamentals, Rules, Performance**  
 Volleyball  
 Cricket

**Suggested Readings:**

1. Barrow, H.M. Man and His Movements: Principles of Physical education, Lea and Febiger, 1973, Latest Edition.
2. Brar, Gurcharan Singh. Roots of Panjab University and its Sports Archives(1882-1982), Mohindra Publishing House, Chandigarh, 2017.
3. Reverse, R.S., Foundations of Physical Education Houghton Mifflin Co. Boston, 1978, Latest Edition.
4. Bucher, C.S. Foundations of Physical Education 5<sup>th</sup> Edition, 1968, at Louis C.V. Mosby. C.
5. Eraz Ahmad Khan, History of Physical Education – Scientific Book Co., Patna-4, Latest Ed.
6. Singh Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi, 2000.
7. Tadan D.K. et al.,: Scientific basis of Physical Education and Sports, Friends Publication, New Delhi, 2001.
8. Singh Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana, 2004.
9. Kang G.S. and Deol N.S.: An Introduction to Health and Physical Education 21st Century, Patiala, 2008.

**SEMESTER-II**  
**PHYSICAL EDUCATION**  
**(THEORY)**

**Time: 3 Hours**

**Max. Marks: 100**  
**Theory Marks: 60**  
**Practical Marks: 40**

**Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

**SECTION-A**

1. Cell: Structure and Functions.
2. Skeletal System: Types of bones, names of the various bones of the body, Various types of Joints.
3. Muscular System: Various types of muscles, structure of skeletal muscles.

**SECTION-B**

4. Digestive System: It's organs and mechanism of digestion.
5. Nutrition: Elements of balanced diet, Functional Diet/Food
6. Doping in sports.

**SECTION-C**

7. Meaning and scope of Health Education. Hygiene problems of educational institutions and their remedial measures.
8. Personal hygiene; Care of eyes, teeth, ears, skin, hair and nails.
9. Air and water pollution and its remedial measures.

**SECTION-D**

10. First aid in case of snake bite, drowning, electric shock, burns, fracture, dislocation, sprain and strain.
11. Effects of Alcohol and smoking on health.
12. Communicable Diseases: Mode of transmission, prevention and control of tuberculosis, hepatitis (A & B), Rabies and HIV/AIDS.

**SEMESTER-II**  
**PHYSICAL EDUCATION**  
**(PRACTICAL)**

**Marks: 40**

**Division of Marks: Athletics (12) + Games (12) +Ground Markings (3+3),  
Practical Note Book (5), Viva-Voce (5)**

- **Athletics Performance** ————— 100M, Long Jump for Boys  
100M, Long Jump for Girls
- **Games (Boys & Girls)—— Fundamentals, Rules, Performance**  
Handball  
Kho-Kho

**Suggested Readings:-**

1. John Raynor Anatomy and Physiology, New York, Harper & Row, 1983.
2. Rose and Wilson Foundations of Anatomy and Physiology, 1981, 5<sup>th</sup> ed.
3. Parror, J.W. anatomy and Physiology for Physical Education Teachers, Lend; Edward Arnold Healthful Living McGraw Hill, 1983.
4. Tadan D.K. et al.; Scientific basis of Physical Education and Sports, Friends Publication, New Delhi, 2001.
5. Singh Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana, 2004.
6. Kang G.S.: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University, Patiala, 2000.
7. Kang G.S. and Deol N.S.: An Introduction to Health and Physical Education 21st Century, Patiala, 2008.
8. Dhillon G.K.: Health Education, Punjab Text Book

**SEMESTER III**  
**PHYSICAL EDUCATION**  
**(THEORY)**

**Time 3 hours**

**Maximum mark: 100**  
**Theory mark: 60**  
**Practical Marks: 40**

**Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

**SECTION-A**

1. Meaning of Learning, Nature of skill Learning and laws of learning.
2. Learning Curve.
3. Motivation in Physical education.

**SECTION-B**

4. Play meaning and Theory.
5. Psychological factors effecting sports performance i.e stress tension, anxiety, aggression.
6. Psychological characteristics of the adolescent in sports situation.

**SECTION-C**

7. Transfer of training, its application sports situation.
8. Growth and development during childhood;
  - I. Physical
  - II. Mental
  - III. Emotional
  - IV. Inter- Personal social development.
9. Causes of poor performance in India.

**SECTION-D**

10. Sports and Economy.
11. Sports and Socialization-integration through sports(National & International)
12. Sports, Politics and their relationship.

**SEMESTER- III**  
**PHYSICAL EDUCATION**  
**(PRACTICAL)**

**Marks: 40**

Division Marks: athletics (12) + games (12) + ground marking (3+3), Practical Note Book (5), Viva Voce (5)

- **Athletics Performance**----- 200M, Discuss Throw for Boys  
200M, Discuss Throw for Girls
- **Games(Boys & Girls)**----- **Fundamental Rules, Performance**  
Football  
Yoga

**Books Recommended:**

1. Singh, Kanwaljeet and Singh Inderjeet: Sports Sociology, Friend Publication New Delhi, 2000.
2. Tandan, D.K. et.al, : Scientific basis of physical education and sports Friends Publication New Delhi, 2001.
3. Singh, Ajmer and Gill Jagtar: Essentials of Physical Education and Olympics Movement, Kalyani Publisher, Ludhiana, 2004.
4. Kang, G.S.: Anatomy, Physiology and Health Education Publication Bureau, Punjabi University, Patiala, 2000.
5. Kang, G.S. and Deol, N.S.: An Introduction to Health and Physical Education, 21<sup>st</sup> Centaury, Patiala, 2008.



**SEMESTER IV**  
**PHYSICAL EDUCATION**  
**(THEORY)**

**Time 3 hours**

**Maximum mark: 100**

**Theory mark: 60**

**Practical Marks: 40**

**Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

**SECTION-A**

1. Meaning, aims types of yoga.
2. The practice Asans and their importance, meditative poses, Padma, Vazra, Sukh Asana  
Cultural poses, Halasan, Sarvangasana, Bhujangasana, Salbhasana, Dhanurasana  
Chakarasana,

**SECTION-B**

3. Pranayam, its types, objective Physiological value.
4. Sudhi kirya ; its types objective Physiological value .
5. Effects of Yogic Physical exercise on various systems of the body.

**SECTION-C**

6. Respiratory System, Organ of respiratory, Mechanism of respiration.
7. Excretory system ; Structure and function of skin
8. Endocrine system, meaning of endocrine glands, function and location pituitary, thyroid and adrenal glands.

**SECTION-D**

9. Nervous System : its organ and function
10. Circulatory system : Heart and its structure, Mechanism of circulation of blood, various types of blood vessel
11. Care, prevention of causes and cure of sports injuries (sprain, contusion, dislocation, and fractures).

**SEMESTER- IV**  
**PHYSICAL EDUCATION**  
**(PRACTICAL)**

**Marks: 40**

Division Marks: athletics (12) + games (12) + ground marking (3+3), Practical Note Book (5), Viva Voce (5)

- **Athletics Performance**----- 200M, High Jump for Boys  
 200M, High Jump for Girls
- **Games(Boys & Girls)**----- **Fundamental Rules, Performance**  
**Hockey**  
**Wrestling**

**Books Recommended:**

1. Singh, Kanwaljeet and Singh Inderjeet: Sports Sociology, Friend Publication New Delhi, 2000.
2. Tandan, D.K. et.al, : Scientific basis of physical education and sports Friends Publication New Delhi, 2001.
3. Singh, Ajmer and Gill Jagtar: Essentials of Physical Education and Olympics Movement, Kalyani Publisher, Ludhiana, 2004.
4. Kang, G.S.: Anatomy, Physiology and Health Education Publication Bureau, Punjabi University, Patiala, 2000.
5. Kang, G.S. and Deol, N.S.: An Introduction to Health and Physical Education, 21<sup>st</sup> Centaury, Patiala, 2008.

**SEMESTER-V**  
**PHYSICAL EDUCATION**  
**(THEORY)**

**Time 3 hours**

**Maximum mark: 100**  
**Theory mark: 60**  
**Practical Marks: 40**

**Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

**SECTION-A**

1. Recreation: Meaning and Importance of Recreation.
2. Aims and objectives of recreation.
3. Types and Principles of recreation.
4. Agencies providing recreation in India.

**SECTION-B**

5. Intramural and Extramural Sports Competitions and their Importance.
6. Muscular contraction: Eccentric, Concentric, Motor unit, Isotonic, Isometric, Isokinetic Exercises.
7. Laws of motion, Lever and its types, Equilibrium, Its types and Laws, Centre of Gravity, Force and its types.

**SECTION-C**

8. Posture: Meaning and Types of postures.
9. Postural-Deformities: Spinal Foot and Knock-Knees, Their Causes and Corrective Exercises.

**SECTION-D**

10. Meaning and Aims of Sports Training.
11. Principles of Sports Training.
12. Normal Load, Crest Load, Over Load.
13. Meaning and Importance of Warming up and Cooling down in sports.

**SEMESTER–V**

**PHYSICAL EDUCATION**

**(PRACTICAL)**

**Marks: 40**

Division of Marks: Athletics (12) + Games (12) + Ground Markings (3+3),  
Practical Note Book (5), Viva-Voce (5)

- Athletics Performance ----- 800M, Triple Jump for Boy  
800M, Triple Jump for Girls
- Games (Boys & Girls) ----- Fundamentals, Rules, Performance  
Basketball, Judo

**Books Recommended:**

1. Singh Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi 2000.
2. Tandon D.K. et.al.: Scientific Basis of Physical Education and Sports, Friends Publication New Delhi, 2001.
3. Singh Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic movement, Kalyani Publishers, Ludhiana, 2004.
4. Kang G.S.: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University Patiala 2000.
5. Kang G.S. and Deol, N.S.: An Introduction to Health and Physical Education 21st Century, Patiala, 2008.

**SEMESTER-VI**  
**PHYSICAL EDUCATION**  
**(THEORY)**

**Time 3 hours**

**Maximum mark: 100**  
**Theory mark: 60**  
**Practical Marks: 40**

**Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

**SECTION-A**

1. Effect of exercises on muscular, respiratory and circulatory systems.
2. General concept of Vital capacity, Blood pressure, General and Specific conditioning.
3. Tournaments: Draw of fixture, types of tournaments.
  - (a) Knock Out
  - (b) League
  - (c) Combination Tournament
  - (d) Challenge Tournament

**SECTION-B**

4. Organisation of Camps, Play days (Sports Meet)
5. Need and scope of coaching in India. Professional preparation of coaches. Qualifications and responsibilities of a coach.

**SECTION-C**

6. Meaning and Importance of Kinesiology.
7. Joints, Muscles, heir types and Movements.
8. Therapeutic Exercises, their classification and benefits.

**SECTION-D**

9. Components of Physical Fitness, Speed, Strength, Endurance, Agility and Flexibility.
10. Training Methods; Circuit, Interval, Fartlek, Weight-Training and Cross Country.
11. Methods of Improving Strength, Speed, Endurance, Flexibility and Agility.

**Books Recommended:**

1. Singh Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi 2000.
2. Tandon D.K. et.al.: Scientific Basis of Physical Education and Sports, Friends Publication New Delhi, 2001.
3. Singh Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic movement, Kalyani Publishers, Ludhiana, 2004.
4. Kang G.S.:. Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University Patiala 2000.
5. Kang G.S. and Deol, N.S.: An Introduction to Health and Physical Education 21st Century, Patiala, 2008.

**SEMESTER–VI**  
**PHYSICAL EDUCATION**  
**(PRACTICAL)**

**Marks: 40**

Division of Marks: Athletics (12) + Games (12) + Ground Markings (3+3),  
Practical Note Book (5), Viva-Voce (5)

- Athletics Performance -----1500M, Javelin Throw for Boy  
800M, Javelin Throw for Girls
- Games (Boys & Girls) ----- Fundamentals, Rules, Performance  
Kabbadi  
Badminton