

Department of Physical Education

Faculty Member of the Department

<u>Sl. No.</u>	<u>Name of Teacher's</u>	<u>Qualification</u>	<u>Designation</u>
1.	Md Nasiruddin Pandit	M.P.Ed.	Guest Lecturer
2.	Md Shamim Akhter	M.P.Ed.	Guest Lecturer

SECOND PAPER

Marks Distribution

Part-II	A. Theory Paper II (100 Marks)	1 st Half (50 Marks)	Group-A	Group-A: Management of Physical Education & Sports (30 marks)
			Group-B	Group-B: Sports Training & Mechanics (20marks)
		2 nd Half (50 Marks)	Group-C	Exercise Physiology (20 Marks)
			Group-D	Health Education & First-aid (30 marks)
	B. Practical Paper III (100 Marks)			

PHYSICAL EDUCATION

SECOND PAPER – 100 MARKS

(First half)

Group-A: Management of Physical Education & Sports (30 marks)

1. Management of Sports and Games in Schools, Colleges and Universities.
2. Types of Tournaments: (a) Knock-out System (b) League System (c) Combination System.
3. Lay-out of Play-fields and Basic Rules:
 - a. Kabaddi (b) Kho-Kho (c) Volleyball (d) Badminton (e) Football (f) Hockey (g) Cricket (h) Track and Field Events.
4. Care and Maintenance of Sports Equipments.

Group-B: Sports Training & Mechanics (20marks)

5. Meaning of Sports Training. Conditioning, Warming-up and cooling down.
6. Components of Physical Fitness: Speed, Strength, Endurance, Agility, Flexibility.
7. Training Methods: Circuit, Interval, Fartlek, Cross-country. Weight Training
8. Mechanical Principles Applied to Sports: Motion- Laws of Motion, Lever and its types, Equilibrium its types and laws, Centre of Gravity, Force and its types Centrifugal, Centripetal, Friction and Water resistance.

SECOND PAPER – 100 Marks

(Second half)

Group-C: Exercise Physiology (20 Marks)

1. Muscular System-Variety Types of Muscles, Structure of muscle, Effects of Exercises on muscle, Muscular Contraction - Isometric, Isotonic, Isokinetic Eccentric, Static. Nerve supply to muscle, motor unit, reciprocal innervation.
2. Effect of Exercises on Circulatory system, Blood pressure.
3. Effect of Exercises on Respiratory system, vital capacity, Oxygen debt. Cardiovascular endurance.

Group-D: Health Education & First-aid (30 marks)

4. Meaning of Health Education.
5. Major Areas of Health Education:
 - a) Health Service-Daily health inspection, medical inspection and follow up, health records, clinic and health centre
 - b) healthful Environment-Healthful environment in educational institutions, offices, factories, playground, auditorium etc. Environmental hygiene-lighting, ventilation, water supply, waste-disposal.
6. Environmental Pollution-Air, Water, Soil pollution-causes and control
7. Mental health-Problems of maladjustment, minor mental disorders - their causes and precautions.
8. Safety Education-Safety at home, school, college, playground, streets,
9. Prevention and Control of Communicable Diseases-Malaria. Cholera, Common Cold, Influenza.
10. First aid management - Sprain, Dislocation, Fracture, Cramps, Shock, Wounds and bleeding, Snake bites, Drowning, Electric Shock. Burns and Artificial Respiration.

THIRD PAPER – 100 MARKS

(PRACTICAL)

1. Track and field: 100 m. run, 400m. run, 1500m. run, Shotput, Discus Throw, Javelin Throw, High Jump, Long Jump, Triple Jump (Men). – 20 marks for One track event, one throwing event and one jumping **event**.
2. Gymnastics: Forward roll, Backward roll, Dive Roll, Cartwheel, T-Balance, split sitting, Hand stand, Hand spring, neck spring -skill and knowledge of assisting (20 marks).
3. Indian Games: Kabaddi, Kho-kho (5+5 = 10 marks).
4. Major Games: Football, Volleyball, Cricket, Hockey, Badminton (Women) Fundamental skill, rules and regulations. (Any two major games-10+ 10 = 20 marks).
5. **Yogasana:** Sabasana, Padmasana. Dhanurasana, Halasana, Ardhamatseyendrasana, Chakrasana, Sarbangasana, Shirsasana, Mayurasana, Bakasana, Paschimnattaosana, Kapalbhata, Anulom - vilom (10 marks).
6. First Aid Practical and management of sports injury: Sprain, Dislocation, Fracture. Wounds. Muscle cramps. Bandage, Artificial respiration (10 marks).
7. practical exercise book (10 marks) – skill of practical activities to be recorded according to regular practical class.

SECOND PAPER – 100 MARKS (Theory)

Physical Education

Part-II Syllabus Distribution

Academic Year 2018-19

<u>Name of Teacher</u>	<u>Assigned Unit / Topic</u>
Md Shamim Akhter	Group-A: Management of Physical Education & Sports (30 marks) 1. Management of Sports and Games in Schools, Colleges and Universities. 2. Types of Tournaments: (a) Knock-out System (b) League System (c) Combination System. 3. Lay-out of Play-fields and Basic Rules: (a) Kabaddi (b) Kho-kho (c) Volleyball (d) Badminton (d) Football (f) Hockey (g) Cricket (h)Track and Field Events. 4. Care and Maintenance of Sports Equipments.
Md Nasiruddin Pandit	Group-B: Sports Training & Mechanics (20marks) 5. Meaning of Sports Training. Conditioning, Warming-up and cooling down. 6. Components of Physical Fitness: Speed. Strength, Endurance, Agility, Flexibility. 7. Training Methods: Circuit, Interval, Fartlek, Cross-country. Weight Training 8. Mechanical Principles Applied to Sports: Motion- Laws of Motion, Lever and its types, Equilibrium its types and laws, Centre of Gravity, Force and its types Centrifugal, Centripetal, Friction and Water resistance
Md Nasiruddin Pandit	Group-C: Exercise Physiology (20 Marks) 1. Muscular System-Variou Types of Muscles, Structure of Muscle, Effects of Exercises on Muscle, Muscular Contraction – Isometric, Isotonic, Isokinetic Eccentric, Static. Nerve supply to the muscle, motor unit, and reciprocal innervation. 2. Effect of Exercise on Circulatory System, Blood Pressure. 3. Effect of Exercise on Respiratory system, vital capacity, Oxygen debt. Cardiovascular endurance.
Md Shamim Akhter	Group-D: Health Education & First-aid (30 marks) 4. Meaning of Health Education. 5. Major Areas of Health Education: a) Health Service-Daily health inspection, medical inspection and follow up, health records, clinic and health centre b) healthful Environment-Healthful environment in educational institutions, offices, factories, playgrounds, auditoriums etc. Environmental hygiene-lighting, ventilation, water supply, waste disposal. 6. Environmental Pollution-Air, Water, Soil pollution-causes and control 7. Mental health–Problems of maladjustment, minor mental disorders - their causes and precautions. 8. Safety Education-Safety at home, school, college, playground, streets,

	<p>9. Prevention and Control of Communicable Diseases-Malaria. Cholera, Common Cold, Influenza.</p> <p>10. First aid management - Sprain, Dislocation, Fracture, Cramps, Shock, Wounds and bleeding, Snake bites, Drowning, Electric Shock. Burns and Artificial Respiration.</p>
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THIRD PAPER – 100 MARKS (Practical)

Physical Education

Part-II Syllabus Distribution

Academic Year 2018-19

<u>Name of Teacher</u>	<u>Assigned Unit / Topic</u>
Md Shamim Akhter	1. Track and field: 100 m. run, 400m. run, 1500m. run, Shotput, Discus Throw, Javelin Throw, High Jump, Long Jump, Triple Jump (Men). – 20 marks for One track event, one throwing event and one jumping event.
Md Shamim Akhter	2. Gymnastics: Forward roll, Backward roll, Dive Roll, Cartwheel, T-Balance, split sitting, Hand stand, Hand spring, neck spring -skill and knowledge of assisting (20 marks).
Md Shamim Akhter	3. Indian Games: Kabaddi, Kho-kho (5+5 = 10 marks).
Md Shamim Akhter	4. Major Games: Football, Volleyball, Cricket, Hockey, Badminton (Women) Fundamental skill, rules and regulations. (Any two major games-10+ 10 = 20 marks).
Md Nasiruddin Pandit	5. Yogasana: Sabasana, Padmasana. Dhanurasana, Halasana, Ardhamatseyendrasana, Chakrasana, Sarbangasana, Shirsasana, Mayurasana, Bakasana, Paschimnattaosana, Kapalbhathi, Anulom - vilom (10 marks).
Md Nasiruddin Pandit	6. First Aid Practical and management of sports injury: Sprain, Dislocation, Fracture. Wounds. Muscle cramps. Bandage, Artificial respiration (10 marks)
Md Nasiruddin Pandit	7. practical exercise book (10 marks) – skill of practical activities to be recorded according to regular practical class.