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## Guru Jambheshwar University of Science & Technology, Hisar

*B.A. 1 -1<sup>st</sup> Semester (Health & Physical Education)  
(From Session 2018-19)*

**HPEL 101: Health & Physical Education**

*External – 50 Marks  
Internal – 20 Marks  
Time: – 3 hours*

**Note:** For the end semester examinations, nine questions are to be set by the examiner. The candidates shall attempt five questions in all. First question will be compulsory of 10 marks based on the entire syllabus. It will comprise of ten short answer type questions of one mark each. Students are required to attempt any four questions out of remaining eight questions, selecting one question from each unit. All remaining questions shall carry equal marks i.e. 10 marks each.

**Unit –I:** *Introduction to Physical Education*

1. Meaning, Definition and Scope of Physical Education.
2. Relationship of Physical Education with General Education.
3. Aim, Objectives and Importance of Physical Education in Modern Society.
4. Misconceptions regarding Physical Education.

**Unit –II:** *Introduction to Physical Education*

1. Meaning, Definition and Importance of Health.
2. Factors Influencing Health.
3. Meaning and Importance of Personal Hygiene.
4. Hygiene of various Body Parts and Factors Influencing Personal Hygiene.

**Unit –III:** *Introduction to Yoga*

1. Yoga - Meaning, Concept & Historical Development.
2. Types of Yoga.
3. Importance of Yoga in Healthy Living.
4. Pranayam – Meaning, Types and their Benefits.

**Unit –IV:** *Introduction to Human Anatomy and Physiology*

1. Meaning and Definition of Human Anatomy and Physiology
2. Importance of Human Anatomy and Physiology in Physical Education.
3. Definition of Cell, Tissue, Organ and System.
4. Structure and Properties of Cell.

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*B.A. 1 -1<sup>st</sup> Semester (Practical)  
(Health & Physical Education)  
(From Session 2018-19)*

**HPEL(P) 102: Practical (Health & Physical Education)**

*Maximum Marks: 30  
Time: 3 hours*

1. *Assans : Any three out of following six asanas :* *10 Marks*
  1. Padmasana 2. Vajrasana 3. Tadasana
  4. Padahastasana 5. Sarvangasana 6. Bhujangasana
  
2. *Ground Specifications, General Rules & General Skills of following games :* *15 Marks*
  1. Kho-Kho 2. Badminton 3. Kabaddi
  2. Athletic Track - Marking
  
3. *Viva – Voce and Practical File* *05 Marks*

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*B.A. 1 -2<sup>nd</sup> Semester (Health & Physical Education)  
(From Session 2018-19)*

**HPEL 103: Health & Physical Education**

*External – 50 Marks  
Internal – 20 Marks  
Time: – 3 hours*

**Note:** For the end semester examinations, nine questions are to be set by the examiner. The candidates shall attempt five questions in all. First question will be compulsory of 10 marks based on the entire syllabus. It will comprise of ten short answer type questions of one mark each. Students are required to attempt any four questions out of remaining eight questions, selecting one question from each unit. All remaining questions shall carry equal marks i.e. 10 marks each.

**Unit –I: Introduction to Health Education**

1. Definition, Aim, Objectives and Scope of Health Education.
2. Importance of Health Education in Modern Society.
3. First Aid: Meaning, Aim, Objectives and General Principles of First Aid.
4. First Aid for Common injuries – Bleeding, Burns, Electric Shock, Drowning and Snake Bite.

**Unit –II: Historical Prospects of Physical Education**

1. Pre-independence and Post – Independence Historical Development of Physical Education in India..
2. Role of IOA, SAI, NSNIS and YMCA in the Development of Physical Education and Sports in India.
3. Sports Policy of Haryana State.
4. National Sports Policy

**Unit –III: Introduction to Physical Fitness**

1. Meaning, Definition and Importance Physical Fitness..
2. Components and Principles of Physical Fitness.
3. Factors Influencing of Physical Fitness.
4. Meaning of Isometric, Isotonic and Isokinetic Exercises.

**Unit –IV: Introduction to Human Anatomy and Physiology**

1. Anatomy of Human Bone
2. Types and Function of Bones in Human Body
3. Meaning and Types of Joints in Human Body
4. Types of Synovial Joints in Human Body.

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*B.A.1 -2<sup>nd</sup> Semester (Practical)  
(Health & Physical Education)  
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**HPEL(P) 104: Practical (Health & Physical Education)**

*Maximum Marks: 30  
Time: 3 hours  
05 Marks*

1. *Name and Identification of Bones in Human Body :*

2. *Athletics :*

*Measurements & Basic Techniques of all Throwing Events and  
Basic Technique of all types of starts, with marking of Athletic Track.*

*20 Marks*

3. *Viva – Voce and Practical File*

*05 Marks*