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Guru Jambheshwar University of Science & Technology, Hisar

HEALTH & PHYSICAL EDUCATION

B.A. IInd Year 3rd Semester

PAPER-A (THEORY) HPEL 201 : Health & Physical Education

(w.e.f. the academic session 2019-20)

Maximum Marks : 70
External Marks : 50
Internal Marks: 20
Time : 3 hours

Note:

1. The question paper will consist of *nine* questions. The candidate shall attempt *five* questions in all. The Question No. 1 will be *compulsory*. The Candidate shall attempt *four* more questions selecting at least *one* from each Unit. The paper will carry 70 marks out of which 20 marks will be earmarked for internal assessment.
2. The **Compulsory Question No.1** will be short answer type questions containing *ten* questions of equal marks (i.e., 1 marks each) spread over the whole syllabus. Other questions will carry the 10 marks each.

Unit-I : Concept of Safety Education

- (i) Meaning, need and importance of Safety Education.
- (ii) Sports Injuries : Types and Causes.
- (iii) Principles of prevention of Sports Injuries.
- (iv) General treatment for common Sports Injuries i.e. Abrasion, Contusion, Sprain, Strain, Fracture and Dislocation of Joints.

Unit-II : Common Diseases

- (i) Meaning of Communicable and Non-Communicable Diseases.
- (ii) Modes of transmission, prevention and control of communicable diseases.
- (iii) Common Diseases : HIV/ADS, Hepatitis, Dengue, Typhoid, Malaria and Influenza.
- (iv) Allergy related diseases : Asthma and Sinuses

Unit-III : Concept of Balanced Diet

- (i) Balanced Diet : Meaning and Importance.
- (ii) Components of balanced diet and their sources.
- (iii) Factors affecting balanced diet.
- (iv) Harmful effects of Junk Food.

Unit-IV : Anatomy and Physiology of Body System

- (i) Circulatory System : Structure of Heart.
- (ii) Functioning of Heart.
- (iii) Types of Circulation : Systematic and Pulmonary.
- (iv) Effects of exercise on Circulatory System .

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Guru Jambheshwar University of Science & Technology, Hisar
HEALTH & PHYSICAL EDUCATION
B.A. IInd Year 3rd Semester
PAPER-B (PRACTICAL) HPEL(P) 202
(w.e.f. the academic session 2019-20)

Maximum Marks : 30
Time : 3 hours

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| 1. Ground specifications, general rules and general skills of following games : | 10 Marks |
| (i) Basketball (ii) Football (iii) Handball | |
| 2. Athletics :
Measurements & Basic Techniques of all Jumping and Throwing Events and basic of Track Marking. | 10 Marks |
| 3. Viva-Voce and Practical File | 10 Marks |

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Guru Jambheshwar University of Science & Technology, Hisar

HEALTH & PHYSICAL EDUCATION

B.A. IInd Year 4th Semester

PAPER-A (THEORY) HPEL 203 : Health & Physical Education

(w.e.f. the academic session 2019-20)

Maximum Marks : 70

External Marks : 50

Internal Marks: 20

Time : 3 hours

Note:

1. The question paper will consist of *nine* questions. The candidate shall attempt *five* questions in all. The Question No. 1 will be *compulsory*. The Candidate shall attempt *four* more questions selecting at least *one* from each Unit. The paper will carry 70 marks out of which 20 marks will be earmarked for internal assessment.
2. The **Compulsory Question No.1** will be short answer type questions containing *ten* questions of equal marks (i.e., 1 marks each) spread over the whole syllabus. Other questions will carry the 10 marks each.

Unit-I : Warming up and Cooling Down

- (i) Meaning, types and significance of warming up.
- (ii) Meaning, types and significance of Cooling Down.
- (iii) Methods of warming up and cooling down.
- (iv) Physiological aspects of warming up and cooling down.

Unit-II : Psychological Aspects of Physical Education

- (i) Meaning of Psychology and Sports Psychology.
- (ii) Need and Importance of Sports Psychology.
- (iii) Learning : Meaning and Laws.
- (iv) Learning Curve

Unit-III : Major Sports Events

- (i) Ancient Olympic Games.
- (ii) Modern Olympic Games.
- (iii) Asian Games.
- (iv) Common Wealth Games.
- (v) Pre and Post Independence Indian Sports and Physical Education History.

Unit-IV : Anatomy and Physiology of Human Body System

- (i) Structure of Respiratory Organs.
- (ii) Physiology of Respiratory System.
- (iii) Effect of exercise on Respiratory System.
- (iv) Terminology of Respiration : Tidal Volume, Residual Volume and Total Lung Capacity/Vital Capacity.

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Guru Jambheshwar University of Science & Technology, Hisar
HEALTH & PHYSICAL EDUCATION
B.A. IInd Year 4th Semester
PAPER-B (PRACTICAL) HPEL(P) 204
(w.e.f. the academic session 2019-20)

Maximum Marks : 30
Time : 3 hours

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|--|----------|
| 1. Ground specifications, general rules and general skills of following games : | 10 Marks |
| (i) Wrestling (ii) Judo (iii) Boxing | |
| 2. Athletics :
Measurements and marking of all Athletic Track and Field Events. | 10 Marks |
| 3. Viva-Voce and Practical File | 10 Marks |