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Guru Jambheshwar University of Science & Technology, Hisar

HEALTH & PHYSICAL EDUCATION

B.A. IIIrd Year 5th Semester

PAPER-A (THEORY) HPEL 301 : Health & Physical Education

(w.e.f. the academic session 2020-21)

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 : Growth & Development

1. Meaning and definitions of Growth and Development.
2. Stages of Growth and Development.
3. Principles and Factors Influencing Growth and Development.
4. Age and sex difference in relation to physical activities and sports.

Unit -II : Concept of Sports Organization and Administration

1. Meaning and importance of organization and administration in Physical Education and Sports.
2. Principles of Sports organization and administration..
3. Organization and administration of Intramural and Extramural Activities.
4. Tournaments and their types (League and Knock out).

Unit -III : Concept of Posture

1. Meaning of posture and importance of good posture.
2. Causes of poor posture. .
3. Symptom and causes of Postural Deformities : Lordosis, Kyphosis, Scoliosis, Flat Feet, Knock Knee and Blow Legs.
4. Precaution and Remedies for postural deformities.

Unit -IV : Anatomy and Physiology

1. Gross Anatomy of Muscle, Types of Muscles in human body.
2. Effects of exercise on Muscular System.
3. Composition of Human Blood.
4. Functions of Blood.

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Guru Jambheshwar University of Science & Technology, Hisar HEALTH &
PHYSICAL EDUCATION
B.A. IIIrd Year 5th Semester
PAPER-B (PRACTICAL) HPEL(P) 302
(w.e.f. the academic session 2020-21)

Maximum Marks : 30
Time : 3 hours

1. Ground specifications, general rules and general skills of following games : 10 Marks
 - (i) Wrestling (ii) Judo (iii) Boxing
2. Athletics : 10 Marks
Measurements and marking of all Throwing & Jumping sectors.
3. Viva-Voce and Practical File 10 Marks

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Guru Jambheshwar University of Science & Technology, Hisar
HEALTH & PHYSICAL EDUCATION
B.A. IIIrd Year 6th Semester
PAPER-A (THEORY) HPEL 303 :Health & Physical Education
(w.e.f. the academic session 2020-21)

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 Motivation and Socialization**
1. Meaning and definition of motivation.
 2. Types of motivation and importance of motivation in Sports.
 3. Meaning of Socialization and Socialization through Sports.
 4. Effect of social behavior on performance of Sports Person.

- Unit -II :** **Concept of Sports Training and Doping**
1. Meaning and definition of sports training.
 2. Factors affecting sports training.
 3. Types of sports training : Circuit training, Interval Training and Continuous Training.
 4. Doping : Meaning, types and its effects on health.

- Unit -III :** **Concept of Sports Biomechanics**
1. Meaning and definition of sports biomechanics.
 2. Importance of Biomechanics in Sports .
 3. Newton's Laws of motion and their application in sports.
 4. Levers : Meaning, types and their application in sports.

- Unit -IV :** **Anatomy and Physiology**
1. Organs of Digestive System
 2. Structure of Digestive System
 3. Mechanism of food digestion
 4. Effects of exercise on Digestive System.

Guru Jambheshwar University of Science & Technology, Hisar

HEALTH & PHYSICAL EDUCATION

B.A. IIIrd Year 6th Semester

PAPER-B (PRACTICAL)

HPEL(P) 304

(w.e.f. the academic session 2020-21)

Maximum Marks : 30

Time : 3 hours

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