Health and Physical Education from Session 2020-21

 (B.A. 1st, 3rd and 5th Semester)

# B.A. -1st Semester (Health & Physical Education) (From Session 2014-15)

**Time- 3 hours Theory- 60 Marks**

# (Internal Assessment- 15 Marks)

**Unit - 1: 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: Health & Hygiene

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 and 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

# B.A. -3rd Semester (Health & Physical Education) (From Session 2015-16)

**Time- 3 hours Theory- 60 Marks**

# (Internal Assessment- 15 marks)

**Unit- 1 Concept of Safety Education**

* + 1. Meaning, need and importance of Safety Education
		2. Sports Injuries: Types and causes
		3. Principles for prevention of sports Injuries.
		4. General treatment for common sports injuries i.e Abrasion, Contusion, Sprain , Strain, Fracture and Dislocation of joints

# Unit –II Common Diseases

1. Meaning of Communicable and Non – Communicable diseases
2. Modes of transmission, prevention and control of communicable diseases.
3. Common diseases: HIV/ AIDS, Hepatitis, Dengue, Typhoid, Malaria and Influenza.
4. Allergy related diseases: Asthma and Sinuses

# Unit – III Concept of Balanced Diet

1. Balanced Diet: Meaning and importance
2. Components of balanced diet and their sources
3. Factors affecting balanced diet
4. Harmful effects of Junk Food

# Unit –IV Anatomy and Physiology of Body System

1. Circulatory System: Structure of Heart
2. Functioning of Heart
3. Types of Circulation: Systemic and Pulmonary
4. Effects of exercise on Circulatory System.

# B.A. -5th Semester (Health & Physical Education) (From Session 2016-17)

**Time- 3 hours Theory- 60 Marks**

# (Internal Assessment- 15 marks)

**Unit -I Growth & Development**

* 1. Meaning and definition 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. Symptoms and causes of Postural Deformities: Lordosis, Kyphosis, Scoliosis, Flat Feet, Knock Knee and Blow Legs.
4. Precautions 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