

PHYSICAL EDUCATION

(Cade No. 540)

Max.Marks.100

Time: 40 Minutes

Theory: 60 Marks

Practical: 40 Marks (External : 25, Internal : 15)

THEORY

Unit 1. PHYSICAL FITNESS **05 Marks**

- Meaning and importance of Physical fitness.
- Components and types of Physical fitness.
- Factors effecting physical fitness.

Unit II. TRAINING METHODS **10 Marks**

- Meaning and concept of training.
- Methods of training: Isometric and ISO- kinetic Exercise, Continuous Method, Interval Training and Fertlek, Circuit training, Acceleration Runs and Pace Races.

Unit III. SOCIOLOGICAL ASPECTS OF PHYSICAL EDUCATION **10 Marks**

- Meaning of Sociology and its Importance in Physical Education and Sports.
- Games and Sports as man's cultural heritage.
- Development of leadership qualities and group dynamics through physical Education.
- Value Education through physical Education programmes.

Unit IV. MORAL EDUCATION **05 Marks**

- Need and Importance of Moral Education.
- Moral Education through Physical Education.

Unit V. SPORTS AND ENVIRONMENT **10 Marks**

- Concept of environment.
- Need of environment in physical education programme.
- Role of individual in improvement of environment for health promotion and prevention of sports related accidents.

Unit VI. YOGA **05 Marks**

- Meaning and importance of yoga.
- Yoga and Indian heritage.
- Elements of yoga.

Unit VII. CONCEPT OF MAJOR GAMES/SPORTS**10 Marks**

- Cricket, Athletics, Basketball and Table Tennis.
- History of games (Above Games)
- Rules, measurement of the field/court. (Above Games)

Unit VIII. SPORTS MEDICINE FIRST AID REHABILITATION**05 Marks**

- Meaning and Importance of Sports Medicine.
- Doping (meaning, and drugs for doping)
- First Aid and Rehabilitation of the following sports injuries:
 - Acute injuries: such as dehydration, heat stroke, and exercise-induced asthma.
 - Chronic injuries: such as aches and pain of unknown origin, tendinitis (swelling in the tendons), and stress fractures (hairline fractures of the bone due to overuse).

PRACTICAL:**40 marks****Internal assessment:****15 Marks**

Internal assessment shall comprise Games/ sports (kho-kho, badminton, shot put) and Project work.

The break up of the marks is as under;

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| 1. Games / sports (kho-kho, badminton, shot put). | 10 Marks |
| 2. Trekking. | 05 Marks |

External assessment:**25 Marks**

External assessment shall comprise skill test of Games/ sports (any game/ sport of student's choice) and Record file (the students shall maintain the practical file by drawing the field/ court with measurement and rules of the games/sports. The break up of the marks is as under;

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| 1. Skill test of Games/sports. (students choice game) | 15 Marks |
| 2. Record file. | 05 Marks |
| 3. Vivo-voce. | 05 Marks |