



DAVANGERE UNIVERSITY

DEPARTMENT OF STUDIES IN EDUCATION

Shivangangothri - 577 007, Davangere.

Bachelor of Arts (B.A.) in Physical Education

I Semester (Foundation of Physical Education)

Time-3 hours
Theory-80 Marks

(Internal Assessment-20 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.


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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

Text Books and Reference

Singh Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana, (2010).

Sharma, V.K, "Health & Physical Education" Saraswati House Pvt. Ltd. Daryagani, New Delhi. (2013).

Kang G.S. Deol N.S. "An introduction to Health and Physical Education 21" century" Patiala (2008).

Singh Ajmer et. al. "Olympic Movement" Kalyani Publishers, Ludhiana, (2000).

Sharma, V.K., "YogShiksha" Saraswati House Pvt.Ltd. Daryaganj, New Delhi (2011)

Kamlesh&Sangral, "Principles & History of Physical Education", Parkash Brothers, Ludhiana.(2000)

Avelin C. Pearce., "Anatomy and Physiology for Nurses" Oxford University Press. New Delhi,

(2003)..Iyengar, B.K.S. "Light on life" Oxford, Pan Macmillan Ltd. (2005).

Iyengar, B.K.S. "The Tree of Yoga" New Delhi, Harper Collins. (2009).

Verma, K.K., "Health & Physical Education" Parkash Brothers, Ludhiana. (2005).


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Bachelor of Arts (B.A.) in Physical Education

II Semester (Foundation of Physical Education)

Time-3 hours
Theory-80 Marks

(Internal Assessment-20 Marks)

I Semester (Foundation of Physical Education)

Unit-1 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, SAJ, 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


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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

Text Books and References

Sharma, V.K, "Health & Physical Delhi.(2013). Education" Saraswati House Pvt. Ltd. Daryagani, New

Kamlesh & Sangral," Methods in Physical Education" Parkash Brothers, Ludhiana (2000)

. Bucher Olsen and Willgoose: "The Foundation of Health" Prentice Hall inc. Englewood

Fliffs, New Jersey, (1976). Turner 5 and Smith "School Health and Health Education" The C.V. Mos by St.Loius (1961). Company

Singh Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyanl Publishers, Ludhiana, (2010).

Kang G.S. Deol N.S. "An introduction to Health and Physical Education 21" century"Patiala (2008).

Singh Ajmer et. al. "Olympic Movement" Kalyani Publishers, Ludhiana, (2000),

Kamlesh & Sangral, "Principles & History of Physical Education", Parkash Brothers, Ludhiana (2000) Avelin C. Pearce., "Anatomy and Physiology for Nurses Oxford University Press. New Delhi, (2003).

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