

RRBMU, ALWAR

PHYSICAL EDUCATION

B.A. Part-I Physical Education course shall consist of two theory paper carrying 60 Marks each (Total 120 Marks & Practical Examination carrying 80 Marks Two games and sports 40 Marks each). A candidate shall have to secure 36% Marks separately in theory & Practical to pass the examination.

Note :- Each theory paper will have ten questions, two from each of the five units. Candidates are required to answer one question from each unit.

Paper – I**FOUNDATIONS OF PHYSICAL EDUCATION**

Time : 3 Hours

Maximum Marks : 60

Minimum Pass Marks : 22

Unit – I

1. Definition of Physical education, Need, importance, misconception about Physical Education.
2. Principles of Physical Education
3. Aims & Objectives of Physical Education.
4. Scope of Physical Education.
5. Career option in Physical Education.

Unit – II

1. Biological Foundation
2. Stages of growth & Development
3. Principles of growth & Development, factor effecting growth & development.
4. Chronological, Anatomical, Physiological and Mental ages of individuals and their implications on developing and implementing Physical Education Programmes.
5. Adolescent age, problems and their management

Unit – III**Psychological Foundations**

1. Meaning of psychology, importance of Psychology for Teachers of Physical Education.

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2. Psycho-physical unity of man
3. Meaning of learning, Law of learning, transfer of learning
4. Psychological factors effecting sports performance
5. Personality, role of sports in personality development

Unit – IV

Philosophical Foundation

1. Idealism and Physical Education
2. Pragmatism and Physical Education
3. Naturalism and Physical Education
4. Existentialism and Physical Education

Unit – V

Sociological Foundation

1. Physical Education and sports as a need of the society
2. Sociological implications of Physical Education and sports
3. Physical activities and sports as a man's cultural heritage
4. Role of social institutions (family, community) in development of personality through Participation in games & sports

References :-

1. Bucher, Charles A Foundations of Physical Education St. Louis : The C.V. Hosby company, 1986 Dollar 9.50
2. Williams Jesus Fering : The Principle of Physical Education , Philadelphia, W.B. Saunders company 1964
3. Kamlesh M.L. Physical Education facts and foundations, P.D. Publication Faridabad.
4. Ajmer Singh etc. Basis of Physical Education, health and sports (B.A. Part I,II,III) Kalyani Publications, Ludhiana.
5. Ajmer Singh etc. Saririk Siksha Swasthya evam khelo ki Adhunik Pathyapustak B.A. Part- I Kalyani Publications, Ludhiana.
6. Ajmer Singh etc. Saririk Siksha Swasthya evam khelo ki Adhunik Pathyapustak (B.A. Part I,II,III) Kalyani Publications, Ludhiana.
7. Sadhana Ashok Kumar : Siririk Siksha Sidhant, Manovigyan Evam Itihas, Sriyansh Publications Jaipur.
8. Kamlesh Siririk Siksha Sidhant va Itihas, Prakash Brothers, Ludhiana.
9. Varshaney Rajendra Prasad Siririk Siksha *Ka Sargama va vidyaigyan* *Prakash, Jaipur*

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PAPER – II

HISTORY OF PHYSICAL EDUCATION

Time : 3 Hours

Maximum Marks : 60

Minimum Pass Marks : 22

Unit – I

1. Physical Education in Ancient India (Before Independence)
2. Physical Education in India after Independence
3. Impact of Policies of Britain on Physical Education in India

Unit – II

1. Sports Authority of India and its various schemes.
2. Rajasthan State Sports Council, Function, Aims and objectives.
3. Arjuna Awards, Dronacharya Awards, Maulana Abdul Kalam Azad trophy, National Sports Scholarship, Dhyan Chand and Guru Vashist, Rajiv Khel Ratan, Maharana Pratap Award.

Unit – III

1. History of Ancient Olympic games
2. History of Modern Olympic Games.
3. Objectives of Olympic, Olympic mascot
4. Olympic Motto and flag
5. Olympic Charter opening and Closing ceremonies
6. Indian Olympic Association, International Olympic Committee

Unit – IV

1. Contributions of Indian leaders of Physical Education : Dr. P.M. Joseph, G.D. Sandhu, H.C. Buck, Prof. Karan Singh
2. National Physical efficiency drive

Unit – V

1. Bhartiyaam
2. Y.M.C.A. and Its contribution in Physical Education
3. Asian Games, SAF Games, National Games, Winter Olympic, Para Olympic, Commonwealth Games


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Books Recommended :-

1. Ajmer Singh etc. Basis of Physical Education, Health and Sports B.A. Part I, Kalyani Publication, Ludhiana.
2. Ajmer Singh etc. Basis of Physical Education, Health and Sports B.A. Part II, Kalyani Publication, Ludhiana.
3. Ajmer Singh etc. Basis of Physical Education, Health and Sports B.A. Part III, Kalyani Publication, Ludhiana.
4. Ajmer Singh Aur Anya : Saririk Shiksha Swasthya evam Khelo Ki Adhunik Pathyapustak B.A. Part I Kalyani Publication, Ludhiana.
5. Ajmer Singh etc. Saririk Shiksha Swasthya evam Khelo Ki Adhunik Pathyapustak B.A. Part II va III, Kalyani Publication, Ludhiana.
6. Sidhana Ashok Kumar Saririk Shiksha Sidhant, Manovigyan evam Itihas, Sriyansh Publications, Jaipur.
7. Kamlesh & Sangral : Saririk Shiksha Ke Sidhant va Itihas, Prakash Brothers Ludhiana.
8. Varshnay Rajendra Prasad, Saririk Shiksha ka Sangthan va Vidhayan, Sriyansh Publications, Jaipur.

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