

B. A. (Social Sciences) Session 2017-18
Physical Education

Semester II

Theory	30
Practical	10
Internal Assessment	10

Max. Marks **50**

Time: 3 Hrs.

Instructions for the Paper Setters and candidates:

Set three questions from each Section

Candidates have to attempt 6 Questions out of 9, selecting at least two questions from each Section. Each question carries 5 marks

Theory

Part A

1. Introduction to Physical Education, its aims and objectives.
 - Define the terms: Education, Physical training and Coaching.
2. Personal Hygiene.
3. Balanced Diet.
4. Body posture. Guide to right posture.
 - Postural deformities, their causes and corrective exercises.

Part B

1. Components of Physical Fitness.
2. Body types.
3. National Sports Awards.
4. Causes of India's poor performance at International level sports.

Part C

1. Basic yogic exercises; their techniques and benefits.
 - (a) Meditative poses (Padma, Vajra, SukhAsanas)
 - (b) Cultural poses (Halasan, Sarvangasana, Bhujangasna, Salbhasana, Dhanurasana, Chakarasana)
2. Intramural & Extramural tournaments.
3. Modern Olympic Games.
4. Organization of Annual Sports meets.

Practical

100 Mtr Race for Girls.	}	02 Marks
200 Mtr Race for Boys.		
Long jump for boys & girls.		02 Marks
Shot put for boys & girls.		02 Marks
Practical file (Athletic, Hockey, Football, Cricket)		04 Marks