

# University of Kota, Kota

## Scheme of Examination-2015

The number of papers and maximum marks for each paper together with the minimum marks required for a pass are shown against each subject separately. It will be necessary for a candidate to pass in theory part as well as practical part of a subject/paper, wherever prescribed. Separately, classification of successful shall be as follows:

First Division	60%	} of the aggregate marks prescribed at (a) Part First Examination excluding those obtained in the compulsory subject (b) part Second Examination (c) Part Third Examination taken together.
Second Division	48%	

All the rest will be declared to have passed the examination if they obtain a minimum pass marks in each subject viz. 36%.  
No division shall be awarded at the First and the Second Year Examination.

### Distribution of Marks

Sr. No.	Name of the Subject	No. of papers	Duration	Max. Marks	Min. Pass Marks
Compulsory Subjects					
1.	General Hindi	One Paper	3 hrs.	100	36
2.	General English	One Paper	3 hrs.	100	36
3.	Environmental Studies	Theory		90	} 100
				10	
4.	Elementary Hindi(in lieu of Gen. Hindi)	One Paper	3 hrs.	100	36
Optional Subjects					
	Physical Education	Paper I	3 hrs.	60	22
		Paper II	3 hrs.	60	22
		Practical		80	28

## **B.A. Part I : PHYSICAL EDUCATION**

The B.A. part Ist physical education course shall consist of two theory paper carrying 60 marks each (Total 120 Marks) and Practical examination carrying 80 marks (Two games & Sports 40 marks each). A candidate shall have to secure 36% mark seperately in theory and 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** **HISTORY OF PHYSICAL EDUCATION**

**Time 3 hours**

**Maximum Marks : 60**  
**Minimum Pass Marks : 22**

#### **Unit- I**

1. Definition of Physical Education: Its importance, Misconception about Physical Education.
2. Principles of Physical Education
3. Aims & objectives of Physical Education
4. Scope of Physical Education
5. Place of Physical Education in total Education process.

#### **Unit- II**

1. Physical Education in Ancient India (Before 1947).
2. Physical Education in India after 1947.
3. Ancient Olympics.
4. Impact of Britain & U.S.A. on Physical Education in India.

#### **Unit- III**

1. Modern Physical Education in India.
2. Physical Education and Sports training in India.
3. Sports Authority of India, Scheme & Function.
4. Rajasthan State of Sports Council, Function, Aims of objective.
5. Arjuna Awards, Dronacharya Awards, Maulana Abdul Kalam Azad trophy. National Sports Scholarship. Dhyan Chand and Guru Vashist, Rajiv Gandhi Khel Ratan.

#### **Unit- IV**

1. Modern Olympic Games: Start of Olympics,
2. Objectives of Olympic,
3. Olympic Moto and flag.
4. Olympic Charter opening and Closing.
5. Indian Olympic Association, Federation.

#### **Unit- V**

1. Contribution of the growth of Physical Education by leaders & Movements.
2. National Physical Efficiency Drive.
3. All India council of Sports.
4. Turnverein Movement. Y.M.C.A. and Its contribution U.S.S.R. Physical Education in Schools the spart kind.
5. Contribution in India; G.D. Sondhi; Rajkumari Amrit Kaur; Dr. P.M. Joseph; Shri H.C. Buck; Prof. Karan Singh; Prof. Ajmer Singh; Asian Games, SAF Games, National Games, Winter Olympics, Para Olympic.

#### **Books Recommended :-**

1. Leonard, Field Engene and Affleck George B. Guide to the History of Physical education, Philadelphia : Leo & Febiger 1962

2. Rice Emmett. A. Hutchinson John L. and Loc Marbal. A brief history of Physical Education, New York. The Renold Press Company 1960
3. Rajgopalan K.A. Brief History of Physical Education in India, Delhi Army Publishers - 1962
4. Krishna Murthy, V. and Iam N. Parmeshwar. Educational Dimensions of Physical Education. New Delhi : Sterling Publications 1980
5. Singer, R.N. (ed.). Physical education : Foundation New York : Hall Rinehart & Winston
6. Khan eraj Ahmed : History of Physical Education Scientific Book Co. Patna
7. Ajmer Singh etc. Basis of Physical education, Health & Sports B.A.Pt. I, Kalyani Publication Ludhiana
8. Ajmer Singh etc. Basis of Physical education, Health & Sports (B.A.Pt. II), Kalyani Publication Ludhiana
9. Ajmer Singh etc. Basis of Physical education, Health & Sports (B.A.Pt. III), Kalyani Publication Ludhiana
10. Sharma and Granth Singh: Physical and Health Education: Asha Prakashar. Greh, New Delhi
11. Datta A.K. & Mazamdar I. : Student Teaching in Physical education: Janvani Prakashan Pvt. Ltd., Delhi
12. Ajmer Singh Aur Anya : Saririk Shiksha Swasthya evam Khelo ki Adhunik Pathyapustak B.A. Part I : Kalyani Publications Ludhiana
13. Ajmer Singh Aur Anya : Saririk Shiksha Swasthya evam Khelo ki Adhunik Pathyapustak B.A. Part II va III : Kalyani Publications Ludhiana
14. Mohd. Vahid Aur Dixit N.K. : Saririk Siksha ka Itihas: Daliganj Railway Crossing Lucknow
15. Mohd. Vahid Aur Dixit N.K. : Saririk Siksha mein Sikshan Vidhiyan : Daliganj Railway Crossing Lucknow
16. Pandey Laxmi Kant: Saririk Siksha ki Sikshan Pradhati: Metropolitan Book Co. Pvt. Ltd., New Delhi
17. Sidhana Ashok Kumar : Saririk Siksha Sidhant, Manovigyan evam Itihas: Sriyansh Publications Jaipur
18. Bhatia A.L. Aur Bhagela Het Singh : Saririk Rachna, Kriya Shastra , Swasthya Siksha, Suraksha Siksha, Prathamik Chikitsa aur Ahar: Sriyansh Publications Jaipur
19. Kamlesh aur Sangral: Saririk Siksha ke Sidhant va Itihas: Prakash Brothers Ludhiana
20. Vaishnav Rajendra Prasad: Saririk Siksha ka Sangthan va Vidhiyan: Sriyansh Publications Jaipur.

**Paper II**  
**FOUNDATIONS OF PHYSICAL EDUCATION**

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.

**Time 3 hours**

**Maximum Marks : 60**  
**Minimum Pass Marks : 22**

**Unit-I**

Biological Foundation

1. Heredity & Environment & its effect
2. Stages of growth & Development.
3. Principles of growth and development, factor effecting growth & development.
4. Different between growth & development, Different between male & female
5. Chronological, Anatomical, Physiological and Mental ages of individuals - their implications in developing and implementing

**Unit- II**

Psychological Foundations:

1. Meaning of psychological, Importance of Psychology for Teacher.
2. Importance and implications of psychological elements in physical education
3. Notions about mind and body and psycho-physical unity
4. Learning, Learning theories, Law of learning.
5. Psychological factors effecting sports performance.

### **Unit- III**

Philosophical Foundations:

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

### **Unit- IV**

Physiological Foundations:

1. Respiratory system
2. Circulatory System
3. Muscles & type of Muscles.
4. General benefits of exercises
5. Benefit of exercise to the various systems.

### **Unit- V**

Sociological Foundations

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 institution in development of personality through participation in games & sports.

### **References :**

1. Buchetr, Charles A. Foundations of Physical Education St. Louis : The C.V. Hosby company, 1986 Dollar 9.50
2. Nixon Engine D. and cousin. W. An Introduction to Physical Education, Philadelphia, London : W.B. Saunders Co. 1969. Dollar 7.00
3. Oderateuter, Delbert : Physical education, New York Harper and Brothers Publishers, 1970 Dollar 5.95
4. Sharma, Jakson R. Introduction to physical Education New York : A.S. Barnes and company, 1964. Dollar 6.50
5. Williams Jesus Fering : The Principle of Physical Education. Philadelphia : W.B. SaundersCompany 1964
6. Kamlesh M.L. Physical Edu. Facts & Foundations, P.D.Pub. Faridabad.
7. Ajmer Singh etc. Basis of Physical Education, Health and Sports (B.A. Pt. I,II,III): Kalyani Publications Ludhiana
8. Sharma & Granth Singh : Physical and Health Education: Asha Prakashan Greh, New Delhi
9. Datta A.K.& Mazumdar I : Student teaching in Physical Edu.: Javani Prakashan Pvt. Ltd., Delhi
10. Ajmer Singh Aur anya: Saririk siksha swasthya evam khelo ki Adhunik Pathyapustak B.A. I : Kalyani Publications Ludhiana
11. Ajmer Singh Aur anya: Saririk siksha swasthya evam khelo ki Adhunik Pathyapustak B.A. I, II, III : Kalyani Publications Ludhiana
12. Mohd. Vahid Aur Dixit N.K. : Sharirik Siksha ka Itihas: Daliganj Railway Corssing Lucknow
13. Mohd. Vahid Aur Dixit N.K. : Saririk Siksha mein Sikshan Vidhiyan : Daliganj Railway Crossing Lucknow
14. Pandey Laxmi Kant : Saririk Siksha ki sikshan Pradati : Metropolian Book Co. Pvt. Ltd., New Delhi
15. Sidhana Ashok Kumar: Saririk Siksha Sidhant, Manovigyan evam Itihas: Sriyansh Publications Jaipur

16. Bhatia A.L. Aur Bhagela Het Singh: Sarir Rachna, Kriya Shastra, Swathya siksha, Surkhsa Siksha, Prathmik Chikitsa autr ahar: Sriyansh Publications Jaipur
17. Kamlesh aur Sangral: Saririk Siksha ke sidhant va Itihas: Prakash Brothers Ludhiana
18. Vaishnav Rajendra Prasad : Saririk Siksha ka Sangthan va Vidhiyan: Sriyansh Publications, Jaipur

#### **PRACTICAL (GAMES AND SPORTS)**

The practical examination shall be conducted by a panel of two examiners to be appointed by the University.

A candidate shall be required to show his/her familiarity (Rules & Techniques) and to give his performance in the following:

1. Four period for theory
  - (i) Ist Paper
  - (ii) IInd Paper
2. Four period for practical work
  - (i) Athletics : two periods
  - (ii) Games : Two periods

**(This shall carry 80 marks)**