

Faculty of Social Sciences

Bachelor of Physical Education (B.P.Ed.)

(A) SYLLABUS OF WRITTEN TEST:

Time: 1.00 HR

MM: 50

PART-I

Introduction to Physical Education

Physical Education in Ancient Greece, Indian Physical Education during Pre and Post-Independence.

PART II

Basic Structure and function of human body system

Skeletal System, Muscular System, Circulatory System, Respiratory System, Digestive System and Nervous System.

PART III

Basics of Food and Nutrition

Introduction to Nutrients (Carbohydrate, Fats, Protein), Nutrients and Caloric Value, Concept of Balance Diet and Concept of Nutrition

PART IV

Introduction to Exercise and Fitness

Concept of Exercise, Concept of Fitness, Aerobic Exercise and Fitness; Anaerobic Exercise and Fitness; and Health related Physical Fitness

PART V

Ground / Field / Court dimensions, Rules and Regulation of different major sports discipline

Athletics, Football, Basketball, Badminton, Cricket, Kabbadi, Volleyball, Kho-Kho and Hockey.

PART VI

Major National Sports Awards

Arjuna Award, Dronacharya Award, Rajiv Gandhi Khel Ratna Award and Maulana Abdul Kalam Azad Trophy

PART VII

Basic English Grammar and Composition

(B) PHYSICAL FITNESS TEST : (A modified version of AAHPER will be used to evaluate the Physical Fitness)

MM: 50

Physical Fitness Test for Boys:

- (i) 50 yrd. Dash (in second)
- (ii) 600 yrd Dash (in minute)
- (iii) 4 x 10 yrd Shuttle Run (in second)
- (iv) Standing Board Jump (in feet)
- (v) Pull up (numbers)
- (vi) Bent Knee Sit-up (in one minute)

Physical Fitness Test for Girls:

- (i) 50 yrd. Dash (in second)
- (ii) 600 yrd Dash (in minute)
- (iii) 4 x 10 yrd (Shuttle Run (in second)
- (iv) Standing Board Jump (in feet)
- (v) Flex Arm Hang (in second)
- (vi) Straight Knee Sit-up (in one minute)