

Faculty of Social Sciences

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

Time 1.00 hr.

MM : 20

Objective Written Test :

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

The Test will be conducted in two fold :

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| (a) Physical Fitness Test | 50 marks |
| (b) Skill Test | 40 marks |

(a) Physical Fitness Test (For Boys)

1. 50 yrd. Dash (In Second)

2. 600 yrd. Dash (in Minute)
3. 4 x 10 yrd Shuttle Run (In Secnd)
4. Standing Board Jump (in Fit)
5. Pull up (Numbers)
6. Bent Knee Sit-up (One Minute)

(b) Physical Fitness Test (For Girls)

1. 50 yrd. Dash (In Second)
2. 600 yrd. Dash (In Minute)
3. 4 x 10 yrd Shuttle Run (in Second)
4. Standing Board Jump (in Fit)
5. Flex Arm Hang (In Second)
6. Bent / Straight Knee Sit-up (One Minute)

(c) Skill Test :

The skill Test shall be conducted only in the following games / sports : Athletics, Hockey, Football, Cricket, Basketball, Badminton, Volleyball, Boxing, Judo, Kabaddi, Kho-kho, Table Tennis, Yoga, Weightlifting & Wrestling. The specific Skill test will be conducted in the five / ten point scale in any one of the Games / Sports by the experts.