

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 Physical Education Programmes.
6. Adolescent problems and their management.

Unit- II

Psychological Foundations:

1. Meaning of psychology, 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, transfer of learning.
5. Psychological factors effecting sports performance.
6. Personality, its dimension and type, Role of sports in personality development.

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.
5. Role of leadership in personality.

References :

1. Buchetr, 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 Edu. Facts & Foundations, P.D.Pub. Faridabad.
4. Ajmer Singh etc. Basis of Physical Education, Health and Sports (B.A. Pt. I,II,III): Kalyani Publications Ludhiana
5. Ajmer Singh etc: Saririk siksha swasthya evam khelo ki Adhunik Pathyapustak B.A. I : Kalyani Publications Ludhiana
6. Ajmer Singh etc: Saririk siksha swasthya evam khelo ki Adhunik Pathyapustak B.A. I, II, III : Kalyani Publications Ludhiana
7. Sidhana Ashok Kumar: Saririk Siksha Sidhant, Manovigyan evam Itihas: Sriyansh Publications Jaipur
8. Kamlesh aur Sangral: Saririk Siksha ke sidhant va Itihas: Prakash Brothers Ludhiana
9. Vaishnav Rajendra Prasad : SaririkSiksha ka Sangthan va Vidhiyan: Sriyansh Publications, Jaipur


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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)**


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9. INDIAN HERITAGE IN RURAL HANDICRAFTS

Scheme	Max. Marks	Min. Pass Marks
1. Theory One Paper 3 hrs. duration	60	22
2. Practical	80	28
3. Submission	<u>60</u>	<u>22</u>
	<u>200</u>	<u>72</u>

Syllabus :

Paper I (Theory)

3 hrs. duration Max. Marks 60 Min. Pass Marks 22

FUNDAMENTAL OF HANDICRAFTS

1. Theory of colours-pigments and light theory-hue circle, modifications of colour - after image values and colour harmony-practical applications.

2. Basic principles of line, form and space - their interrelationship.

3. Process of concept building - visual and structural relationships. Free hand drawing from nature study of different Indian motifs.

4. Introduction with local rural handicrafts. Brief study of the local handicrafts and various raw materials used for manufacturing them.

5. History of Indian handicrafts.


Note : The paper will contain 9 questions. Candidates are required attempt any five questions. Each question containing 12 marks.

Paper II (Practical)

5 hrs. duration Max. Marks 80 Min Pass Marks 28

1. Tie and dye (bandhej)

2. Soft toys


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3. Folk paintings.

4. Folk sculptures

Submission Works Max. Marks 60 Min. Pass Marks 22

Note (1) : Submission work will be submitted to the head of the department of Rural Handicrafts of the college 15 days before the commencement of examination. The marks in the submission will be Awarded by the subject teacher (Internal). How ever the external examiner shall be empowered to review the work of submission in case there is a drastic difference between the Marks of the examination and submission.

Note (2) : Candidates should pass in theory as well as in practical paper Separately.

Books recommended

1. Heritage of Indian Art : V.S. Agarwal.
2. Handicrafts of India : T.M. Abraham
3. 5000 years of Arts & Crafts of India : Shanti Swaroop.


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VOCATIONAL COURSE**33** COMPUTER APPLICATION

Scheme :	Min. Pass Marks	Max. Marks
Arts/Commerce	72 (Th. 47 Pr. 25)	200
Science	54 (Th. 36 Pr. 18)	150
Paper-I 3 hours duration	Computer Fundamentals and Introduction to IBM PC	Arts/Com. 65 Science 50
Paper-II 3 hours duration	Operating Systems and Business Data Processing	Arts/ Com. 65 Science 50
Paper-III Practical		Arts/Com. 70 Science 50

Paper I : Computer Fundamentals and Introduction to IBM PC

What is Computer ? An introduction. Uses of computers in modern society e.g. weather forecasting, census, oil exploration, speech recognition, banking, publishing, accounting, research etc.

Information concepts and processing - hardware, software- computer capabilities and limitations. Concept of files and directories.

Computer arithmetic and number systems. ASCH & EBCDIC character sets.


Elements of a computer processing system- hardware, software computer capabilities and limitations. Concept of files and directories.

Hardware features and use- CPU, I/O devices. Storage devices and media.

Introduction to networking, multiprocessing, time sharing, multi-tasking and real time computing.

Variety of hardware systems and features. Various types of computers available in market. Micro, Mini and Main frames, Supercomputers.

Evolution of personnel computers, Commodore, Atari, Apple, IBM, PC, Basic block diagram of computer. Difference between personal and main frames- Simple operating system, Easy to use, Less Memory, Dedicated, Normally single user.


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Syllabus B.A. Part-I

Introduction to microprocessors and associated computers. Timers, display controllers, DMA controllers.

Block diagram of IBM PC. Introduction to 8086 and 8088. Functional description of various modules and cards.

Boot process in IBM PC. System files. Self test.

Various types of displays and other peripherals used in IBM PCs.

Disk Operating System - Introduction. Batch files.

Configuration files. COM, EXE, SYS, BIN and TXT files. Introduction to programming in BASIC. Development of programs in Q BASIC. Use of graphics facilities using Basic.

Diagnostics for IBM PC. Use of Norton Utilities and other packages for undeleting files and other system maintenance jobs.

Advance version of IBM and compatibles.

Paper II : Operating Systems and Business Data Processing

Introduction to various categories of softwares. Operating system and its functions. Interaction of operating system with hardware and user programs.

Various components of operating system with reference to DOS. Single user operating system. Task loader. Memory management.

File management, Directory structure in DOS. Moving, renaming, copying, deleting and undeleting files under DOS.

Practical

Visit to computer Lab. Introduction to various components of a computer. A simple documentation preparation and printing. Usage of printer and other components.

Physical inspection of IBM PC and internal cards. Introduction to nomenclature (COM1, COM2, etc.) Writing batch files for various purposes. Modifying config. sys files. Creating RAM Disk. Diagnostics on IBM PC. Controlling PC hardware using BASIC Programs.



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