

VEER NARMAD SOUTH GUJARAT UNIAVERSITY, SURAT.

F.Y.B.P.E.

PAPER-I

General Science

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT.
F.Y.B.P.E. PAPER-II
APPLIED ANATOMY

OBJECTIVES :

1. Develop The Awareness of Basic Structure Of Human Frame Work.
2. Understanding the importance of anatomy in Physical Education.
3. Learn structure of selection system and muscular system.

CURRICULUM :

Introduction : Need and importance of Anatomy in Phy.Edu.

Human Body :

Definition of cell, Definition of tissue, structure , types and functions of tissues, Definition of organ, description of system, Brief account of body system viz.,

- | | | |
|----------------|-----------------|--------------|
| 1) Circulatory | 4) Reproductive | 7) Skeletal |
| 2) Digestive | 5) Nervous | 8) Muscular |
| 3) Repertory | 6) Excretory | 9) Endocrine |

Skeletal System :

Bones : structure, Composition, classification and functions, effects of injuries on bones, features of the bones of body.

Joints : Definition of structure, classification & functions of joints, effects of movements around joints.

Muscular system : Structure of muscles, Structural & functional , classification, relationship of Bones & muscles and introduction of lever functions of muscles and attachment of following joints :

- 1) Shoulder joint
- 2) Elbow joint
- 3) Wrist joint
- 4) Hip joint
- 5) Knee joint
- 6) Ankle joint
- 7) Head, neck & Trunk joint

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PAPER- III HISTORY OF PHYSICAL EDUCATION

1. History of Physical Education in ancient India.
 - a. Physical Activities in Vedic Period.
 - b. Physical Activities in Epic Period.
 - c. Physical Activities in Mahakavya Period.
 - d. Buddha Period
 - e. Period of Philosophy.
 - f. Period of foreigner's Power.

2. History of Physical Education in Greece
 - a. Physical Activities of Sparta
 - b. Physical Activities in Athens
 - c. History of Physical Education in England.
 - d. History of Physical Education in America (maclerath)
 - e. Physical Education Activities in Schools, colleges in U.S.S.R.

3. Survey Of Physical Education in India Pre & Post Independence.
 - a. Contribution of Vyayam Shala's & Akhadas in India.
 - b. Training Institutions of Physical Education & sports in India., sports Authority of India, L.N.C.P.E. (Gwalior), Hanuman Vyayam Pracharak Mandal (Amravati), Gujarat Vyayam Pracharak Mandal (Rajpipla), Young men Christian Association (Madras), Netaji Shubhash National Institute of Sports. (Patiala), and other centre as well as its activities.
 - c. Training Institutions of Physical Education in Gujarat and its curriculum.

4. Activities for Vyayam as well as youth adventures in Gujarat.
 - a. Youth welfare, N.C.C., N.S.S., Scout and Guide, Youth Hostel, institute of Mountaineering.
 - b. State Association of Sports: Mahajan Shakti Dal & its Activities, sports Authority of Gujarat, Association of different Sports and its Activities.
 - c. Contribution in Publicity and speed of Vyayam in Gujarat – Shri Ambubhai Purani, Shri Chhtubhai Purani, shri Pujya Mota.

5. Popularity of Physical Education and sports as well as its plans for encouragement.
 - a. Awards : Arjun Awards, Aklavya Awards, Dronacharya Awards, Scholarships for National Sportsman, Sardar Awards for National sports Association, Purani Paritoshik, Jaydeepsinh Bariya Awards.

b. Modern Olympic – Games, beginning of Olympic, its Aims, Olympic rings & flag, Olympic charts, Inauguration and closing ceremony of Olympic, functions of Olympic Association.

c. Birth of Asian Games, Aims, Charts, Inauguration, Games, closing ceremony.

d. Physical Educationists of India. G.D. Sondhi, Rajkumari Amrutkaur, Dr.P.M.Joseph, Prof.Karan singh, Dr.J.P.Thomas, Shri H.C.Buck, Prof.D.G. vakhakar, Pandit Jawaharlal Nehru.

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PAPER- IV SOCIOLOGY

OBJECTIVES :

1. The Student acquaints himself with the sociological theories and the concept such as culture and civilization.
2. The Student understand the formation of social groups and organization.
3. The Student acquaints himself with the community life and social order.

Topic-1 : A. Nature, scope and meaning of sociology.
B. Relationship of sociology with other social sciences.
C. Culture and civilization – the meaning, functions and the transmission of cultural heritage.

Topic-2 : A. Formation of social groups.
B. Process of social stratification.
C. social Control : its nature, techniques and consequent

Topic-3 : A. Process of socialization.
B. Community life in urban and rural areas.
C. Changing patterns if community life and the problem of adjustment.

Topic-4 A. The role of institutions and associations in maintaining the social order.
B. Development of family, economic institutions and religious institutions
C. social Change – The meaning and the factors that causes the social change.

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PAPER- V GUJARATI

A. Text Book - Novel “Malela Jiv”- Author Shri Pannalal Patel.

B. Short essay

C. Grammer Compound.

- Dvand , Dvigu, Bahuvrihi and Avyayi Bhav.
- Figure of speech.
Upama, Rupak, Utpreksha, Vyatirek,
Atishayokti and Swabhavokti.

D. Letter writing

1. Circulars
2. Appllications
3. Report of News papers.

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PAPER- VI
ENGLISH

UNIT-1 LINGUIASTIC CONTENT

1. Transformation of sentences
 - i. Assertive, negative, Imperative, Interrogative Exclamatory.
2. Tenses
3. Synonymous, Antonyms
4. Punctuation.

UNIT- 2 CORRESPONDENCE AND REPORT WRITING

1. Personal letters
2. Business letters
3. Applications
4. Circular Letter
5. Invitation refusal and acceptance, formal, informal and vote of thanks.
6. Drafting Notices.

UNIT - 3 ESSAY WRITING

WRITING ESSAYS ON TOPICS CONCERNING Sports and general awareness.

UNIT- 4 COMPREHENSION

1. Precise Writing
2. Answering questions after reading passages.

UNIT- 5 STUDY OF PRESCRIBED TEXT BOOK

Current prose for Better Learning
Edited by -- VIMALA RAHARAO
Published by Macmillan India Ltd. Reprinted in 1996. 23/-

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PAPER-VII

FIRST AID AND SAFETY EDUCATION

PART-A SAFETY EDUCATION

1. The concept of accidents and safety. Psychological principles with accidents and promotion of Safety consciousness. The need for teaching principles of Safety Education.
2. The need for Safety Education for teachers of Physical Education.
3. Safety at home – environment and structure ,Electrical Connection, storing articles Kitchen and fire place, storing medicines, Principles of movements in daily living.
4. Safety in physical Education and sports - Principles of safety with respect of building and playfields, equipments , dresses , organization of classes, demonstration and matches.
5. Policies and practices to prevent accidents and rendering first aid and treatment. Accident reporting and maintenance of records.
6. Safety on Roads, Camps, Picnics and tours.
7. Safety in water, fire, floods, hurricane, thunder and Lightening and air raids.

PART- B FIRST AID

This functional practical oriented course.

The topics covered in the first aid Manual of the St. John Ambulance Association, New Delhi will be taught.