

CORE COURSE (THEORY)
SEMESTER I
ANATOMY & PHYSIOLOGY

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

BES-C104

Time allowed: 3Hrs

The Course learning outcomes (COs): On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following.....

CO-1. Describing the concept, need and importance of anatomy and physiology in physical education.

CO-2. Describing and define the cell, tissue, organs and systems.

CO-3. Explaining the circulatory systems and its functions.

CO-4. Describing the respiratory systems and its functions.

CO-5. Explaining the digestive systems and its functions.

UNIT-I:

Basic Concept

Need and Importance of Anatomy and Physiology in Physical Education.

Definition, Description of Cell

Definition, types & description of Tissue

Classification of Organ and System

UNIT-II:

Circulatory System: Organs

Functions

Introduction of Blood

UNIT III:

Respiratory System

Organs

Functions

Unit-IV:

Digestive System

Organs

Functions

SUGGESTED BOOKS:

Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000

Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.

Pearce E.C.(1973)Anatomy & Physiology for nurses. Faber and faber, London.

Singh Shamsheer (2007) Introduction to Anatomy and physiology, friend publication, New Delhi

Dhull D.S.(1998) Sharir rachana avem kriya vigyan Friend publication New Delhi, India

Lakshmi D.R.(2007) Anatomy & Physiology in physical education, Sports education technology, New Delhi