

**MAA OMWATI INTERNATIONAL  
EDUCATION CITY**

*V.P.O. Hassanpur, Teh. Hodal Distt. Palwal (HR.)*



**PHYSICAL EDUCATION(SEC)**

**B.A.-1<sup>st</sup> (Skill Enhancement Course)**

# Syllabi for B.A. (Multidisciplinary) with Hons. in One Major Physical Education

Semester: I

<b>Name of Program</b>	B.A (Physical Education)	<b>Program Code</b>	UMBA4
<b>Name of the Course</b>	Light Apparatus and Marching	<b>Course Code</b>	24PED401SE01
<b>Hours per Week</b>	06 Hours	<b>Credits</b>	03 (L : 0, T: 0, P: 3)
<b>Maximum Marks</b>	75 {External (term-end exam) – 50} (Internal – 25)	<b>Time of Examinations</b>	03 Hours

**Note:** There will be four questions in all, and the students must attempt any two questions. The question paper will set on the spot jointly by the internal and external examiners.

Distribution of Marks will be as follows:

Marks for Question Paper:	20
Marks for Practical Record Book/Lesson Plan:	10
Marks for Viva-Voce:	20
Total:	50

## Course Learning Outcomes (CLO):

CLO 1: Students will be able to execute fundamental marching techniques, including fall in, attention, stand at ease, turning right and left, arm-leg coordination, quick march, halt, about turn while marching, marching with salute, and the national anthem, demonstrating discipline, precision, and teamwork.

CLO 2: Students will be able to perform a variety of traditional light apparatus exercises using Lezium and wands, such as Lezium Lapet, Char Thoka, Atth Thoka, Aage Paon, Peeche Paon, Betha Firki, and Wands exercises with four, eight, and sixteen counts, showcasing rhythmic coordination and cultural appreciation.

CLO 3: Students will be able to conduct and participate in exercises with dumbbells, wands, and flags, as well as physical training (P.T) and free hand exercises, demonstrating proper form, strength, and endurance. Additionally, they will be able to perform aerobic exercises, including basic turns, leaps with music, and aerobic steps, promoting cardiovascular fitness and rhythm.

CLO 4: Students will be able to effectively use modern light apparatus such as Swiss balls, medicine balls, and jump ropes, as well as perform plyometric exercises, to enhance overall physical fitness, agility, and strength, incorporating contemporary fitness techniques into their routines.

## Unit 1: Marching

- Fall in, Attention, Stand at Ease
- Roll Call and Prayer
- Turning right & Turning left
- Arm Leg Coordination, Marching
- Quick March, Halt, About turn while marching, Marching with Salute, National Anthem

## Unit 2: Light Apparatus (Traditional)

- Lezium- Lezium Lapet, Lezium Arm, Lezium Ready
- Lezium – Char Thoka, Atth Thoka, Adi Lagao
- Lezium - Aage paon, Peeche Paon, Betha Firki
- Wands – Four Count, Eight Count & Sixteen Count Exercise.

## Unit 3: Apparatus Exercises and Callisthenics (free hand)

- Exercise with Dumbbells, Exercise with wands and flag
- Physical Training (P.T) Exercises and Free Hand Exercises
- Aerobics - Basic turn, Leaps with music, Aerobics Steps

## Unit 4: Light Apparatus (Modern)

- Swiss Ball Exercises
- Medicine Ball Exercises
- Plyometric Exercises
- Jump Rope

## References:

1. Human Kinetics, (2011). *Teaching fundamental motor skills*. Human Kinetics.
2. Rao, N. S. (2013). *Physical education and health*. APH Publishing.
3. McGowan, J. A. (2015). *The complete guide to physical education and fitness*. Routledge. 4059.



### (i) What does "Fall in" mean in marching?

\*\*"Fall in"\*\* is a command used in marching to instruct individuals to line up or assemble in a formation. It means that everyone should take their assigned position and stand in formation, ready for further instructions. This is typically the starting point for any drill or exercise.

\*\*मार्चिंग में "फॉल इन" का अर्थ है\*\* कि यह आदेश व्यक्तियों को पंक्ति में खड़ा होने या एकत्र होने के लिए दिया जाता है। इसका मतलब है कि सभी को अपनी निर्धारित स्थिति में खड़ा होना चाहिए और अगली निर्देशों के लिए तैयार रहना चाहिए। यह आमतौर पर किसी भी ड्रिल या अभ्यास की शुरुआत होती है।

### (ii) Define "Attention" in the context of marching.

\*\*"Attention"\*\* in marching refers to a posture where a person stands upright, with feet together, arms at the sides, and eyes looking straight ahead. This position signifies focus, discipline, and readiness to follow further commands. It is a standard stance used in marching drills.

\*\*मार्चिंग के संदर्भ में "अटेंशन" का मतलब है एक ऐसा मुद्रा जिसमें व्यक्ति सीधे खड़ा रहता है, पैरों को एक साथ रखता है, बांहों को शरीर के किनारों पर रखता है और आंखें सामने की ओर देखती हैं। यह स्थिति ध्यान, अनुशासन और अगली आदेशों का पालन करने के लिए तैयार होने का संकेत देती है।

### (iii) What is "Arm Leg Coordination" in marching?

\*\*Arm-Leg Coordination\*\* in marching refers to the synchronized movement of the arms and legs while marching. As one leg moves forward, the opposite arm swings forward in a coordinated manner. This helps maintain balance and rhythm while walking in a march, creating a uniform and disciplined movement.

\*\*मार्चिंग में "आर्म-लेग कोऑर्डिनेशन" का मतलब है मार्चिंग करते समय बांहों और पैरों की समन्वित गति। जब एक पैर आगे बढ़ता है, तो विपरीत हाथ भी समन्वित तरीके से आगे बढ़ता है। यह संतुलन और ताल बनाए रखने में मदद करता है, जिससे मार्चिंग में एक समान और अनुशासित आंदोलन होता है।

### (iv) Explain the term "Quick March".

\*\*Quick March\*\* refers to a marching pace that is faster than the standard march but slower than the "double time" march. It typically involves a step of around 120 steps per minute, and is used for covering ground at a moderate speed during a parade, drill, or military exercise.

\*\*"क्विक मार्च" एक मार्चिंग गति को दर्शाता है जो मानक मार्च से तेज़ और "डबल टाइम" मार्च से धीमी होती है। इसमें आमतौर पर 120 कदम प्रति मिनट की दर होती है, और यह परेड, ड्रिल या सैन्य अभ्यास के दौरान मध्यम गति से स्थान तय करने के लिए प्रयोग किया जाता है।

### (v) What are the basic steps in Lezium?

**Lezium** is a physical exercise commonly practiced in India, consisting of rhythmic movements, often performed in a group. The basic steps in Lezium typically include:

- Warm-up movements**: Simple stretches and body movements.
- Leg swings**: Alternating leg swings forward and backward.
- Arm exercises**: Circular or swinging motions of the arms.
- Body twists**: Rotating the torso in different directions.
- Jumping or stepping movements**: Coordinating leg and arm movements to enhance agility.

**लेजियम** एक शारीरिक व्यायाम है जो आमतौर पर भारत में किया जाता है, जिसमें लयबद्ध आंदोलनों की एक श्रृंखला होती है, जो अक्सर एक समूह में की जाती है। लेजियम के मूलभूत चरणों में सामान्यतः शामिल होते हैं:

- वार्म-अप आंदोलनों**: साधारण स्ट्रेच और शारीरिक गति।
- पैर की स्विंग्स**: पैर को आगे और पीछे स्विंग करना।
- बाहों के व्यायाम**: बाहों के गोल या झूलते हुए आंदोलन।
- शरीर की घुमाव**: विभिन्न दिशाओं में धड़ को घुमाना।
- कूदना या कदमों की गति**: पैरों और हाथों के समन्वित आंदोलनों से चुस्ती बढ़ाना।

### (vi) Name one type of exercise using a medicine ball.

One exercise using a medicine ball is the **Medicine Ball Squat and Press**. In this exercise, you hold the medicine ball at chest level, squat down to a sitting position, and then press the ball overhead as you stand up.

**एक चिकित्सा गेंद का उपयोग करके एक प्रकार के व्यायाम का नाम है** **"मेडिसिन बॉल स्क्वाट और प्रेस"**। इस व्यायाम में आप चिकित्सा गेंद को सीने के स्तर पर रखते हैं, फिर नीचे बैठने की स्थिति में स्क्वाट करते हैं और खड़े होने के साथ ही गेंद को ऊपर की ओर दबाते हैं।

### (vii) What is the purpose of aerobic exercises?

The primary purpose of **aerobic exercises** is to improve cardiovascular fitness and overall stamina. These exercises increase heart rate, improve blood circulation, and help in the efficient use of oxygen by the body. They include activities like running, swimming, cycling, and dancing, which strengthen the heart and lungs.

**एरोबिक व्यायाम का उद्देश्य** मुख्य रूप से हृदय और रक्त वाहिकाओं की फिटनेस को सुधारना और समग्र सहनशक्ति बढ़ाना है। ये व्यायाम हृदय की दर को बढ़ाते हैं, रक्त संचार को सुधारते हैं और शरीर द्वारा ऑक्सीजन के उपयोग को अधिक कुशल बनाते हैं। इनमें दौड़ना, तैराकी, साइकिलिंग, और नृत्य जैसी गतिविधियाँ शामिल हैं, जो हृदय और फेफड़ों को मजबूत करती हैं।

### (viii) Describe the importance of teamwork in marching exercises.



**\*\*Teamwork\*\*** is essential in marching exercises because marching is a coordinated group activity that requires synchronization and discipline. When everyone works together and follows the same commands, the formation remains neat and uniform, and the overall performance looks polished. Teamwork ensures that individuals stay in step, maintain rhythm, and support each other in achieving a collective goal, whether it's for a parade, drill, or military exercise.

**\*\*मार्चिंग व्यायामों में टीमवर्क का महत्व\*\*** यह है कि मार्चिंग एक समन्वित समूह गतिविधि है, जिसमें तालमेल और अनुशासन की आवश्यकता होती है। जब सभी एक साथ काम करते हैं और समान आदेशों का पालन करते हैं, तो पंक्ति साफ और समान बनी रहती है, और समग्र प्रदर्शन परिष्कृत दिखाई देता है। टीमवर्क यह सुनिश्चित करता है कि सभी लोग एक ही कदम में चलें, ताल बनाए रखें, और एक सामूहिक लक्ष्य की प्राप्ति में एक-दूसरे का समर्थन करें, चाहे वह परेड हो, ड्रिल हो, या सैन्य अभ्यास हो।

### **\*\*Q1. Discuss the process of "Turning Right and Turning Left" in marching.\*\***

**\*\*मार्चिंग में "दाएं और बाएं मुड़ने" की प्रक्रिया पर चर्चा करें।\*\***

In marching, **\*\*"Turning Right" and "Turning Left" are critical maneuvers that maintain the flow and direction of the formation. Here's the process for both:**

1. **\*\*Turning Right (Right Turn):\*\***

- When the command "Right Turn" is given, the individual pivots on the right foot.
- The left foot swings outward to form a 90-degree angle.
- The right foot then comes in line with the left, completing the turn to face the new direction.
- This turn is typically executed in **\*\*quick time\*\***, keeping in step with the rest of the formation.

2. **\*\*Turning Left (Left Turn):\*\***

- When the command "Left Turn" is given, the individual pivots on the left foot.
- The right foot swings outward to form a 90-degree angle.
- The left foot then brings the individual into alignment with the right, completing the turn.
- Like the right turn, the left turn is executed in **\*\*quick time\*\*** to maintain the rhythm and discipline of the march.

In both cases, precision and timing are essential to ensure the formation remains neat and coordinated.

### **\*\*Q2. Explain the importance of Roll Call and Prayer in marching.\*\***

**\*\*मार्चिंग में रोल कॉल और प्रार्थना का महत्व समझाएं।\*\***

1. **\*\*Roll Call:\*\***

Roll call is a process where each individual is accounted for by their name. Before the start of any marching exercise or event, roll call ensures that all participants are present and ready for the activity. It promotes discipline, helps in checking absentees, and reinforces responsibility among members.



## 2. **Prayer**:

The prayer before a marching event serves to calm the mind, promote unity among the participants, and set a positive tone for the exercise. It may include a prayer for guidance, strength, and focus during the activity. This helps in fostering mental readiness, enhancing team spirit, and creating a disciplined environment.

### **Q4. Describe the exercises involved in "Lezium – Char Thoka".**

**"लेजियम - चार थोक" में शामिल व्यायाम का वर्णन करें।**

**"Lezium - Char Thoka"** is a traditional Indian exercise routine involving rhythmic movements designed to improve physical fitness and coordination. The main exercises in this sequence are:

1. **First Thoka (Thoka 1)**: This is a warm-up phase involving simple body movements like leg swings and arm rotations to loosen up the body.
2. **Second Thoka (Thoka 2)**: This phase includes movements that focus on strength and flexibility, such as squats and side stretches.
3. **Third Thoka (Thoka 3)**: This involves exercises to improve balance and coordination, like lunges and body twists.
4. **Fourth Thoka (Thoka 4)**: The final phase typically includes a combination of aerobic exercises, with jumping and quick leg movements to enhance cardiovascular health.

These exercises are usually done in a rhythm to keep the heart rate elevated and promote better flexibility, coordination, and overall fitness.

### **Q5. What are the benefits of using traditional light apparatus in physical training?**

**शारीरिक प्रशिक्षण में पारंपरिक हल्के उपकरणों का उपयोग करने के लाभ क्या हैं?**

Traditional light apparatus like **dumbbells**, **Indian clubs**, and **ropes** provide several benefits in physical training:

1. **Improved Strength and Endurance**: These tools help in building muscle strength and endurance through controlled movements.
2. **Enhanced Coordination**: Traditional apparatus enhances hand-eye coordination and body awareness, as they often involve complex movement patterns.
3. **Injury Prevention**: The use of lighter weights reduces the risk of strain or injury, making them suitable for beginners and rehabilitation.
4. **Flexibility and Agility**: These tools engage multiple muscle groups, improving flexibility and agility, especially in rotational and swinging movements.
5. **Variety and Fun**: Using these traditional tools adds variety to the workout routine, making exercises more enjoyable and engaging.



### \*\*Q6. Discuss the importance of free hand exercises in physical fitness.\*\*  
\*\*शारीरिक फिटनेस में फ्री हैंड व्यायाम का महत्व चर्चा करें।\*\*

Free hand exercises, also known as bodyweight exercises, are essential for physical fitness for the following reasons:

1. **\*\*No Equipment Needed\*\***: These exercises do not require any equipment, making them accessible and convenient for everyone.
2. **\*\*Improved Flexibility and Mobility\*\***: Free hand exercises often involve movements like stretching, bending, and twisting, which enhance flexibility and joint mobility.
3. **\*\*Strength Building\*\***: Exercises such as push-ups, squats, and lunges target multiple muscle groups, helping to build overall strength.
4. **\*\*Core Stability\*\***: Many bodyweight exercises engage the core muscles, improving balance and stability.
5. **\*\*Cardiovascular Health\*\***: High-intensity free hand exercises, like burpees or jumping jacks, increase the heart rate, contributing to improved cardiovascular health.
6. **\*\*Functional Fitness\*\***: These exercises mimic real-life movements, making the body more functional and adaptable for everyday tasks.

### \*\*Q7. Explain how to perform a basic aerobic turn.\*\*

**\*\*बुनियादी एरोबिक टर्न कैसे किया जाता है, इसकी व्याख्या करें।\*\***

A basic aerobic turn is a fundamental movement used in aerobic dance routines and physical exercises to change direction smoothly. Here's how to perform it:

1. **\*\*Starting Position\*\***: Stand with feet hip-width apart and knees slightly bent. Keep your core engaged and arms relaxed by your sides.
2. **\*\*Initiate the Turn\*\***: Begin by pivoting on one foot (usually the right foot) and swinging the opposite foot (left foot) to turn your body 180 degrees.
3. **\*\*Use Your Arms\*\***: As you pivot, swing your arms in the direction of the turn for better momentum and balance.
4. **\*\*Finish the Turn\*\***: Complete the turn by bringing your feet together, maintaining your balance, and returning to a ready position.
5. **\*\*Repeat\*\***: Continue turning back and forth, alternating directions.

This helps improve coordination, balance, and direction change.

### \*\*Q8. Describe the Swiss Ball exercises and their benefits.\*\*

**\*\*स्विस बॉल व्यायाम का वर्णन करें और इसके लाभ बताएं।\*\***

**Swiss Ball exercises** involve using an inflatable ball to perform a variety of exercises that enhance core strength, flexibility, and balance. Some common exercises include:

1. **Swiss Ball Squats**: Perform squats while sitting back on the ball to increase stability and engage the core.
2. **Planks**: Place your forearms on the ball and hold a plank position to strengthen your core, shoulders, and back.
3. **Leg Curls**: Lie on your back with your feet on the ball, and curl your legs toward your body to strengthen your hamstrings.
4. **Push-ups**: Perform push-ups with your hands on the ball to engage your core and chest muscles.

**Benefits of Swiss Ball exercises**:

1. **Core Strength**: They primarily target the abdominal and lower back muscles, improving overall core strength.
2. **Improved Balance**: The unstable nature of the ball requires the body to stabilize, enhancing balance.
3. **Flexibility**: These exercises improve the flexibility of the spine and hip muscles.
4. **Posture Correction**: Regular use of the Swiss ball helps in aligning the spine and improving posture.

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### **Q9. What is Plyometric exercise? Give examples.**

**प्लायोमेट्रिक व्यायाम क्या है? उदाहरण दें।**

**Plyometric exercises**, also known as **jump training**, involve explosive movements that build power and increase speed. These exercises typically focus on stretching and contracting muscles rapidly, which enhances athletic performance. Examples include:

1. **Jump Squats**: Start in a squat position and jump as high as possible, landing back in a squat.
2. **Box Jumps**: Jump onto and off a box or elevated platform, strengthening the legs and improving explosive power.
3. **Burpees**: Perform a squat, jump to a push-up position, do a push-up, jump back, and stand up.
4. **Lateral Jumps**: Jump side to side over a line or obstacle to improve agility and leg strength.

Plyometric exercises enhance strength, agility, and coordination, and are commonly used in sports training to develop explosive power.

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