

ORDINANCE FOR TWO YEARS INTEGRATED DIPLOMA IN PHYSICAL EDUCATION (D.P.Ed.)

SESSION 2015-16

Semester System

1. The duration of the course shall be two academic years, which shall be divided into four semesters, with minimum 90 teaching days in each semester excluding admission, preparation and examination days. .
2. The theory examinations of Diploma in Physical Education shall be held at the end of each semester normally in the months of December for semester I & III and in the month of May in case of semester II & IV.
3. The Practical examinations of Diploma in Physical Education will be held after each semester.
4. Supplementary examinations will be held for re-appear candidates as under:-

Semester	When held
(a) First Semester	Alongwith the Third Semester
(b) Second Semester	Alongwith the Fourth Semester
(c) Third Semester	Alongwith or after the Fourth Semester
(d) Fourth Semester	Alongwith or after the Third Semester
5. The last date for the receipt of admission form and fee without late fee as fixed by the Vice-Chancellor shall be notified to the colleges concerned.
6. (a) Candidates with atleast 45% marks in the Senior Secondary Examination (10+2), or its equivalent are eligible for admission. For those who have participated in State or National level sports events, the minimum percentage of marks in the senior secondary Examination (10+2) is atleast 40%. Five seats will be reserved for outstanding sports person.
(b) Each candidate will have to pass the Physical Efficiency Test (Canadian Test) the details of which will be given in the hand book of information.
(c) There will be 45 seats. In addition to these seats, 5 seats will be reserved for outstanding sports persons
(d) 30% seats shall be reserved for female candidates in each category.
Note:- An outstanding sports person is one who has won first three positions in World Championship/Olympic/Asian/Commonwealth/SAF/International/National/Inter University/SGFI tournaments. In case of tie, the candidate who has won position in higher tournament will be admitted.
7. A candidate who is placed under compartment in the qualifying examination shall not be allowed to join D.P.Ed Course.
8. A candidate who has failed in one or more paper(s) or fails to appear in D.P.Ed. Examination shall be allowed two subsequent chances only to pass the D.P.Ed. Examination. This is however, subjects to the provision in clause-8 below.
9. A candidate who fails to pass the D.P.Ed examination with a period of four years of his admission to the course shall be deemed to be unfit for Diploma in Physical Education.



10. A candidate prior to declaration of the results of the semester in question shall be provisionally eligible to be admitted in D.P.Ed. next semester. However, he will have to pass in 50% of the papers, failing which he will not become eligible to appear in the semester examination. This is however subject to clause 7 and 8 above.
11. The D.P. Ed. Examination in semester -I, II, III and IV shall be open to a student who:
 - a) Has passed the requisite qualifying examination or is covered under eligibility condition and clause 9 above
 - b) Has name submitted to the Controller of Examinations by the Chairperson/ Principal of the Department/College has most recently attended and produces the following certificates, signed by him:-
 - i) Of possessing good character
 - ii) Of having/remained on the rolls of Department/College during the year preceding the Examination and of having attended not less than 75% of the lectures and tutorials delivered of each paper of the course (to be counted upto the last day when the classes break up for the preparatory holidays. Viz: 7 working days before the commencement of examination)
 - iii) The Chairperson of the Department/Principal of the College, may condone shortage of lectures upto 10% in a Subject/Paper and Practical/Tutorials in each subject/Paper/practical / tutorial. These shall also include loss of attendance due to participation in Cultural and Sports assignments, health reasons (with certificates) etc. Provided that a student who wins position in the Inter-University Tournament /National Youth Festivals, shall be allowed additional condo-nation on this ground upto 10% in each paper on a certificate from the Secretary, Sports Council, CDLU OR the Director, Youth and Cultural Affairs Department, as the case may be.
12.
 - (i.) In case a student is not allowed to appear in an examination in any semester of D.P.Ed. for shortages of lectures he can be allowed provisional admission in the next session to complete his shortages of Lectures subject to clause 8. Such students will have to Deposit 50% of the fees prescribed for that year of the course.
 - (ii.) A candidate who has completed the prescribed course of instruction in the Department/College for any semester examination but has not appeared in it or having appeared fails may be allowed on the recommendation of the Chairperson/Principal concerned to appear in the subsequent year in the examination paper(s) as the case may be without attending a fresh course of instruction. While re-appearing in the examinations the candidate shall be exempted from re-appearing in paper(s) and/or practical(s) in which he has obtained at least 40% marks.
 - (iii.) A candidate who has passed semester I, II, III and IV of D.P.Ed. examination of this University will be allowed to appear for improvement of his result as an ex-student in one or more theory paper(s) of the D.P.Ed. Semester I, II, III and IV examinations once within a period of two years of his passing the semester I, II, III and IV Examinations along with regular students.

The result of such a candidate shall be declared only if he improves his score of marks by taking into account the marks obtained by him in the paper(s) in which he reappeared and the marks obtained by him earlier in the remaining paper(s) etc. The fact that the candidate has improved shall be mentioned in the Detailed Marks card.

Further provided that the candidates will take the Examinations according to syllabus in force for the regular students for that examination.
13. Every candidate shall be examined according to the scheme of examination and syllabus as approved by the Academic Council from time to time.



14. (i) The amount of examination fee to be paid by a candidate for each year shall be as prescribed by the University from time to time.
- (ii) A candidate who re-appears in one or more paper(s) for the purpose of passing/improvement of score of marks/result shall pay fee as for the whole examination.
15. i) The medium of instruction shall be: - Hindi/English
ii) The question papers will be set in the language of Hindi & English
iii) The candidate shall write their answers either in Hindi or in English
16. The minimum number of marks required to pass the examination shall be as under:-
i) 40% in each theory papers
ii) 45% in practical; and
iii) 45% in aggregate
17. A candidate who has completed the prescribed course of instruction in the Department/College for any semester examination but has not appeared in it or having appeared fails may be allowed on the recommendation of the Chairperson/Principal concerned to appear in the subsequent year in the examination paper(s) as the case may be without attending a fresh course of instruction. While re-appearing in the examinations the candidate shall be exempted from re-appearing in paper(s) and/or practical(s) in which he has obtained at least 40% marks.
18. As soon as possible, after the termination of the examination the Registrar/Controller of Examinations shall publish the result of candidates and issue Detailed Marks Card.
19. The result of candidates who have passed the D.P.Ed. examination shall be classified into division as under, the division obtained by the candidate will be stated in his degree.
- | | | |
|----|--|------------------------|
| a) | Those who obtain 60 per cent or more marks | First Division |
| b) | Those who obtain 50 per cent or more but less than 60 per cent marks | Second Division |
| c) | All below 50 per cent marks | Third Division |
20. Notwithstanding the integrated nature of this course which is spread over more than one academic year, the Ordinance in force at the time a student joins the course shall hold good only for the examination held during or at the end of the academic year and nothing in this Ordinance shall be deemed to debar the University from amending the ordinance and the amended Ordinance, if any shall apply to all students, whether old or new.
21. Married female candidate will have to produce certificate from the C.M.O./CDL University, Medical officer at the begging of the each semester i.e. in July and January that she is not in a family way, along with an undertaking that if at later stage during the course of studies, it is found that she is in a family way, her admission shall be cancelled ipso facto, and all dues paid by her shall be forfeited by the University.
22. **SPORTS WEIGHTAGES**
- (a) 1st, 2nd or 3rd position at Senior/Junior World/Asian/SAF/Common Wealth/Championship.



- (b) Participation at Senior/Junior tournaments mentioned above. 18
- (c) 1st, 2nd or 3rd position at Senior/Junior National Championship/ National Games/Inter varsity tournaments/National School Games 15/12/10
- (d) 1st, 2nd or 3rd place in National (Sr./Junior) Zonal tournaments/ SGFI zonal tournaments. 8/7/6
- (e) Participation at Sr./Junior National tournaments/National School Games or played for combined Universities/combined school team. 5
- (f) 1st, 2nd or 3rd position in University/State Championship/State School games. School tournaments. 4/3/2

Note :- 1. Highest Sports Weightage- on one count will be given.

2. International position/participation certificate must be supported by position/participation certificate at National level.
 3. National position/participation certificate should be supported by State position/participation certificate.
 4. Similarly State level certificate should be supported by District Position/participation certificates.
 5. No weightage will be given for rural festivals/open memorial tournaments/invitation meets/women festivals etc.
2. The games included in the list of AIU will only be considered for weightage. The certificate will only be considered if the same bears gradation from the respective State Governments in respect of the game/sports for which the candidate claims sports weightage and eligibility. In case any state does not issue gradation certificate, the candidate shall have to produce a certificate to that effect from the Director of sports of the concerned state. The District Sports Officer/Head of the Institution shall countersign these certificates. The certificates of Ch. Devi Lal University will be verified by the Secretary, Sports Council, CDLU, Sirsa, hence they do not need gradation certificate.

A Junior player who has not done graduation and who has participated or one position in tournaments given at Sr. No. a,b,c,e, must have represented state school at SGFI tournaments except in the case that he did his 10+2 as a private students.

A graduate who has participated or won positions at a,b,c,d, and e must have played for his university at inter university tournaments except in the case that he did his gradation through distance education.

Sports Weight-age

- a. not done graduation and who has participated or one position in tournaments given at Sr. No. a,b,c,e, must have represented state school at SGFI tournaments except in the case that he did his 10+2 as a private students.
 - b. A graduate who has participated or won positions at a,b,c,d, and e must have played for his university at inter university tournaments except in the case that he did his gradation through distance education.
23. (i) The internal assessment of 20% of the maximum marks for each of the theory papers (sessional work) shall be based as per university norms.
- (ii) The Sessional tests will be organized by respective departments in a centralized manner for which the Answer Sheets will be provided by the University.
- (iii) In case a student fails to appear in any sessional test due to any official engagement, he/she may be given one more opportunity by the respective Chairperson on his/her request duly supported by documentary evidence.
- (iv) The passing percentage in theory papers will be minimum passing marks required by combining the marks of theory and internal assessment and it will not be mandatory to pass in the internal assessment.
- (v) The record of internal assessment including award lists along with answer sheets will be maintained upto 3 months from the date of declaration of result by the concerned teacher(s).



SYLLABUS FOR DIPLOMA IN PHYSICAL EDUCATION (D.P.Ed)

This syllabus will be applicable w.e.f the session 2015-16 for D.P.Ed (Semester I &II) and from the session 2015-16 for D.P.Ed (Semester III &IV)

The instruction for Diploma(two years duration) in physical education shall consist of the following parts:

- A. Theory papers-----1600 marks
 B. Practical examination to be jointly evaluated by external & internal examiners -----960 marks
 C. Skill and Prowess examination will be conducted at the end of each session by two internal examiners, appointed by chairperson out of the teacher of Deptt. ----- 440 marks
 Who was not involved with the practical of that class? -----3000 marks
 Total marks-----3000 marks

Note:- The D.P. Ed. 1st, 2nd, 3rd & 4th semester practical examination will be held after every semester.

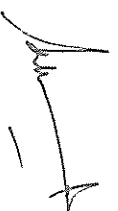
D.P.Ed Part – I Semester -1st

Paper No.	Part-A Theory	external		Part-B practical (external)	Part-C practical (Skill & Prowess)	Total
		internal	20			
I	Foundation of Physical Education	80	20	Athletics	80	35
II	Sports Psychology	80	20	Game	80	35
III	Recreation	80	20	Drills	80	35
IV	Health Education	80	20			
	Total	320	80		240	105

Part- B & C Practical Syllabus

Sem. 1st

1. Athletics Teaching – Sprints, Long Jump, Tripple jump
2. Game Teaching - Kabaddi, Kho-Kho, Basketball
3. Drills - Mass P.T, March past



Semester -2nd

	Part-A		Part-B	Part-C
Paper No.	Theory	external internal	practical (external)	practical (internal)
V	Sports Sociology	80	20	Athletics 80 Athletics 40
VI	Organization and Administration	80	20	Game 80 Game 40
VII	Yoga	80	20	Gymnastic 80 Gymnastic 35
VIII	Elementary Anatomy	80	20	
	Total	320	80	240
				115

Part- B & C Practical Syllabus

1. Athletics Teaching –Shot put and Javelin Throw
2. Game Teaching – Football and Hand Ball
3. Gymnastic Techniques - Front roll, Dive & roll, Back roll, Hand stand, Back roll & hand stand, Cartwheel
 Yoga a. Asanas - Padmasana, Vajrasana, Vrikshasana, Tadasana, Bujangasan, Dhanurasan, Sarvangasan, Halasan
 b. Kriyas -- Boys- Jalneti, Sutarneti, Vastra Dhoti
 Girls- Jalneti, Sutarneti

D.P.Ed Part-II, Semester- 3rd

Paper No.	Theory	external	internal	practical (external)	practical (internal)
IX	Sports Training	80	20	Athletics 80	Athletics 35
X	Kinesiology	80	20	Game 80	Game 35
XI	Officiating and Coaching	80	20	Apparatus exercise 80	Apparatus exercise 35
XII	Supervision in Physical Education	80	20		
	Total	320	80	240	10.

Part- B & C Practical Syllabus

1. Athletics Teaching – Discus Throw, Middle Distance Races, Long Distance Races, Hurdle
2. Game Teaching - Volley Ball, Cricket, Judo
3. Apparatus exercise - Dumbbell and Lazium

Semester -4th

Paper No.	Theory	external internal	practical (external)	practical (internal)	
XIII	Sports Injuries and Rehabilitation	80	20	Athletics 80	Athletics 4
XIV	Management in Physical Education and Sports	80	20	Game 80	Game 4
XV	Track and Field	80	20	Animation Moments 80	Animation Moments 3
XVI	Exercise Physiology	80	20		
Total		320	80	240	1

Part- B & C Practical Syllabus

1. Athletics Teaching – Relay Race and High Jump
2. Game Teaching - Wrestling and Hockey
3. Animation Moments - Action song & Motion story

PART-II - Practical External and Internal (distribution of marks)

ATHLETICS (Semester-1st, 2nd, 3rd and 4th)

80 Marks

- (a) Teaching Lesson (Demonstration, Presentation, faults correction) 30
- (b) VIVA (Marking, Rules, Regulation and Officiating.) 30
- (c) Examination lesson plan. 10
- (d) Note Book of lesson plan. 10

GAME(Semester-1st, 2nd, 3rd and 4th)

80Marks

- (a) Teaching Lesson (Demonstration, Presentation, faults correction) 30
- ((b) VIVA (Marking, Rules, Regulation and Officiating.) 30
- (c) Examination lesson plan. 10
- (d) Note Book of lesson plan. 10

DRILLS/ GYMNASTICS/ APPRATUS EXERCISE AND ANIMATION MOMENTS (Semester-1st, 2nd, 3rd and 4th)

80 Marks

- (a) Teaching Lesson (Demonstration, Presentation, faults correction) 30
- (b) VIVA (Marking, Rules, Regulation and Officiating.) 30
- (c) Examination lesson plan. 10
- (d) Note Book of lesson plan. 10

Part-III - Practical internal (distribution of marks)

Semester -1 st	Semester – 2 nd	Semester-3 rd	Semester -4 th
Athletics (35)	Athletics (40)	Athletics (35)	Athletics (40)
Game (35)	Game (40)	Game (35)	Game (40)
Drills (35)	Gymnastics (35)	App. Exercise (35)	Anim. Moment (35)
Athletics, Game and Drills/App. Exercise Semester – 1st & 3rd (35 marks)		Athletics, Game and Drills/App. Exercise Semester – 2nd & 4th (40 marks)	
Demonstration	05	Demonstration	05
Presentation	05	Presentation	07
Teaching Aids	05	Teaching Aids	08
Fault Correction	10	Fault Correction	10
Viva	10	Viva	10

Note :-

- (i). The internal practical and external examination will be conducted at after every semester by one internal examiners and one external examiner appointed by chairperson out of the teacher of dept. Who was not involved with the practical of that class?
- (ii). Since this is a professional course aimed at improving the standard of games and sports, it is essential that special attention be given to the practical aspect covering various areas. Therefore, specified 15 hours per week must be devoted to the practical teaching/coaching out of which 5 hours will be for his/her skill practice under supervision of teacher.
- (iii). In each Semester all student shall be required to take 5 supervised lessons in the above mentioned areas in class itself. The chairman/Head will certify on the candidate's note book that all requirements pertaining to teaching/coaching practice and officiating have been fulfilled by him/her. The same has to be verified by the teacher concerned, before it is submitted to the Chairperson.



D.P.Ed- Semester- 1st
Paper- 1- Foundation of Physical Education

Max. Marks: 80
Time: 3 hours

Note: The candidates are required to attempt five questions in all. Nine questions will be set. **Question no. 1** (ten short questions of two marks each) will be compulsory and will be set from the entire syllabus. **Eight** questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt **four** questions by selecting one question from each unit. Except question **no. 1** all questions carry equal marks.

UNIT-I

- (i) Definition, Meaning and Scope of Physical Education
- (ii) Aim & objectives, need of Physical Education
- (iii) Meaning of the terms: Physical Culture, Physical Training, , Gymnastics, Athletics, Aquatics

UNIT-II

- (i) Foundation of Physical Education
 - a) Biological activity, its need, Principles of use and disuse
 - b) Growth and Development
 - c) Age and Sex differences
 - d) Classification of Physique
- (ii) Principles of motor learning skills
- b) Development of Social qualities through Physical Education

UNIT-III

- (i) History of Physical Education in India, Greece, Germany, Sweden.
- (ii) The Historical development of Ancient Olympic games
- (iii) The origin and development of Modern Olympic games
- (iv) Modern Trends of Physical Education in India: I.O.A, National Associations/Federations
Awards: Arjun-award, Daronacharya-award, Rajiv Gandhi Khel Ratan award.

UNIT-IV

- (i) The development of Asian Games, National Games
- (ii) Common-wealth games
- (iii) Awards: Arjuna-award, Daronacharya-award, Rajiv Gandhi Khel Ratan award, and Policies for developing Physical Education and Sports
- (iv) S.A.I., and its schemes

REFERENCES

- (i) Bhatia K.K. and Narang Principles of Education (Methods and Techniques) Ludhiana Parkash Brothers Educational Publishers.
- (ii) Gupta Rakesh, Akhlesh, Santosh Sharma, Professional preparation and curriculum Design in Physical Education.
- (iii) M.L. Kamlesh & M.S. Sangral: Principles & History of Physical Education
- (iv) Harold M.Barrow: Man and His Movements Principles of Physical Education.



D.P.Ed (semester-1st)
Paper-II- Sports Psychology

Max. Marks: 80

Time: 3 hours

Note: The candidates are required to attempt five questions in all. Nine questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

Unit-I

- (i) Meaning and importance of psychology in physical education
- (ii) Need of psychology in Physical Education and sports.
- (iii) Body and mind relationship and its importance

Unit-II

- (i) Meaning, its types and explain the role of motivation in physical education and sports
- (ii) Factors influencing motivation in physical education and Sports
- (iii) Meaning and types of individual difference
- (iv) Causes of individual difference in physical education and sports

Unit-III

- (i) Meaning and definition of Learning
- (ii) Laws of learning & learning curve
- (iii) Theories of learning
- (iv) Meaning of Emotions and explain the characteristics of emotions.

Unit-IV

- (i) Meaning, definition and types of personality
- (ii) Dimensions of personality
- (i) Factors influence a personality.
- (ii) Meaning of adjustment, its types and causes of mal adjustment
- (iii) Role of physical education in preventing mal adjustment and promoting adjustment

References:

- i. Crow & crow- Educational psychology-cattle field Adams & co. 1979
- ii. M.L. Kamlesh- sports psychology of physical education
- iii. Forst R.S.- psychological concepts applied to physical education
- iv. Mrs. K. Sandhu & Mrs. Amrit Kaur- educational psychology Punjabi university Patiala



D.P.Ed Semester -1st
Paper-III- Recreation

Max Marks: 80
Time: 3 hours

Note: The candidates are required to attempt five questions in all. Nine questions will be set. Question no. 1 (ten short questions of two marks each) will be compulsory and will be set from the entire syllabus. Eight questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt four questions by selecting one question from each unit. Except question no. 1 all questions carry equal marks

UNIT-I

- i. Meaning of Recreation
- ii. Objectives of Recreation.
- iii. Need and importance of Recreation.
- iv. Types of activities in recreation.

UNIT-II

- i. Development of Recreation activities in India Since-1947.
- ii. Agencies providing recreation in India.
- iii. Social aspects of Recreation.
- iv. Psychological aspects of recreation.
- v. Measure folk dances of North India.
- vi. Cultural and recreational activities Ram Lila, Fairs, Play, Films, Akhade, motion song, Sang

UNIT-III

- i. What is camp and objectives of camp.
- ii. Types of camp.
- iii. selection and planning of camp site.
- iv. Organization and Administration of the Camp.
- v. Qualities of a camp leader.

UNIT-IV

- i. Recreation in school and college.
- ii. Sports competition, quiz, motion song.
- iii. Singing competition, Painting Competition, Tours and Picnic, Dance Programme
- iv. Tracking and Cycling Competition.
- v. Youth festival, Annual festival.

Reference Books:

- Butler, George D. : Introduction to Community Recreation, McGraw Hill Book Company, Inc., New York
- Donnick, Hedlay S. : Administration of the Modern Camp, Association Press, New York
- Janny, Joh H. : Introduction to Recreation Education, W.D.S. Saunders Company, Philadelphia, London.
- Fitzerlan, Garld B. : Leadership to Recreation, A.S. Barnas and Co., New York.
- Richard : Practical Gardening, Odhams Press, London.
- Crindal, E. W. : Everyday Gardening in India, L.D. Taraporwals Sons & Co., Bombay.



D.P.Ed. Semester-1st
Paper-IV-Health Education

Max. Marks: 80
Time: 3 hours

Note: The candidates are required to attempt five questions in all. Nine questions will be set. **Question no. 1** (ten short questions of two marks each) will be compulsory and will be set from the entire syllabus. **Eight** questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt **four** questions by selecting one question from each unit. Except question no. 1 all questions carry equal marks.

UNIT-I

- i) Meaning of Health Education, need and importance.
- ii) Dimension of physical education, school health education programme.
- iii) Role of physical education teacher in promoting health and fitness of the student.
- iv) Explain about W.H.O. and Red Cross Society.

UNIT-II

- i) Health instruction : meaning, need of health instruction and methods of health guidance.
- ii) School Hygiene & Health education:
 - a) water, sources of water, purification of water, water supply, urinal & latrine, canteen
 - b) School building, school playground, seating arrangement, air & ventilation, lightning.
 - iii) Supervision of facilities such as : class room, toilet, canteen, gymnasium, playground. Medical examination.

UNIT-III

- i) Nutrients & Care of Body : Carbohydrates, Protein, Fat, vitamins)
Balance diet for a normal person & sports person.
- ii) Care of organs of Body: Ear, Nose, Eyes, Throat, Nails, Teeth, Skin, Foot.
- iii) Posture: definition, types of posture, and effect of furniture, light and ventilation on posture

UNIT-IV

- i) First Aid : Meaning, importance, Role & qualities of first aider, tools of first aid box.
- ii) Injuries : Fracture, Dislocation, Sprain, Strain, Wound.
- iii) Control & prevention of following disease:
 - (a) Cholera (b) Small pox (c) Typhoid (d) Malaria (e) Influenza (f) Dysentery

Reference Books:

- i. Turner and Moulison : Personnel and Community Health
- ii. Dehl : Healthful Living. McGraw Hill.
- iii. Dalrymple : Foundation of Health.
- iv. Obertauffer : School Health Education.
- v. Jobs Suttten : Health for Effective Living, N.Y., McGraw Hill Books Co., Inc., 1958.
- vi. Kilander, O.F. : School Health Education, N.Y., MacMillan Co., 1962.
- vii. W.R. Aykroid : The Nutritive Value of India's Foods and Planning of Satisfactory Diet, New Delhi, Indian Council of Medical Research, 1963.

D.P.Ed-Semester-II
Paper-V-Sports Sociology

Max.Marks:80
Time: 3 Hours

Note: The candidates are required to attempt five questions in all. Nine questions will be set. Question no. 1 (ten short questions of two marks each) will be compulsory and will be set from the entire syllabus. Eight questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt four questions by selecting one question from each unit. Except question no. 1 all questions carry equal marks.

Unit-I

- i. Meaning and Importance of sports sociology
- ii. concept of sports sociology
- iii. Sociology of sports as a separate discipline
- iv. Sports a social phenomenon
- v. Trends in sports sociology

Unit-II

- i. Definition and concept of society
- ii. Sports as an element of culture
- iii. Leadership of sports with other element of culture
- iv. Responsibilities of a sports leader in competition
- v. Qualification and Qualities of a sports leader

Unit-III

- i. Place of sports and games in different societies
- ii. Relationship of sports with others social institutions, politics, religion and economy
- iii. Sports as a part of social, structural and functional system
- iv. Sports and socialization institutions -Family and kinship, school and education system.

Unit-IV

- i. Mass-communication and its implication in sports
- ii. Socio-psychological factors in selecting teams; sports and social adjustment. Influence of social factors on sports performance.
- iii. National sports policy- challenges and constraints
- iv. Socio-metric evaluation process

Reference Books:

- | | | | |
|------|--------------|---|---|
| i. | Crelty, B.J. | : | Social dimension of Physical activities, Prentice Hall, Inc. |
| ii. | Puni, A.T. | : | Sports Psychology, An abridged translation by S.G. Sandhu, NIS, Patiala |
| iii. | Sui, R.M. | : | Psychology in Sports, Methods and Application, Surjeet Pub., New Delhi |



D.P.Ed Semester-2nd
Paper-VI-Organization and Administration

Max.Marks:80
Time: 3 Hours

Note: The candidates are required to attempt five questions in all. Nine questions will be set. **Question no. 1** (ten short questions of two marks each) will be compulsory and will be set from the entire syllabus. **Eight** questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt **four** questions by selecting one question from each unit. Except question no. 1 all questions carry equal marks.

UNIT- I

- i. Meaning, Definition, Scope and Importance of methods in Physical Education.
- ii. Types of methods – By part, whole part, command, imitations, Discussion, Demonstration methods
- iii. Factors influences methods of teaching in Physical Education.

UNIT-II

- ii. Classification of pupils, Physical activities, methods of classification, lesson planning.
- iii. Leadership and supervision.
- iv. Organization and conduct of competition – Athletic meet, Basket ball and Volley Ball games.
- v. Tournament and their types.

UNIT-III

- i. Methods of Teaching, physical activity, calisthenics, games and sports, indigenous activities
- ii. Presentation of technique, personal preparation, technical preparation, steps of preparation, command & their techniques and types of class formation

UNIT-IV

- i. Principles of class management- lesson plan and its types of lesson
- ii. Objectives of different lesson plan
- iii. Skill activities & group work
- iv. Class activities recreational part, reassembly, revision, summarizations, dismissal
- v. Construction and laying out of the track and field and play grounds

Reference books:

- | | | |
|------|--------------------------|---|
| i. | Sujan Singh | : Methods in physical education |
| ii. | Thiru Narayan & Hartharn | : Methods in physical education |
| iii. | J.P.Tomas | : Principles and organisation of physical education |
| iv. | R.L.Anand | : Manual of play grounds |



Note: The candidates are required to attempt five questions in all. Nine questions will be set. Question no. 1 (ten short questions of two marks each) will be compulsory and will be set from the entire syllabus. Eight questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt four questions by selecting one question from each unit. Except question no. 1 all questions carry equal marks.

UNIT - I

- i. Meaning and objectives of yoga, concept and brief historical back ground,
- ii. Meaning and objective of Astang yoga
- iii. Yama
- iv. Niyama
- v. Asana
- vi. Pranayam
- vii. Pratyhar
- viii. Dharna
- ix. Dhyan
- x. Smadhi

UNIT -II

- i. Cleansing process and its role and purpose of shat karma
- ii. Jal Neti, Sutra Neti, Dugdh Neti, Dhiriti Neti
- iii. Vastra Dhoti, and Dand Dhoti
- iv. Nayoli Kirya
- v. Tratik
- vi. Shank Prshlan
- vii. Gajkarni
- viii. Effect of asanas on health.

UNIT -III

- i. Meaning, objective and types of Pranayam
- ii. Suryanamaskar and their values in daily life
- iii. Type and importance of yoga in the field of physical education and sports
- iv. Effect and uses of bandhas uadyan bandhas and jalandher

UNIT -IV

- i. Meaning types and principles of asanas, Effect technique and benefit following asanas:-
- ii. Meditative :- Padmasana, Sidhasana, Vajrasana
- iii. Relaxative :- shevasana, makerasana
- iv. Cultural and corrective :- Bhujangasana, Dhanurasana, Halasana, Chakrasana, Bakasana, Garudasana, Tadasana, Trikounasana, Sarvangasana, Mayurasana, Utan Padhastasana, Shalabhasana

Reference Books:

- i. Asanas and Pranayama by Swami Kuvalyanand.
- ii. Yoga for Health, Happiness and Peace by Yoga Acharya Prakash Dev.
- iii. Yoga Method of Reintegration by Alain Danial.
- iv. Yoga Personal Hygiene by Shri Yogendra.
- v. Yoga for Every Man by Desmonds Dubee.
- vi. Massage and Medical Gymnastics by Mary V. Lacc.
- vii. Water Cure by Kellage.



D.P.Ed- Semester- 2nd
Paper – VIII -Elementary Anatomy

Max. Marks: 80

Time: 3 hours

Note: The candidates are required to attempt five questions in all. Nine questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt **four** questions by selecting one question from each unit. Except question no. 1 all questions carry equal marks.

Unit -I

- i) Meaning of Anatomy, Definition and Importance in the field of Physical Education.
- ii) Roll of Anatomy in Physical Education
- iii) Cell structure & properties of living matter
- iv) Tissue, Organs & system

Unit -II

- i) General description of skeleton.
- ii) Anatomy of Bone, types of Bone
- iii) Types of Joints
- iv) Description of Diarthroses Joint (synarrial joint)

Unit – III- Circulatory system

- i) Anatomy of Heart conduction of heart
- ii) Systematic Pulmonary and coronary circulation
- iii) Heart Rate, stroke volume, cardiac output
- iv) Anatomy of Digestive system, digestion as food

Unit – IV

- i) Excretory system.
 - ii) Structure of kidney Function of Kidney
 - iii) Skin & lungs As a Excretory organ
- Respiratory System**
- i) Structure of Respiratory organ.
 - ii) Mechanism of Respiration
 - iii) Tissue & Pulmonary Respiration

Reference Books:

1. Pearee Evelyn, C. : Anatomy and Physiology for Nurses, London, Faber, Ltd., 1962.
2. Pavat, J. : Anatomy for Students and Teachers of Physical Education, London, Edward Arnold and Co., 1859.
3. Willion, J.F. : Anatomy and Physiology, London, W.B. Saunders.
4. Season Wright : Applied Physiology.



5. Best and Taylor : The Living Body, New Delhi, Asia Club House, 1960.
6. Smount, C.F.V. and : Physiotherapy, Occupational Therapy and
McDonald, R.J.S. : Gymnastics Edward Arnold Pvt. Ltd. 1969.
7. Kiober Grey : Anatomy and Physiology
8. Stackpoles : Anatomy and Physiology (6th ed.)

Note: The candidates are required to attempt five questions in all. Nine questions will be set. Question no. 1 (ten short questions of two marks each) will be compulsory and will be set from the entire syllabus. Eight questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt four questions by selecting one question from each unit. Except question no. 1 all questions carry equal marks.

UNIT-I

- (i) Teaching, Training and Coaching : Meaning, aims & Characteristics.
- (ii) Principles of Training
- (iii) Training Load: Meaning & characteristics of training load
- (iv) Principles of Load
- (v) Over Load, Causes & its Symptoms

UNIT-II

- (i) Strength : Meaning, Importance & types of Strength
- (ii) Endurance : Meaning, Importance & types of Endurance
- (iii) Speed : Meaning, Importance & types of Speed
- (iv) Flexibility: Meaning, Importance & types of flexibility
- (v) Co-ordinative Ability: Meaning, Importance & types of Co-ordinative ability

UNIT-III

- (i) Training Methods
 - a. Circuit training
 - b. Continuous training
 - c. Interval training
 - d. Fartlak training

- (ii) Technical Training : Meaning, Importance of Technical Training
- (iii) Tactical Training : Meaning, Importance of Tactical Training

UNIT-IV

- (i) Planning of training : Meaning of Planning & Types of Planning
- (ii) Periodization : Meaning, its types and Importance of Periodization
- (iii) Factor influencing the Performance in Sports

Reference Books:

- i. Dick, F.W. : Sports Training Principles, Lepus, London, 1980



- ii. Jenson, C.R. and Fischer : Scientific basis of Athletic conditioning, Lea and Feliger, Philadelphia, 1979
- iii. Brook, J.D. and Whiting : Human Movement a Field of Study, H.T.A.
- iv. Cooper, K.H. : The Aerobic Way, Bantom Books, Inc., 1978
- v. Breer Marison, R. : Efficiency of Human Movement, London W.B. Saunders
- vi. Bunn, J.W. : Scientific Principles of Coaching, Englewood Cliffs, Prentice Hall.

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D.P.Ed. Semester-3rd
Paper-X – Kinesiology

Max. Marks 80
Time: 3 Hours

Note:- The candidates are required to attempt five questions in all. Nine questions will be set. **Question no. 1** (ten short questions of two marks each) will be compulsory and will be set from the entire syllabus. **Eight** questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt **four** questions by selecting one question from each unit. Except question no. 1 all questions carry equal marks.

Unit-I –

Meaning, scope, and importance of Kinesiology. Terminology of various types of movements around joints, body planes, body axis, range of motion, factors affecting range of motion, methods of assessing a joint's range of motion : techniques of increasing range of motion.

Unit-II-

Classification of muscles on the basis of Structure; Functional classification of muscles; Terminology of muscular attachment; Red and white muscles and their functions
Newton's laws of motion and their applications ;

Unit-III-

Characteristics, function, movements, and muscles of:
(i) Shoulder and elbow joints; pectoralis major; deltoid, pectoralis minor, latissimus dorsi, trapezius, biceps brachii ; triceps brachii
(ii) Hip and knee joints gluteus maximus; gluteus medius; gluteus minimus, gastrocnemius, Quadriceps femoris group; Hamstring group Sartorius
(iii) Other muscles: sternocleidomastoid; rectus abdominis

Unit-IV-

Concept of balanced posture, Common postural deformities and their corrective exercises; Flatfoot, knock-knee, bowleg, kyphosis and lordosis
Equilibrium and centre of gravity: characteristics of skillful performance

Reference Books:

1. Wells and Lutgens: Kinesiology.
2. Scott, M.G : Analysis of Human Motion, 2nd edition.
3. Uccells, K.: Eurasia Publishing House Ltd., Delhi, 1970, Kinesiology 4th edition, Philadelphia, W.B. Saunders, 1966.
4. Rosche, P.J. Burk : Kinesiology and applicant Anatomy, Lea and Febiger, 1967.
5. Broor, Marian, M : Efficiency of Human Movements, Philadelphia W.B. Saunders, 1960.
6. Dyson, J.: The Mechanics of Athletics, University of London Press Ltd., Warwick Square, London.



D.P.ED Semester- 3rd
PAPER -XI-Officiating & Coaching

Max. Marks 80
Time: 3 Hours

Note:- The candidates are required to attempt five questions in all. Nine questions will be set. **Question no. 1** (ten short questions of two marks each) will be compulsory and will be set from the entire syllabus. **Eight** questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question no. 1 all questions carry equal marks.

- Unit - I
- i) Meaning, importance and principle of officiating
 - ii) Qualities of a good official
 - iii) Duties of official pre-game, during game and post game
 - iv) Relationship of official with management, Player, Coaches and Spectators.

- Unit -II
- i) Meaning and Principle of Coaching.
 - ii) Qualities and Qualification of a coach
 - iii) Responsibility of a good coach.

- Unit - III
- i) Methods of conditioning – Circuit, Fartlak, Interval, Repetition and weight training.
 - ii) Warming up, cool down and their affect on body
 - iii) Dopping and its effect on performance
 - iv) Factor affect sports performance

- Unit - IV
- i) Dimensions/Lay out of the following games & Athletics Events.
 - ii) Games:- Badminton, Basketball, Cricket, Football, Handball, Kabaddi, Kho-Kho, Hockey, Volley Ball, Table Tennis, Lawn Tennis.
 - Track:- Sprint, Middle and Long Races and Relay Races,
Throw:- Javelin, Shot put, Discus
Jump:- Long jump, High Jump, Triple Jump
 - iii) Competition Rule & its interpretation of above games & Athletic
 - iv) Eligibility rule for Inter College/School Tournaments.

REFERENCES

- i) Dick, F. W., Sports Training Principles
- ii) Singh Hardyal- Sports Training, NSNIS, Patiala
- iii) Bunn J.W- Scientific Principles of coaching, Englewood cliffs prentice Hall
- iv) Singh Shamsher, An Introduction to Training and Coaching, Friends Publication, New Delhi, 2006.
- v) Rule Books of respective Federations



D.P.Ed Semester 3rd
Paper- XII - Supervision In Physical Education

Max. Marks: 80
Time: 3 hours

Note: The candidates are required to attempt five questions in all. Nine questions will be set. **Question no. 1** (ten short questions of two marks each) will be compulsory and will be set from the entire syllabus. **Eight** questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question no. 1 all questions carry equal marks

UNIT-I

- i) Supervision : Meaning & its importance.
- ii) Scope of supervision
- iii) Guiding principle of supervision
- iv) Factors influencing the supervision

UNIT-II

- i) Qualities & Qualification of a good supervision.
- ii) Functions of supervisor to administration & supervision.
- iii) Meaning & factors influencing the physical education curriculum.
- iv) Principle of curriculum development.

UNIT-III

- i) Visitation : Meaning, & its Importance/purpose
- ii) Types of Visitation
- iii) Demonstration : Meaning & Purpose/ importance of demonstration
- iv) Advantages & disadvantages, and types of demonstration.

UNIT-IV

- i) The need for planning the supervisory programme.
- ii) Objectives of planning the supervisory programme.
- iii) Meaning and functions of leadership.
- iv) Guidelines for effective leadership.

Reference Books :

Bhatnagar and Kamlesh : Educational Supervision, Loyal Book Dept. Meerut.

D.P.ED Semester -4th
Paper –XIII– Sports Injuries and Rehabilitation

Max. Marks: 80
Time: 3 hours

Note: The candidates are required to attempt five questions in all. Nine questions will be set. **Question no. 1** (ten short questions of two marks each) will be compulsory and will be set from the entire syllabus. Eight questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt four questions by selecting one question from each unit. Except question no. 1 all questions carry equal marks

UNIT-I

Sports medicine: history, Scope, application, preventive-curative aspect and importance of sports medicine in games, general principles of injury management –Management of soft-tissue injuries, body injuries, nerve injuries.

UNIT-II

Sports injuries : Types, causes and treatment. Pre-participation examination of the athletes, Regional Athletic injuries and management –head injuries – shoulder injuries – arm and elbow joint injuries – wrist and head injuries – thigh and knee injuries – lower leg, ankle and foot injuries.

Evaluation and management of specific disorders- traumatic lesions of the spinal cord aftercare of fracture- treatment of back disorders and deformities.

Massage: principles, techniques, advantages athletic massage, general massage

UNIT-III

Rehabilitation: Scope, need and objective, goal of rehabilitation, rehabilitation programme
Types of exercises – isometric –isotonic – isokinetic – manual resistance – proprioceptive
Neuromuscular facilitation programme for neck, shoulder, shoulder joint, arm and elbow joint-
wrist and hand, lower – back, hip joint – thigh, knee, lower leg, ankle and foot.

UNIT-IV

Physiotherapy and Therapeutics Exercises: importance, rules, classification and their effects on human body.

First Aids: Bleeding, burn, shock, heat stroke, epilepsy, asthma and drowning.

TEXT BOOK:

1. Govindarajulus, N(2006) Sports Medicine, Friends Publications, New Delhi,

OTHER READINGS:

1. Pande, P.K.(2005), Sports Medicine, Saliya Kendra New Delhi.
2. Sinha, Akhoury Gourang: Principles and Practices of Therapeutic Massage, Jaypee Brothers Medical Publisher New Delhi



D.P.Ed- Semester- 4th

Paper-XIV-Management in Physical Education and Sports

Max.Marks:80

Time: 3 Hours

Note: The candidates are required to attempt five questions in all. Nine questions will be set. **Question no. 1** (ten short questions of two marks each) will be compulsory and will be set from the entire syllabus. **Eight** questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt **four** questions by selecting one question from each unit. Except question **no. 1** all questions carry equal marks.

Unit –I

- (i) Introduction, definition of terms, importance, objectives and guiding principles
- (ii) Scheme of organization, N.S.S, school sports
- (iii) Meaning of supervision, needs, importance, principles of supervision and qualities of supervisor

Unit-II

- (i) Facilities, construction and care of gymnasium, swimming pools, play fields.
- (ii) Equipments: needs, purchase, maintenance, issue and disposals
- (iii) Camping- meaning, importance, selection of site, programme, safety and food, types of camps

Unit-III

- (i) Professional preparation, qualities of a teacher, training, problems facing the teacher, student's leadership
- (ii) Programme planning: principles and factors affecting the time table, scheduling school sports, problem of school sports, intramural and inter institutional.

Unit-IV

- (i) Records and registers- attendance, tests, health and character, extra-curricular activities
- (ii) Budget and finance-preparation of budget, administration, rules of expenditure sources

Reference books:

- (iv) Recreation- Dr. Chandrashas Dubey, Mrs. Alka Nayak A.P. Publishers, Jalandhar
- (v) Camping for boys- Norman F. Ford. The Y.M.C.A. Publishing House, Calcutta



Note: The candidates are required to attempt five questions in all. Nine questions will be set. Question no. 1 (ten short questions of two marks each) will be compulsory and will be set from the entire syllabus. Fight questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt four questions by selecting one question from each unit. Except question no. 1 all questions carry equal marks

UNIT-I

- i) History of athletics (Track and Field)
- ii) Organization and administration of Athletics meet.
- iii) Records of the Track and Fields events i.e. –Olympic, Asian and National Games.
- iv) Rule and Regulations of the Track and Fields events.

UNIT-II -

- i) Track Events.
- ii) Short Races , Middle Distance and Long Distance Races.
- iii) Relay Race, Its types and duties of incoming runner and outgoing runner
- iv) Hurdle, Its type and explain the phases.

UNIT-III

- i) Describe the following events :-
 - Long jump, its types of techniques and explain the phases.
 - ii) Triple jump, its types of techniques and explain the phases.
 - iii) Javelin throw, its type and explain the phases.
 - iv) Shot-put- its types of techniques and explain the phases.

UNIT-IV

- i) Describe the following Combined events :-
 - (i) Combined events- Decathlon, Heptathlon, Pentathlon
 - (ii) Score sheet of track and field events.
 - (iii) Measurements and track and field events.

References :-

- i. Guthrie, Mark, Coaching track and field successfully, Human Kinetics: Champain II, 2006
- ii. Bowerman, J.W. Freeman, H.W. High Performance training for track and field, Leisure Press : Champaign Illinois, 1991
- iii. Gambetta, Vern, the Athletics Congress's track and field Coaching Manual, Leisure Press : Champaign Illinois, 1989
- iv. Dunn, G.D. Jr. Mc Gill, Kevin, the throws Manual, taffews Press: Mountain View, USA, 1991
- v. Baechle, T.R., Groves, B.R. Weight training steps to Success, Human Kinetics : Champaign Illinois, 1998.
- vi. Bompa, Tudor, O. total training for young champions, Human Kinetics : Champaign Illinois, 2000.



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UNIT – I- INTRODUCTION

- i. Definition of Physiology and Exercise Physiology
- ii. Importance and Role of Exercise Physiology in the field of Physical Education and Sports
- iii. Scope of Exercise Physiology

UNIT –II- MUSCULAR SYSTEM

- i. Physiology of muscle contraction
- ii. Type of fiber (Red and White muscle)
- iii. Effect of exercise on muscular system
 - a. Short term effect
 - b. Long term effect

UNIT- III HEART

- i. Conduction of heart
- ii. Second wind, & Dead space
- iii. Effect of exercise on cardio-vascular system
 - a. Short term effect
 - b. Long term effect

UNIT- IV

- i. Physiology of Respiration
- ii. Respiratory capacities
- iii. Effect of exercise on Respiratory system
- iv. Effect of exercise on Digestive system

Reference Books:

- Pearce Evelyn, C. : Anatomy and Physiology for Nurses, London, Faber and Faber Ltd., 1962.
- Willison, J.F. : Anatomy and Physiology, London, W.B. Saunders.
- Season Wright : Applied Physiology.
- Best and Taylor : The Living Body, New Delhi, Asia Club House, 1960.
- Smount, C.F.V. and : Physiotherapy, Occupational Therapy and Gymnastics, Edward Arnold Pvt. Ltd., 1969.
- McDonald, R.J.S. : Anatomy and Physiology.
- Kloiber Grey : Anatomy and Physiology (6th ed.)
- Stackpoles : Anatomy and Physiology (6th ed.)