

ORDINANCE-Bachelor of Physical Education (B.P.Ed.) session 2015-2016

EXAMINATION (Semester System)

1. The duration of the course of instruction for the Bachelor of Physical Education (B.P.Ed.) Degree in Physical Education shall be of two years which will be divided into four semesters. There shall be actual teaching for a minimum of 90 days in each semester excluding the admission, preparation and Examination days.
2. The theory examination of each semester shall ordinarily be held in the months of December and May on such dates as may be notified by the Controller of Examinations.
3. The Practical examinations of Bachelor of 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 (s) by which the admission examination forms and fees must reach the Controller of Examination shall be as notified from time to time.
Provided that a late fees shall be charged from the candidates who are defaulters of examination fees by the university as per rules formed from time to time.
6. Candidates with the following qualification shall be eligible for admission to B.P.Ed. course
 - a. Graduate in Physical Education, i.e. B.P.E. of three year duration with minimum 50% Marks.
Or
B.A. with Physical Education as one of the Subjects with minimum 45% Marks.
Or
Graduate with minimum 45% marks having represented State/University in sports/ games national/inter- state/inter-university tournaments.
Or
Graduate with minimum 45% marks having secured 1st , 2nd or 3rd position in inter-collegiate sports tournaments/possessing NCC 'C' certificate or having passed basic course in adventure sports.

Or



Graduate with minimum 45% marks with minimum one year training programme in sports Science, Sports Management, Sports Coaching, Yoga, Olympic Education, Sports Journalism/ C.P.Ed/D.P.Ed.

And

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.

b. There will be 25 seats. In addition to these seats, 5 seats will be reserved for outstanding sports persons

c. 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 one position in higher tournament will be admitted.

7. (i.) A candidate who is placed under compartment in the qualifying examination shall not be allowed to join B.P.Ed. Course.

(ii.) The admissions shall be made by the departmental B.P.Ed. Committee in accordance with criteria laid down by the Admission Committee.

8. A candidate who has failed in one or more paper(s) or fails to appear in B.P.Ed. Examination shall be allowed two subsequent chances only to pass the B.P.Ed. Examination. This is however, subjects to the provision in clause-8 below.

9. A candidate who fails to pass the B.P.Ed. examination with a period of four years of his admission to the course shall be deemed to be unfit for B.P.Ed.. Course 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 B.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 in which he/she was provisionally admitted. This is however subject to clause 7 and 8 above.

11. The B.P.Ed. semester-I and II, III, IV examination shall be open to any regular student who:-

(i) Satisfied the minimum eligibility conditions, as gives in Clause 5;

(ii) Has remained on the rolls of a Teaching Department of this University for the academic semester preceding the examination;

(iii) Has his name submitted to the Controller of Examinations by the Chairperson of the Department concerned with the following certificates;

(a) Of possessing good character;

(b) i) 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)

ii) 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 condonation 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.

(a) In case a student is not allowed to appear in an examination in B.P.Ed. Physical Education for shortages of lectures he can be allowed provisional admission in the next session to complete his shortages of Lectures subject to clause 7 & 8. Such students will however have to Deposit 50% of the fees prescribed for that year of the course.

(b) 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 50% marks.

(c) A candidate who has passed semester I, II, III and IV of B.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 B.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.

(d) 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.

(e) Further provided that the candidates will take the Examinations according to syllabus in force for the regular students for that examination.

13.

(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).
14. The question paper will be set by the External Paper-Setter and the Paper-Setter shall also act as Examiner of the answer-books. In case, the Paper-Setter refuses to act as Examiner, the alternate examiner will be appointed.
15. Every candidate shall be examined according to the Scheme of Examination and Syllabus as approved by the Academic Council from time to time. However, Syllabus for the re-appear/failed candidates for the Supplementary shall be the same as applicable at the preceding semester Examination.
16. The amount of Examination fee to be paid by the candidate shall be as prescribed by the Controller of Examinations from time to time. A candidate re-appearing in Paper(s)/Part(s) shall pay fee as for the whole examination.
17. i.) The medium of instruction shall be Hindi and English.
ii.) The medium of examination shall be as under:-
(a) The question-Papers shall be set in Hindi and English.
(b) The candidates shall write their answers in English or Hindi.
18. 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



19. 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.

20. The result of candidates who have passed the C.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

21. For purposes of determining eligibility for award of University Medal, the minimum duration of the course will be two academic year.

22. Married girl is eligible for admission to B.P.Ed. programme. But, it is also compulsory for her to sign an undertaking that she will discontinue the programme at once for at least one academic year, if she gets pregnant during the course of study. She can join back afresh from the beginning of the semester keeping the guidelines pertaining to the maximum duration of the course in mind.

23 SPORTS WEIGHTAGES

The following sports merit score will be added to the merit score:-

(a)	1 st , 2 nd or 3 rd position at Senior/Junior World/Asian/SAF/Common Wealth/Championship.	25
(b)	Participation at Senior/Junior tournaments mentioned above at (a).	18
(c)	1 st , 2 nd or 3 rd position at Senior/Junior National Championship/National Games/Inter varsity tournaments/National School Games	15/12/10
(d)	1 st , 2 nd or 3 rd place in National (Sr./Junior) Zonal tournaments/SGFI zonal tournaments.	8/7/6
(e)	Played for combined universities/ combined school teams	5
(f)	Participation at Sr./Junior National tournaments/National School Games/inter university tournaments	4

Note :-

- Highest Sports Weight-age- on one count will be given.
- International position/participation certificate must be supported by position/participation certificate at National level.
- National position/participation certificate should be supported by State position/participation certificate.
- Similarly State level certificate should be supported by district position/participation certificates.
- A seat of outstanding sports person will only be given to candidate who has own position above 19 years of age.

6. No weight-age 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 graduation 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 graduation 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 Haryana Universities will be verified by the Secretary, Sports Council, of their respective Universities, hence they do not need graduation certificate.

1. 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.
2. 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 graduation through distance education.



**SYLLABUS FOR BACHELOR OF PHYSICAL EDUCATION
(B.P.Ed)**

This syllabus will be applicable w.e.f the session 2015-16 for B.P.Ed .

		Marks
PART -I	Theory Papers	1600
PART-II	Practical Lessons of teaching/Coaching (External practical)	1120
PART-III	Skill and Prowess (Internal practical)	480
	Total	3200

Note: - (i) Part - I shall be evaluated externally.

(ii) Part- II shall be jointly evaluated by external and internal examiners after every semester.

(iii)Part –III Skill and Prowess examination will be conducted at after every semester by internal examiners, appointed by Chairperson out of teacher of department

Semester-I

**Scheme of Examination
Semester-I**

Paper	Theory (400) Subjects	Internal Marks	External marks	Total
I	History, Principles and foundation of Physical Education	20	80	100
II	Anatomy and Physiology	20	80	100
III	Health Education and Environmental Studies	20	80	100
IV	Opt-i-Biomechanics Or Opt-ii-Sports Nutrition	20	80	100
	Practical (400)			
	Game Skill	30	70	100
	Athletics	30	70	100
	Other Activity	30	70	100
	Teaching Practice (class room and outdoor)	30	70	100
				800



GROUND ACTIVITIES TO BE TAKEN UP DURING 1ST SEMESTER

Practical's B.P.Ed

Part- II-Part-III

A-Games: - 1.swimming*/ (Badminton/ table tennis), .Basket Ball &

Volley ball

30+70= 100 marks

B-Athletics: - Sprints, Discus & Pole-Vault
marks

30+70= 100

C-Other Activities: -Aerobics , Action Song & Motion -Story,
marks

30+70= 100

Note:- The practical classes shall be held as per the scheme of after every semester. The practical examinations conducted by external & internal examiners after every semester. Minimum Five students must opt an optional paper to run the option.

Semester-II

Paper	Theory (400)		Internal Marks	External marks	Total
	Subjects				
V	Officiating & Coaching		20	80	100
VI	Educational Technology and Methods of Teaching in Physical Education		20	80	100
VII	Organization and Administration		20	80	100
VIII	Opt-i- Olympic movement Opt-ii- Theory of sports and game		20	80	100
	Practical (400)				
	Game Skill		30	70	100
	Athletics		30	70	100
	Other Activity		30	70	100
	Teaching Practice		30	70	100
					800

GROUND ACTIVITIES TO BE TAKEN UP DURING 2nd SEMESTER

Part- II-Part-III

GAME:- Boxing, Cricket & Hand Ball

30+70= 100 marks

ATHLETICS- Middle & Long Distance Race, High Jump, Hammer

30+70= 100 marks

Other Activity- Dumble, March-Past, Opening- Closing Ceremony

30+70= 100 marks



Semester-III

Paper	Theory (400) Subjects	Internal Marks	External marks	Total
IX	Sports Training	20	80	100
X	Sports Medicine, Physiotherapy and Rehabilitation	20	80	100
XI	Educational Psychology	20	80	100
XII	Opt-i-Computer Application in Physical Education Opt-ii- Theory of Athletics	20	80	100
	Practical (400)			
	Game Skill	30	70	100
	Athletics	30	70	100
	Other Activity	30	70	100
	Teaching Practice	30	70	100
				800

GROUND ACTIVITIES TO BE TAKEN UP DURING 3rd SEMESTER

Part- II-Part-III

Game :- Judo, Foot Ball& kabaddi
Athletics- Middle &Relay- Race, Triple Jump, Shot-Put
Other Activity- Mass PT, Elementary Gymnastics

30+70= 100 marks
30+70= 100 marks
30+70= 100 marks

Semester-IV

Paper	Theory (400) Subjects	Internal Marks	External marks	Total
XIII	Measurement and Evaluation in Physical Education	20	80	100
XIV	Kinesiology	20	80	100
XV	Research and Statistics in Physical Education	20	80	100
XVI	Opt-i-Sports Management Opt-ii- Yoga Education	20	80	100
	Practical (400)			
	Game Skill	30	70	100
	Athletics	30	70	100
	Other Activity	30	70	100
	Teaching Practice	30	70	100
				800

GROUND ACTIVITIES TO BE TAKEN UP DURING 4th SEMESTER

Part- II-Part-III



Game-Wrestling, Hockey & KHO-KHO
Athletics- Hurdle, Long Jump, Javelin
Other Activity- Lazium, Tipui, Flag March

30+70= 100 marks
30+70= 100 marks
30+70= 100 marks

Part-III (Internal Practical)

Skill and prowess

The candidate will be evaluated by the internal examiners in the following contents of semester I, II, III & IV

Teaching of Athletics

Marks 30

- | | |
|---------------------|----|
| 1. Demonstration | 10 |
| 2. Presentation | 5 |
| 3. Fault Correction | 5 |
| 4. Teaching Aids | 5 |
| 5. Viva | 5 |

Fault Deduction, Removal of fault, Corrective exercise of skill, Teaching Aid for Corrective exercise

Game Teaching Lesson

Marks 30

- | | |
|-----------------|----|
| 1 Demonstration | 10 |
| 2 Presentation | 5 |
| 3 Fault | 5 |
| 4 Correction | 5 |
| 5 Teaching Aids | 5 |

Teaching of other activities

Marks 30

- | | |
|--|---|
| 1. Fault Deduction | 5 |
| 2 Removal of fault | 5 |
| 3. Corrective exercise of skill | 5 |
| 4. Teaching Aids for Corrective exercise | 5 |
| 5. Viva | 5 |

The candidate will be evaluated by the internal examiners in the following contents of semester I,II ,III & IV



Teaching practice

Marks 30

1. Lesson Plan	10
2. Presentation	5
3. Correction of teaching skills	5
4. Teaching of Aid	5
5. Class control	5

Note:-

1. The practical classes shall be held as per the scheme of after every semester. The practical examinations shall be conducted by external & internal examiners at the after every semester. Minimum Five students must opt an optional paper to run the options.
2. Each candidate will be evaluated in one Skill given under various heads i.e. Games, Athletics & Other Activities in each semester.
3. The Draw of skill will be drawn seven days before the practical examination.
4. Since this is a professional course aimed at improving the standards of games and sports, therefore, special attention be given to practical aspect covering various areas. For this, 15 hours per week must be devoted to practicals involving teaching skills, out of which three hours will be for their teaching lessons under the supervision of the concerned teacher. To fulfill this aim, the students shall be required to prepare & take one supervisory lesson in each of the activities given under Games, Athletics and Other Activities.
5. The Chairperson/HOD will certify on the student's note-book that all requirements pertaining to teaching practice have been fulfilled by the student. The same has to be verified by the teacher concerned before it is submitted to the Chairperson/HOD.
6. The student is free to choose any one of the events for the examination lesson i.e. Pole-vault, Hammer Throw, Hurdles and triple jump, as these involve difficult skills to demonstrate and teach.
7. Duration of Practical examination will be 3 hours per group followed by Viva-voce.
8. Final lesson will be prepared on a separate chart for practical examination.
9. Each & every student will take part in the intra-mural activities and have the following dress-code for practicals/Intra murals. The colour for different courses will be different: a. For Theory-classes:- Trouser & Shirt (Summer Season), Trouser, Shirt, Tie & Blazer (Winter-season) b. For Practical classes:- T-Shirt & shorts/lowers (Summer Season) T-Shirt with track-suits (Winter Season)



10. All practical external examiners will be appointed by the University out of the panel recommended by the UG/PGBOS.

A handwritten signature in black ink, appearing to be 'M. S. S.', written in a cursive style.

SYLLABUS AND COURSES OF B.P.Ed. (2015-16)

(Semester-1st)
Paper-I-HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Max. Marks: 80

Time: 3 hours

NOTE:- (a) 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=20) 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.

Course Contents

UNIT-I

- Concept of Physical Education: Meaning, Definition & Scope
- Aims & Objectives of Physical Education
- Relationship of Physical Education & Recreation
- Contribution of Physical Education towards General Education
- Foundation of Physical Education
- Biological Activity, its Need, Principles of Use and Disuse.

UNIT-II

- History of Physical Education in Ancient Greek, Comparative Study of Spartan Athenian Education.
- The Origin and Development of Olympic Games.
- Development of Asian Games
- Age & Sex Difference
- Classification of Physique

UNIT-III

- Physical Education in Germany, Sweden & Denmark (Emphasis only on contribution of Basedaw, Guts-Muths, John Speiss, Machtegal, Long).
- Present status of Physical Education & Recreation in Russia and Japan.
- History of Physical Education in India (Pre- Independence & Post Independence Era).

UNIT-IV

- Critical Appreciation of following:
 - Haryana Sports Department
 - IOC Policies of Developing of Physical Education & Sports
 - Modern Olympics
 - South Asian Federation Games
 - Sports Authority of India.



Suggested Readings

1. Charles & Bucher, Foundations of Physical Education.
2. Harold M. Barrow, Man & His Movement Principles of Physical Education.
3. J.F. Williams, Principles of Physical Education.
4. Cowel & France, Philosophy and Principles of Physical Education.
5. D.G. Wakhakar, Manual of Physical Education
6. M.L.Kamlesh & M.S.Sangral, Principles & History of Physical Education.
7. Upadyke Johnson, Principles of Modern Physical Education, Health & Recreation.



(Semester-1st)

Paper-II - ANATOMY AND PHYSIOLOGY

Time: 3 hours Maximum Marks: 100 Internal Marks: 20 External Marks: 80

NOTE:- (a) 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=20) 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.

Course Contents

UNIT-I

- Description of the following: Cell, Tissue, Organ, Ligament, Cartilage etc.
- The Skeletal System: Its structure and functions
- Spinal column, Pelvi Girdle-Male & Female, The Thorax, The Extremities, Joints and their Movements.

UNIT-II

- The Muscular System: Structure, Types, Functions & Contraction of Muscles
- Effect of Exercise on the Muscular System
- Fatigue, Staleness, Muscle Cramp .
- The Nervous System: The Neuron, Spinal Cord, The Brain, The Autonomic System, Reflex Action, Peripheral Nerves, Influence of Exercise on the Nervous System.

UNIT-III

- The Circulatory System: General Arrangement of Circulatory System, Functions of the Circulatory System, Blood, Haemorrhage.
- The Heart and Blood Vessels, Pulse, Blood Pressure and its Measurement, Effect of Exercise on Circulatory System, Athletic Heart.

UNIT-IV

- The Digestive System: Anatomy of Digestive System, Digestion of Food, Metabolism. Effect of Exercise on the Digestive System.
- The Excretory System: Anatomy of Excretory System and its Function, the Heat Regulating Mechanism.
- The Respiratory System, Anatomy of Respiratory System, Mechanism of Respiration, Vital Capacity, Role of Oxygen in Exercise on the Respiratory System.

Suggesting Readings

- Clarke David H., Exercise Physiology Englewood Cliffs, N.J.Prentice Hall Inc 1975
- Crouch, James E., Functional Human Anatomy, 2nd ed. Philadelphia: Lea & Febniger, 1972 6
- Morehouse and Miller, Physiology of Exercise, St Louis The C.V. Mosby Company, 1975.
- Pearce, Evelyn C. Anatomy and Physiology for Nurses, London, Faber & Faber Ltd.

(Semester-1st)

Paper-III -HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

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=20) 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

INTRODUCTION Concept of Health Education: Meaning, Definition Importance of Health Education in Phy. Edu & Sports Scope of Health Education in Phy. Edu & Sports

UNIT-II

HEALTH Concept of Health in Sports Factors affecting Health in Sports Care of Skin, Hair, Eyes, Ear, Nose, Teeth, Hands and Clothes.

UNIT-III

SCHOOL HEALTH PROGRAMME Need and Importance of School Health Services Health Supervision Different Aspects of School Health Programme

UNIT-IV

NUTRITION Elements of Balanced Diet Carbohydrates, Proteins, Fat, Vitamins, Minerals, Salts and Water. Need and Importance of First-aid in Physical Education and Sports Causes and Prevention of Aids Effects of Smoking and Alcohol on Health Safety in Playgrounds.

PRACTICAL HEALTH EDUCATION: - Total Marks: 20

1. Preparation of School Health Programme
 2. Transportation of the Injured Persons
 3. Artificial Respiration
 4. Control of Bleeding, Cuts and Wounds
 5. Taping Bandage and its various Types.
- Suggested Readings 1. Dehl: Healthful living, MC Graw Hill. 2. Physical Education & Health (Dr. A.K. Uppal, Dr. G.P.Gautam) 3. Obertaufor: School Health Education 4. Physical and Health Education (Mr. V.D.Sharma & Granth Singh)

(Semester-1st)

Paper- IV- Option-i-BIOMECHANICS

Time: 3 hours Maximum Marks: 100

Internal Marks: 20 External Marks: 80

NOTE:- (a) 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=20) 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, definition, functions and importance of biomechanics in Physical Education and Sports. Fundamental Mechanical Concept of: Force, Pressure, Mass, Weight, Volume and Density. Forces acting on a system: properties of a force: Types of forces: Reaction Force, Friction Force, Centripetal and Centrifugal Force and their application in Sports.

UNIT-II Linear Movement Linear speed and velocity Linear acceleration Relationship of force, mass and linear acceleration Linear momentum Linear impulse Newton laws of motion and their application in sports Rotatory Movement: A Angular speed and velocity B Angular acceleration

UNIT-III Spin, Rebound and Swing and their application in Physical Education & Sports A Spin and its types, B Effects of spin on speed of the ball on the surface. C Effects of spin on speed and direction of the ball in flight D The Magnus effect its application in Sports Meaning and Application of Following Aerodynamic forces in Physical Education & Sports: a. Skin Friction b Profile Drag c Effects of Streamline on Drag d Terminal Velocity (Freefall)

UNIT-IV A Definition description and application of levers in Physical Education and Sports B Advantages of levers C Classes of levers Balance and Equilibrium a. Stable, unstable and neutral equilibrium b Balance in static position c Factors effecting stability 20

Reference Books:

1. Gowitzke, BA and Milner M. 1998, Scientific Basis of human movement (3rd Edition)
2. Hay, J (1978) The Bio-Mechanics of Sports Techniques 2nd Edition Englewood Cliffs: Prentice Hall
3. Kreighbaum & Bartheles, Biomechnis, Ny: Macmillan 1985.
4. Mood S.D. Beyond Biomechanics-New York – Taylor (1996)
5. Hall, S.J. Basic Biomechanics, London, Mosy 1991
6. Hay, J & Reid (1982) The Anatomical and Mechanical Basis of Human Motion. (Semester-1st)

Paper- IV- Option-ii-SPORTS NUTRITION

Time: 3 hours Maximum Marks: 100 Internal Marks: 20 External Marks: 80

NOTE:- (a) 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=20) 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 Introduction to Sports Nutrition

- Meaning and Definition of Sports Nutrition
- Basic Nutrition guidelines
- Role of nutrition in sports
- Factor to consider for developing nutrition plan

Unit – II Nutrients: Ingestion to energy metabolism

- Carbohydrates, Protein, Fat–Meaning, classification and its function
- Role of carbohydrates, Fat and protein during exercise
- Vitamins, Minerals, Water–Meaning, classification and its function
- Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.

Unit – III Nutrition and Weight Management

- Meaning of weight management and values of weight management affecting weight management
- Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss
- Obesity–Definition, meaning and types of obesity,
- Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.

Unit – IV Steps of planning of Weight Management

- Nutrition–Daily calorie intake and expenditure, Determination of desirable body weight
- Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle
- Weight management program for sporty child, Role of diet and exercise in weight management
- Design diet plan and exercise schedule for weight gain and loss

References:

- Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.* 93(6), 2027-2034.
- DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med.* 356(21), 2176-2183.
- Dixon, J.B., O'Brien, P.E., Playfair, J. Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA.* 299(3), 316-323.



(Semester-2nd)
PAPER-V. OFFICIATING & COACHING

Maximum Marks: 100 Internal Marks: 20 External Marks: 80 Time: 3 hours

NOTE:- (a) 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=20) 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.

Course Contents

UNIT-I

A Concept of Officiating: Meaning, Definition, Importance and Principles. B Duties of Officials in General, Pre, During and Post Game C Relation of Officials with Management, Players, Coaches and Spectators.

UNIT-II

Measurement, Marking, Equipment, Technique and Rule & Regulations of following: 400 meters, 200 mtrs, Track and Field Event Preparation of Score Sheet of Track & Field Events Layout of Standard Track. Preparation of T/A/D/A bills Qualities of a Good Official.

UNIT-III

Measurement, Marking, Equipment, Basic Fundamentals, Rule & Regulations of following Games: Kabaddi, Badminton, Judo, Kho-Kho Preparation of Score-Sheet of Kabaddi, Badminton, Judo & Kho-Kho

UNIT-IV

Methods of Conditioning: Interval Method, Circuit Training Method, Weight Training Method, Farflak Training Method Principles of Training Doping and its Effects on Sports Performance on the Health of an Athlete. Criteria for Selection of College/University Team Warming up, Cooling Down and its Physiological Effect.

Suggesting Readings

1. Rules of Games and Sports by YMCA Madras.
2. Athletic training by Cliffs.
3. Rules of Games and Sports by Lokesh Hani.
4. R.L.Anand: Playing field manual NIS Publications.



(Semester-2nd)
**PAER-VI- EDUCATIONAL TECHNOLOGY AND METHODS OF
TEACHING IN PHYSICAL EDUCATION**

Maximum Marks: 100 Internal Marks: 20 External Marks: 80 Time: 3 hours

NOTE:- (a) 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=20) 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.

Course Contents

Unit – I Introduction

- Education and Education Technology- Meaning and Definitions
- Types of Education- Formal, Informal and Non- Formal education.
- Educative Process
- Importance of Devices and Methods of Teaching.

Unit – II Teaching Technique

- Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc.
- Teaching Procedure – Whole method, whole – part – whole method, part – whole method.
- Presentation Technique–Personal and technical preparation
- Command- Meaning, Types and its uses in different situations.

Unit – III Teaching Aids

- Teaching Aids–Meaning, Importance and its criteria for selecting teaching aids.
- Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc
- Team Teaching–Meaning, Principles and advantage of team teaching.
- Difference between Teaching Methods and Teaching Aid.

Unit – IV Lesson Planning and Teaching Innovations

- Lesson Planning–Meaning, Type and principles of lesson plan.
- General and specific lesson plan.
- Micro Teaching–Meaning, Types and steps of micro teaching.
- Simulation Teaching - Meaning, Types and steps of simulation teaching.

References:

- Bhardwaj, A. (2003). *New media of educational planning*. New Delhi: Sarup of Sons.
- Bhatia, & Bhatia, (1959). *The principles and methods of teaching*. New Delhi: Doaba House.
- Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). *Introduction to educational technology*. New Delhi: Sterling Publishers Pvt. Ltd.
- Waite, J.S. (1999). *Principles and methods of education*. Jalandhar: Paul Publishers.

(Semester-2nd)
PAPER-VII- ORGANIZATION AND ADMINISTRATION

Maximum Marks: 100 Internal Marks: 20 External Marks: 80 Time: 3 hours

NOTE:- (a) 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=20) 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.

Course Contents

Unit – I: Organization and administration

- Meaning and importance of Organization and Administration in physical education
- Qualification and Responsibilities of Physical Education teacher and pupil leader
- Planning and their basic principles,
- Program planning: Meaning, Importance, Principles of program planning in physical education.
- Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

Unit- II: Office Management, Record, Register & Budget

- Office Management: Meaning, definition, functions and kinds of office management
- Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.
- Budget: Meaning, Importance of Budget making,
- Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

Unit-III: Facilities, & Time-Table Management

- Facilities and equipment management: Types of facilities Infrastructure-indoor, out door.
- Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- Equipment: Need, importance, purchase, care and maintenance.
- Time Table Management: Meaning, Need, Importance and Factor affecting time table.

Unit-IV:Competition Organization

- Importance of Tournament,
- Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
- Organization structure of Athletic Meet
- Sports Event Intramurals & Extramural Tournament planning

References:

- Broyles, F. J. &Rober, H. D. (1979)*Administration of sports, Athletic programme: AManagerial Approach*. New York: Prentice hall Inc.
- Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme*.St.Louis: The C.V. Mosby Co.
- Kozman, H.C. Cassidy, R. & Jackson, C. (1960).*Methods in Physical Education*. London:



W.B. Saunders Co.
Pandya, L.K. (1977). *Methods in Physical Education*. Delhi: Metropolitan Book Depo.
Thomas, J. P. (1967). *Organization & administration of Physical Education*. Madras:
Gyanodayal Press.
Tirunaryanan, C. & Hariharan, S. (1969). *Methods in Physical Education*. Karaikudi: South
India Press.



(Semester-2nd)
PAPER-VIII- OPTION-I- OLYMPIC MOVEMENT

Maximum Marks: 100 Internal Marks: 20 External Marks: 80 Time: 3 hours

NOTE:- (a) 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=20) 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.

Course Contents

Unit – I Origin of Olympic Movement

Philosophy of Olympic movement

- The early history of the Olympic movement
- The significant stages in the development of the modern Olympic movement
- Educational and cultural values of Olympic movement

Unit – II Modern Olympic Games

- Significance of Olympic Ideals, Olympic Rings, Olympic Flag
- Olympic Protocol for member countries
- Olympic code of Ethics
- Olympism in action
- Sports for All

Unit – III Different Olympic Games

- Para Olympic Games
- Summer Olympics
- Winter Olympics
- Youth Olympic Games

Unit – IV Committees of Olympic Games

- International Olympic Committee - Structure and Functions
- National Olympic committees and their role in Olympic movement
- Olympic commission and their functions
- Olympic medal winners of India

Reference:

- Osborne, M. P. (2004). *Magictree house fact tracker: ancient Greece and the Olympics: a nonfictioncompanion to magic tree house: hour of the Olympics*. New York: Random House Books for Young Readers.
- Burbank, J. M., Heying Boulder, C. H. (2001). *Olympic dreams: the impact of mega-events on local politics*: Lynne Rienner



(Semester-2nd)

PAPER-VIII-OPTION- ii- THEORY OF SPORTS AND GAMES

Maximum Marks: 100 Internal Marks: 20 External Marks: 80 Time: 3 hours

NOTE:- (a) 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=20) 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.

Course Contents

Unit-I Introduction of games and sports

- General Introduction of specialized games and sports–
 - Athletics,
 - Badminton,
 - Basketball
 - Cricket
 - Each game or sports to be dealt under the following heads
 - History and development of the Game and Sports
 - Ground preparation, dimensions and marking
 - Standard equipment and their specifications
 - Ethics of sports and sportsmanship

Unit-II -Games and sports

- General Introduction of specialized games and sports
 - Football
 - Hockey,
 - Handball,
 - Volleyball
- Each game or sports to be dealt under the following heads
- History and development of the Game and Sports
- Ground preparation, dimensions and marking
- Standard equipment and their specifications

• Ethics of sports and sportsmanship

Unit-III Scientific Principles of coaching: (particular sports and game specific)

- Motion – Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton's Law of motions.
- Force–Friction, Centripetal and Centrifugal force, Principles of force.
- Equilibrium and its types
- Lever and its types
- Training load–Components, Principles of load, Over Load (causes and symptoms).

Unit-IV Conditioning exercises and warming up.



- Concept of Conditioning and warming up.
- Role of weight training in games and sports.
- Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition).
- Recreational and Lead up games
- Strategy—Offence and defense, Principles of offence and defense.

References:

- Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood cliffs N. J. Prentice Hall.
- Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.
- Lawther, J.D. (1965). *Psychology of coaching*. New York: Pre. Hall.
- Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Graw Hill.



(Semester-3rd)

PAPER-IX- SPORTS TRAINING

Maximum Marks: 100 Internal Marks: 20 External Marks: 80 Time: 3 hours

NOTE:- (a) 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=20) 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.

Course Contents

Unit – I Introduction to Sports Training

- Meaning and Definition of Sports Training
- Aim and Objective of Sports Training
- Principles of Sports Training
- System of Sports Training – Basic Performance, Good Performance and High Performance Training

Unit – II Training Components

- Strength–Mean and Methods of Strength Development
- Speed–Mean and Methods of Speed Development
- Endurance - Mean and Methods of Endurance Development
- Coordination–Mean and Methods of coordination Development
- Flexibility–Mean and Methods of Flexibility Development

Unit – III Training Process

- Training Load- Definition and Types of Training Load
- Principles of Intensity and Volume of stimulus
- Technical Training–Meaning and Methods of Technique Training
- Tactical Training–Meaning and Methods of Tactical Training

Unit – IV Training programming and planning

- Periodization–Meaning and types of Periodization
- Aim and Content of Periods–Preparatory, Competition, Transitional etc.
- Planning–Training session
- Talent Identification and Development

References:

- Dick, W. F. (1980). *Sports training principles*. London: Lepus
Harre, D.(1982). *Principles of sports training*. Berlin: Sportulad.
Matvyew, L.P. (1981). *Fundamental of sports training*. Moscow: Progress Publishers.
Singh, H. (1984). *Sports training, general theory and methods*. Patiala: NSNIS.
Uppal, A.K., (1999). *Sports Training*. New Delhi: Friends Publication.



(Semester-3rd)
**PAPER-X-SPORTS MEDICINE, PHYSIOTHERAPY
AND REHABILITATION**

Maximum Marks: 100 Internal Marks: 20 External Marks: 80 Time: 3 hours

NOTE:- (a) 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=20) 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.

Course Contents

Unit-I: - Sports Medicine:

- Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
- Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.
- Need and Importance of the study of sports injuries in the field of Physical Education
- Prevention of injuries in sports-Common sports injuries-Diagnosis-
- First Aid - Treatment - Laceration – Blisters – Contusion - Strain – Sprain – Fracture – Dislocation and Cramps – Bandages – Types of Bandages – trapping and supports.

Unit-II: Physiotherapy

- Definition – Guiding principles of physiotherapy,
- Importance of physiotherapy,
- Introduction and demonstration of treatments - Electrotherapy – infrared rays –
–
• Introduction and demonstration of treatments -Ultraviolet rays –short wave diathermy – ultrasonic rays.

Unit-III: Hydrotherapy

- Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast Bath,
- Introduction and demonstration of treatments of Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation –
- Massage: History of Massage – Classification of Manipulation (Swedish System)
- Physiological Effect of Massage.

Unit-IV: Therapeutic Exercise

- Definition and Scope – Principles of Therapeutic Exercise
- Classification, Effects and uses of Therapeutic exercise
- Passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise:
- Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints Hips, Knee, ankle and Foot joints – Trunk, head and neck exercises.



References:

- Christine, M. D., (1999). *Physiology of sports and exercise*. USA: Human Kinetics.
David, R. M. (2005). *Drugs in sports*. (4th Ed). Routledge Taylor and Francis Group.
Jayprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
Pandey, P.K., (1987). *Outline of sports medicine*, New Delhi: J.P. Brothers
Williams, J. G. P. (1962). *Sports medicine*. London: Edward Arnold Ltd.



(Semester-3rd)
PAPER-XI- EDUCATIONAL PSYCHOLOGY

Maximum Marks: 100 Internal Marks: 20 External Marks: 80 Time: 3 hours

NOTE:- (a) 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=20) 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.

Course Contents

UNIT-I

INTRODUCTION

Psychology its Meaning & Definition Psychology as a Science Scope & Importance of Psychology in Physical Education Intelligence Concept of Intelligence: Meaning, Definition & Nature Types of Intelligence Theories of Intelligence

UNIT-II

DEVELOPMENTAL PSYCHOLOGY

Nature of Human Growth and Development General Characteristics of Physical, Intellect; Emotional and Social Development during Infancy, Childhood & Adolescence. **PERSONALITY** Concept of Personality: Meaning & Definition Types of Personality

UNIT-III

INDIVIDUAL PSYCHOLOGY

Individual Differences: Types and Nature Determinants of Individual Differences: Heredity and Environment. **LEARNING** Concept of Learning: Meaning, Definition, Nature Laws & Theories of Learning Plateau in Learning & Transfer of Learning

UNIT-IV

Concept of Motivation: Meaning; Definition & its Nature Factors influencing Motivation Techniques of Motivation Motivation & Sports Performance

ANXIETY

Anxiety: its Nature and Kinds Anxiety and performance Management of Anxiety.

ADJUSTMENT

Concept of Adjustment: Meaning & Definition Personal & Social Adjustment Causes of Maladjustment Role of Physical Education in Preventing Maladjustment & Promoting Mental Health.

REFERENCE BOOKS

1. Crow, Educational Psychology-Little field adams & Co., 1979.
2. J.Ross, Ground work of Education Psychology.
3. Mathur, S.S., Educational Psychology, Vinod Pustak Mandir, Agra-1962.
4. Jack H., Psychology of Coaching: Theory and Application



(Semester-3rd)
PAPER-XII-OPTION-I-COMPUTER APPLICATION IN PHYSICAL EDUCATION

Maximum Marks: 100 Internal Marks: 20 External Marks: 80 Time: 3 hours

NOTE:- (a) 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=20) 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
Concept of Computer & its Basics History, Application, Characteristics, Classification of Computers (Analog, Digital, Hybrid) Physical Structure of Computer Use of Computers Human vs. Computer Role of Computer in Various Fields. Aspects and Need of Computers Education

UNIT-II
COMPONENTS OF COMPUTER SYSTEM: AN INTRODUCTION OF HARDWARE AND SOFTWARE Components of Computer System CPU (CU, ALU, Main Memory) Input Devices (Keyboard, Mouse and Track Ball, Touchpad, Joysticks, Touch-Sensitive Screens, Data Scanning Devices, Bar Code Readers) Output Devices (Monitor, Laser, LCD) Hard Copy Devices (Printers) UPS and types of UPSs. Operating System Programme Languages Translator Application Program, Package

UNIT-III
INTRODUCTION TO WINDOWS Windows Features Windows Accessories-Calculator, Notepad, Word-pad, Paint. Structure of Window Screen (Desktop, Wallpaper, Taskbar, Icons) Start Button Programs, Documents, Setting Search, Help & Support, Run, Concept of file & folders, Shut down, Operating System: Functions & Types Function and type of Operating System. Virus:- Types, Symptoms & Effects.

UNIT-IV
MS OFFICE Word –Introduction to Word Processor, Creating & Saving Documents, Editing & Formatting, a Document including Color, Size, Font, Alignment of Text, Printing a Document, Inserting Word Art, Clipart & Picture, Page Sorting, Bullets and Numbering, Inserting Tables, Mail Merge. Power Point-Introduction to Excel, Need of Spreadsheet, Creating, Opening & Saving Workbook, Editing Worksheet, Using Links, Applying Different Views, Types of Functions. Benefits of Internet. 12
Type of connections: Dial-up, Dedicated or Leased Lines, Wi-fi. Using Search Engine Downloading the information. Communication on the Internet: e-mail, Chatting, Internet Newsgroups.

Suggested Readings

1. Arora S.: Introduction to information and Technology Dhanpat Rai & Co. (Pvt.) Ltd. Education & Technical publisher (2002)
2. Nasib Gill: Essential of Computer, and network Technologies. Khana book Publishing Company Darya Ganj New Delhi (2000)
3. Hussain: Computer technology & application 1996



4. Carter Roger: The information Technology handbook, Heinmar Professional Publishing Ltd.
(1987) 5. Raja Raman V. Fundamentals of computer, Prentice Hall of India Pvt Ltd 1982. 6. Raja
Gopalan R: Understanding Computers, Tata Mcgraw Hill Publishing Company Ltd. 1990.



(Semester-3rd)

PAPER-XII- OPTION-ii- Theory of Athletics

Maximum Marks: 100 Internal Marks: 20 External Marks: 80 Time: 3 hours

NOTE:- (a) 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=20) 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. Historical development of track and field event in India, Asia and World level .
- ii. Warming up and its significance, f
- iii. actors effecting warming up ; types of warning up, cooling down and its significance
- iv. Layout of track
- v- Rules of track events and their interpretation
- v. Organization and administration of Athletics meet
- vi. Selection of Athletes

UNIT-II

JUMPS

- i. Long Jump : Techniques, common faults and corrective techniques
- ii. Triple Jump: Techniques & Training Take Off, Approach run, triple Jump Drills, Common faults and corrective techniques
- iii. High Jump: Techniques, training Approach run, drill, common faults And corrective techniques
- iv. Pole Vault : The Grip, Approach run, Take Off, Bar Clearance, landing common Faults and corrective techniques
- v. Shotput : The techniques, common faults and corrective techniques
- vi. Discus : The techniques, common faults and corrective techniques
- vii. Javelin : The techniques, common faults and corrective techniques
- viii. Hammer : Grip, Preliminary swings, Turns, Release common faults And corrective techniques

UNIT-III

- i. Sprints: - techniques, training, drills, common faults and corrective techniques
- ii. Middle distance : - techniques, training, drills, common faults and corrective techniques
- iii. Long distance :- : - techniques, tactics, training, drills, common faults and corrective techniques
- iv. Steeplechase, cross country, road race, walking
- v. Hurdle race (high and low hurdle) technique and training
- vi. Duties and powers of officials in track events



UNIT-IV

- i. Combined events, Decathlon and Hepathalon
- ii. Rules of Field events and their interpretations
- iii. Scores sheets Shotgun, Discus, Javelin, Hammer, Long Jum, Triple Jump, High jump & Pole vault events.
- Iv Planner and administration of Athletics meet
- V Scores sheets of officials in track events

REFERENCE:-

- i. Guthrie, Mark, Coaching track and field successfully, Human Kinetics: Champain IL, 2006
- ii. Bowerman, J.W. Freeman, H.W. High Performance training for track and field, Leisure Press : Champaogn Illinois, 1991
- iii. Gambetta, Vern, the Athletics Congress's track and field Coaching Manual, Leisure Press : Champaogn Illinois, 1989
- iv. Dunn, G.D. Jr. Mc Gill, Kevin, the throws Manual, tafnews Press: Mountain View, USA, 1991
- v. Jarver, Jess, Track and Field Coaching Manual, Rothmans Founadation : Australia, 1987.
- vi. Baechle, T.R., Groves, B.R. Weight training steps to Success, Human Kinetics : Champaign Illinois, 1998.
- vii. Ackland John, the Complete Guide to Endurance training, A & C blak: Australia, 1987
- viii. Bompa, Tudor, O. total training for young champions, Human Kinetics : Champaign Illinois, 2000.
- ix. Schmolinsky, G.Track and field, Sportverlag : Berlin, 1978.



(Semester-4th)

PAPER-XIII- MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Maximum Marks: 100 Internal Marks: 20 External Marks: 80 Time: 3 hours

NOTE:- (a) 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=20) 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.

Course Contents

Unit- Introduction to Test, Measurement & Evaluation

- Meaning of Test, Measurement & Evaluation in Physical Education
- Need & Importance of Test, Measurement & Evaluation in Physical Education
- Principles of Evaluation

Unit-II Criteria: Classification and Administration of test

- Criteria of good Test
- Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms)
- Type and classification of Test
- Administration of test, advance preparation–Duties during testing–Duties after testing.

Unit- III Physical and motor Fitness Tests

- AAHPER youth fitness test
- Indiana Motor Fitness Test
- JCR test

Unit- IV Sports Skill Tests

- Lockhart and McPherson badminton test
- Johnson basketball test
- McDonald soccer test
- S.A.I volleyball test
- S.A.I Hockey test

References:

- Barrow, H. M., & McHee, R. (1997). *A practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.
- Kansal, D.K. (1996). *Test and measurement in sports and physical education*. New Delhi: D.V.S. Publications.
- Mathews, D.K., (1973). *Measurement in physical education*, Philadelphia: W.B.Sounders Company.
- Phillips, D. A., & Hornak, J. E. (1979). *Measurement and evaluation in physical education*. New York: John Willey and Sons.



(Semester-4th)

PAPER-XIV- KINESIOLOGY

Maximum Marks: 100 Internal Marks: 20 External Marks: 80 Time: 3 hours

NOTE:- (a) 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=20) 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.

Course Contents

UNIT-I

INTRODUCTION Concept of Kinesiology: Meaning, Definition, Scope & Importance. Application of Kinesiology in Phy. Education & Sports Balanced Posture: Common Posture Deformities Corrective Exercises for Postural Defects Injuries, Sprain, Strain & Contusion & their Treatment

UNIT-II

Terminology of various types of Movements Around Joints. (i) Body planes (ii) Body Axis and their Types (i) Spine (ii) Shoulder (iii) Shoulder Girdle (iv) Hips (v) Elbow (vi) Knee (vii) Ankle

UNIT-III

Structural Classification of Muscles on the basis of Attachment. Functional Classification of Muscles (iii) Technology of Muscular Attachment (iv) Method of Assessing a Joints Range of Motion (v) Technique for Increasing Joint Flexibility (vi) Basic Concept of Force, Motion, Newton's Laws, Equilibrium and Centre of Gravity.

UNIT-IV

Characteristics and Functions of Shoulder Joint & Shoulder Girdle Muscles: Deltoid, Latissimus Dorsi, Pectorals Major, Trapezius Characteristics and Functions of Elbow Joint Muscles. Biceps Brachi, Brachialis and Triceps **Lower Extremity** Characteristics and Functions of Hip Joint Muscles; Gluteous Maximum, Characteristics and Function of Knee Joint, Gastrocnemius. Hamstrings, Biceps Femoris, Rectos Femoris, Sartoris Characteristics and Functions of Individual Muscles Rectos Abdominus, Sterno-Cleidomastoid.



(Semester-4th)
PAPER-XV - RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

Maximum Marks: 100 Internal Marks: 20 External Marks: 80 Time: 3 hours

NOTE:- (a) 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=20) 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.

Course Contents

Unit-I Introduction to Research

- Definition of Research
- Need and importance of Research in Physical Education and Sports.
- Scope of Research in Physical Education & Sports.
- Classification of Research
- Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

Unit-II Survey of Related Literature

- Need for surveying related literature.
- Literature Sources, Library Reading
- Research Proposal, Meaning and Significance of Research Proposal.
- Preparation of Research proposal / project.
- Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.

Unit-III Basics of Statistical Analysis

- Statistics: Meaning, Definition, Nature and Importance
- Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables
- Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve, Cumulative Frequency Polygon, Ogive, Pie Diagram

Unit- IV Statistical Models in Physical Education and Sports

- Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data
- Measures of Variability: Meaning, importance, computing from group and ungroup data
- Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

References:

Best, J.W. (1963). *Research in education*. U.S.A.: Prentice Hall.
Clark, H. H., & Clark, D. H. (1975). *Research process in physical education*. Englewood cliffs, New Jersey: Prentice Hall, Inc.



Garrett, H.E. (1981). *Statistics in psychology and education*. New York: VakilsFerrer and Simon Ltd.

Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). *Research method in physical activity*. U.S.A: Champaign, IL: Human Kinetics Books.

Uppal, A. K. (1990). *Physical fitness: how to develop*. New Delhi: Friends Publication.

Verma, J. P. (2000). *A text book on sports statistics*. Gwalior: Venus Publications.



(Semester-4th)
PAPER-XVI- OPTION-I- SPORTS MANAGEMENT

Maximum Marks: 100 Internal Marks: 20 External Marks: 80 Time: 3 hours

NOTE:- (a) 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=20) 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.

. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I Concept of Sports Management: Meaning, Importance & Scope Factors Influencing Sports Management Factors Affecting Teaching and Various Methods of Teaching Steps of Personnel and Technical Preparation Meaning Importance and Types of Audio Visual Aids.

UNIT-II Meaning and Types of Class Management. Salient Features of Good Class Management Factors Affecting Class Management Meaning & Values of Lesson Plan- Games, Gymnastic, Athletic and Indigenous Activity Classification of Exercises and Activities and its Importance Meaning & Importance of Tournaments, Types of Tournament Knockout and League, their Advantages and Disadvantages.

UNIT-III Meaning Importance and Principles of Administration and Organization. Factors Influencing Good Administration Qualities of Physical Education Teachers. Playgrounds, Area, Location, Layout and Care of Sports Equipments. Need, Importance, Purchase of Sports Equipment.

UNIT-IV Need & Importance of Curriculum Planning. Time-Table, Factors Affecting Time-Table, Objectives, Principles and Precautions in Preparation of Time-Table. Intranatural Objectives and Organization Budget Importance and Criteria for a Good Budget. Meaning & Importance, Types of Records and Registers. Evaluation-Meaning Need, Importance and Methods of Evaluation. Characteristics of a Good Test Supervision and Inspection, Qualities of Good Supervisor. Organization and Conduct of Tournaments and Athletic Meets.

RECOMMENDED BOOKS

1. P.M. L Joseph, Organization of Physical Education.
2. Suraj Singh, Administration of Physical Education
3. D.G. Wakherker, Manual of Physical Education.

(Semester-4th)
PAPER-XXVI- OPTION-ii- YOGA EDUCATION

Maximum Marks: 100 Internal Marks: 20 External Marks: 80 Time: 3 hours

NOTE:- (a) 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=20) 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
Historical Background of Yoga Definition of Yoga and its Objectives Importance of Yoga in the Modern Society Yogic diet, Suitable place for Yoga

UNIT-II
Meaning & Importance of Astring Yoga Pranayam, its types and techniques, Benefits of Pranayam, Shitali, Sheetkari, Kumbhak, Kapal Bhati Types of Yoga_ Hath Yog, Karam Yog, Bhakti Yog, Raj Yog and Mantra Yog

UNIT-III
Effect of Yogic Exercises: Digestive System, Respiratory System and Circulatory System. Internal Purification/Satkarns -Jal Nei and its benefits & technique, Sutar Neti and its technique and benefits and Vaster Dhoiti and its technique & benefit. Asanas: Types of Asnas, their benefits (How Asana are useful) prevention of diseases through Asana.

UNIT-IV
Mudra & Bandha:- Jalander Bandh, Mula Bandh and Uddyuan Bandh, their Benefits and technique Gyan Mudra, Prana Mudra, their techniques and benefits Famous Yogis: Maharishi Patanjali, Grokh Nath, Swami Daya Nand, and Arvind Ghosh Famous Institutions: Gurukul Kangri Haridwar, Viveka Nand Yog Institutions, Bihar Yog Bharti Munger.

Reference Book: YOGA PHILOSOPHY – S.N. Dasgupta
BHARAT KA MAHAN YOGI:- Vishwnath Mukherjee
TEXT BOOK OF YOGA- Yogeshwar
ANATOMY & PHYSIOLOGY – J.P. Brothers
ANATOMY & Physiology for Nurses PATANJALI YOGA PRADEEP- Geeta Press Gorakhpur

YOGA (Practical) Max. Marks: 20

All Students are required to prepare a Yoga Note-book regarding Prayanam, Surya Namaskar, Bandh & Shutkarma alongwith seven important Asanas i.e VAJAR ASANA, TAR ASANA, SURYA NAMASKAR, SHAVA ASANA, BHUJANG ASANA, HAL ASANA, CHAKAR ASANA, PADAM ASANA, SARWANG ASANA AND NOKA ASANA.

