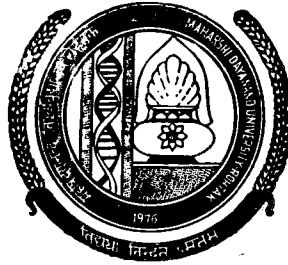


Maharshi Dayanand University Rohtak



Ordinances, Syllabus and Courses of Reading for M.A. (Prev.) Physical Education Examination

Session—2002-2003

Available from :

**Deputy Registrar (Publication)
Maharshi Dayanand University
Rohtak-124 001 (Haryana)**

Price :

**At the Counter : Rs. 50/-
By Regd. Parcel : Rs. 75/-
By Ordinary Post : Rs. 60/-**

ORDINANCE : MASTER OF ARTS EXAMINATION

1. The Master of Arts Examination shall be held in two Parts, Part-I examination shall be held at the end of the first year and Part-II examination at the end of second year.
2. The examination in Part-I and Part-II shall be held once a year ordinarily in the month of April/May, on such dates as may be fixed by the Vice-Chancellor.

A supplementary examination in Part-II of M.A. will be held in December or on such dates as may be fixed by the Vice-Chancellor for those candidates who have passed all the Papers of Part-I exam, but have got 're-appear' or have failed or want to improve their number of chances will not exceed as given in the Ordinance.

3. 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 Heads of the University Teaching Departments, P.G. Regional Centre and the colleges concerned.
4. A candidate's admission form and fee may be accepted after the last date on Payment of late fee of Rs. 105/- upto the date notified by the University.

Note : No late fee shall be changed if the admission form and fee are received within three working days of grace after the last date for the receipt of the same without late fee

5. A person who has passed one of the following Examinations, shall be eligible to join the first year (Part-I) class of Master of Arts course; (except Master of Physical-Education).
 - (i) B.A./B.Sc./B.Com. (Hons.) Examination in the subject of Postgraduate Course.
 - (ii) B.A./B.Sc./B.Com. (Hons.) in a subject other than the subject of Post-graduate Course with atleast 50% marks in the aggregate.
 - (iii) 1st Bachelor's degree with atleast 50% marks in aggregate or 45% marks in the subject of P.G. Course in which the candidate wishes to seek admission.
 - (iv) Shastri Examination (New Scheme) of this University in the manner prescribed in (i) and (ii) above.
 - (v) Master's degree examination in another subject.

- (vi) The B.A. degree obtained through English only etc. shall be considered for admission to M.A. in various subjects at par with B.A. degree.
- (vii) An examination of any other University recognised by this University as equivalent to (i) or (ii) or (iii) or (iv) or (v) or (vi) above.

Provide that

- a) A candidate who has passed B.Com. Examination with atleast 45% marks in the subject(s)/paper (s) related to Economics including Statistics shall also be eligible to take up M.A. Economics course.
- b) A candidate who has passed B.Sc. (Agri.) with Agriculture Economics as one of the paper/subject shall also be eligible to take up M.A. Economic course.
- c) A candidates who has passed B.A. examination with atleast 45% marks in Public Administration or Sociology shall be eligible to thake up M.A. Political Science.
- d) A candidate getting atleast 55% makrs in Hindi (Compulsory) subject may also be considered eligible for admission to M.A. Hindi.
- e) A candidate who has passed B.A. (Hons.) in Sanskrit with atleast 45% in Sanskri (Elective) may also be considered eligible to tade up M.A. (Hindi), if the candidates who have passed B.A. (Hons.) Hindi or B.A. with Hindi (Elective) obtaining 45% marks are not available
- f) A candidate who has passed Bachelors Degree Examination in Music (B.Mus. from any Indian University shall be eligible for admission to M.A. course without any condition of minimum percentage of but no one who did not take up Music as one of his subject for the B.A. Examination shall be eligible to take up M.A. Music provided he is working as a teacher of Music in a college admitted to the Privileges of this University or in a recognised Higher Secondary School within the jurisdiction of the University or in addition to passing B.A./B.Sc. he has passed one of the following examination :

Sangeet Visharad : From Bhatkhade Sangeet Vidyapeeth Lucknow or from Gandharya Mahavidyalaya, Bombay.

Sangeet Prabhakar : From Prayag Sangeet Smiti, Allahabad or from Rajsthan Sangeet Sansthan, Jaipur.

Sangeet Visharad : From Prachin Kala Kender Chandigarh.

- g) A candidate who has passed B.A. Examination with Sociology or an allied subject such as Psychology, Political Science, Economics, History and Geography as one of the subjects with 45% marks in aggregate and 45% marks in Sociology or allied subject mentioned above shall be eligible to take up M.A. Sociology.
- h) A candidate who has passed B.A. Examination with History or in any other subject listed in the Faculty of Social Sciences (i.e. Political Science, Sociology, Public Administration, Geography, Psychology etc.) obtaining at least 45% marks in the subject shall be eligible to take up M.A. History.
- i) A candidate who has not passed B.A./B.Sc. (Pass or Hons.) with Mathematics as one of the subjects shall not be eligible to join M.A. Mathematics Course.
- j) A candidate who has studied the subject of Sanskrit at B.A. level, whether elective or compulsory, for a full span of three years shall be eligible to seek admission to M.A. Sanskrit Course. The minimum percentage of marks for those who have studied Sanskrit compulsory should be 55 % in the subject.
- k) For admission to M.A. (Rural Development) a candidate must have passed Sc. (Agriculture) with Agricultural Economics as one of the papers/subjects 50% marks in aggregate or B.A. with 45% marks in any subject of Social Science.

For M.A. Physical Education

Eligibility condition for admission to M.A. Physical Education :

Note : A person who has passed one of the following examinations shall be eligible to join the 1st year (Part-I) of the Master of Arts (Physical Education) course :-

- A i) A Bachelor's Degree examination in Humanities of the M.D. University, Rohtak or an examination recognised as equivalent thereto with at least 45% marks in the aggregate with English as one of the subjects at the under-graduate level or B.Com./B.Sc./B.Sc. (Home Science) B.Sc. (Agri.) with 50% marks.
- ii) B.P.Ed./D.P. Ed. one year course after graduation with at least 50% marks.

- iii) Bachelor of Physical Education (B.P.E.), three year degree course with atleast 50% marks.
- iv) B.S.H. and P.E. five years course with atleast 50% marks.

AND

- B The candidate has taken part in the Inter-University Zonal or All India Inter-University Tournaments in the game and sports recognised by the Inter-University Sports Board.

OR

After having won position at the University, Inter-College Tournaments he/she has represented the State at Inter-State or National Tournaments in the game and sports recognised by T.U.S.B. Such candidates will, however, have to submit additional certificates as mentioned in the note of Appendix of the Hand Book of Information.

M.A. (Fine Arts) Drawing and Painting (Previous)

A candidate who has passed B.A. or an equivalent examination with Fine Arts as open of the subjects obtaining atleast 50% marks in aggregate and 45% marks in the subject of Fine Arts.

Important Note

A person who has passed Post-graduate examination shall not ordinarily be allowed to seek admission to P.G. Course in another subject as a regular student.

- 6. A candidate who is placed under compartment in the qualifying exam. shall not be allowed to join M.A. Course.
- 7. A candidate who has failed in one or more paper(s) or fails to appear in M.A. Examination shall be allowed two additional subsequent chances only to pass the M.A. examination. This is however, subjects to the provision in Clause-8 below.
- 8. A candidate who fails to pass the M.A. Examination within a period of four years of his admission to the course shall be deemed to be unfit for Post-graduate Studies in the subject concerned.
- 9. A person who has passed the following Examinations shall be eligible to join the M.A. Part-II.
 - a) M.A. Part-II Examination from M.D. University, in the subject concerned. This is however, subject to Clause-7. However, the candidates who have passed atleast two theory papers out not four or five theory papers or atleast three theory papers out of six or seven theory papers of Part-I exam. of the University will be promoted to Part-II class, provisionally.

OR

- b) M.A. Part-I Examination of the subject offered from the Kurukshetra University or Panjab University or Punjabi University, or Guru Nanak Dev University or Himachal Pradesh University, provided that the Head of the University Departments/Principal of the college concerned is satisfied that the contents of papers already passed by him are almost the same as in the M.A. Part-I Examination this University; in this case the marks obtained in M.A. Part-I of course at any of these Universities shall be counted towards division of successful candidates by increasing or reducing the marks obtained in accordance with maximum marks prescribed for M.A. Part-II Examination of this University.
10. The M.A. Examination in Part-I/Part-II shall be open to a student who :-
- a) has passed the requisite qualifying Exam. or is covered under Clause-5 and 8 and.
 - b) has name submitted to the Controller of Examinations by the Head of the University Dept./Principal of the college he 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 65% of the full course of lectures and tutorials separately and 75% of practicals (the courses to be counted upto the last day when the classes break up for the preparatory holidays).
11. Every candidate shall be examined according to the scheme of examination and syllabus as approved by the Academic Council from time to time.
12. The amount of Examination fee to be paid by a candidate for each year shall be as follows :

Regular	Ex-Student
Rs. 100/- (Plus Rs. 20/- per practical Rs. 110/- Subject)	

13. A candidate who re-appears in one more paper(s) Practical(s) for the purpose of passing/improvement of score of marks/result shall pay fee as for the whole Examination.

- i) The medium of instructions shall be :-
 - a) Hindi in case of Hindi and English in case of English.
 - b) English or Hindi or Sanskrit in case of Sanskrit and
 - c) English/Hindi in case of other subjects.
 - ii) The question papers will be set :
 - a) in Hindi in case of Hindi, Sanskrit and Music and
 - b) in English and Hindi in case of other subjects.
 - iii) The candidate shall write their answer as under :-
 - a) in Hindi in case of Hindi;
 - b) in English or Hindi or Sanskrit in case of Sanskrit
 - c) in English in case of English and Mathematics and
 - d) in English/Hindi in case of other subject.
- 14 The minimum number of marks required to pass the Examination shall be as under :
- A) In all subjects except Physical Education
 - i) 33% in each paper (written and practical separately);
 - ii) 40% in each practical in the case of Music;
 - iii) 40% in Dissertation/Viva-Voce, where prescribed;
 - B) In Physical Education
 - i) 35% in each theory paper;
 - ii) 40% in practical; and
 - iii) 40% in aggregate
15. A candidate who has completed the prescribed course of instructions in College/University Teaching Department for previous/ final examination but has not appeared in it or recommendation of the Principal of the College/Head of University Teaching Department concerned to appear in the subsequent year in the examination paper(s) as the case may reappearing in the examinations the candidate shall be exempted from reappearing in paper(s) and/or practical(s) in which he has obtained atleast 40% marks.
- 16.1. A candidate who has passed M.A. Part-I Examination obtaining at least 55% marks in aggregate may offer dissertation wherever prescribed in the Scheme of Examination for the course. The subject of the dissertation shall be approved by the Head of the Department

concerned. A candidate shall submit to the Head of the Department an application for the approval of the topic for the dissertation alongwith a synopsis within one month of his admission to M.A. Part-II.

- 16.2. Every candidate who offers dissertation shall be required to submit three copies of his dissertation alongwith a brief abstract of the same giving an account of the investigation/research conducted and its main findings (which will not exceed 500 words). The dissertation shall be examined by one external Examiner only.
- 16.3. The last date for receipt of the dissertation in the office of the Controller of Examinations shall be one month before the commencement of the Theory Examination, provided that in exceptional, cases, Vice-Chancellor shall have the power, to extend, on the recommendation of the Head of the Department, the last date for receipt of the dissertation upto three months. If a candidate fails to submit his dissertation even during the extended period he will be considered to have absented in the dissertation paper and his result shall be declared accordingly.
- 16.4. A candidate who has submitted a dissertation as part of the Examination may withdraw the same before it has been examined but once is examined and candidate obtains the minimum pass marks he shall not be permitted to withdraw it or submit another dissertation in lieu thereof. The marks obtained by him for the dissertation shall be taken in to account when he appears in any future examination for the purpose of passing therein or for improving the score of marks/result.
17. 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.
18. The result of candidates who have passed the M.A. 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 percent or more marks First Division
 - b) Those who obtain 50 percent or more
but less than 60 percent marks Second Divion
 - c) All below 50 percent Third Diviosn

19. A candidate who has already passed the Master of Arts Examination from this University, in a subject in which different optional papers are permitted, may appear in one or more other optional papers of that subject, at any subsequent examination when held, without attending a regular course of study on payment of fee as prescribed for the whole exam. Provided that if there is any corresponding practical work involved he must attend the prescribed number of practicals etc. in the Department. Such a candidate shall, in order to pass, be required to obtain at least 40 percent marks in each paper.
20. A candidate who has passed Part-II of M.A. Examination of this University will be allowed to appear for improvement of his result as an ex-student in one more theory paper(s) of the M.A. Part-II. Examination once within a period of two years of his passing the Part-II Examination.

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 his earlier in the remaining paper(s) etc. The fact that the candidate has improved shall be mentioned in the Detailed -Marks Card.

Provided further that the candidate will take the Examination according to syllabus in force for the regular student for that examination.

21. 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.

Scheme of Examination for M.A. (Physical Education)
Part - I

Sr. No.	Name of the Paper	M.Marks	Min Pass Marks
Paper-1	History and Principles of Physical Education	100	35
Paper-2	Kinesiology	100	35
Paper-3	Anatomy & Physiology	100	35
Paper-4	Teaching Methods in Physical Education	100	35
Paper-5	Techniques of Officiating & Coaching	100	35
Paper-6	i) Health Education OR	Theory-30 Practical-20 } 50	$\frac{11}{7}$] 18
	ii) Yoga OR	Theory-30 Practical-20 } 50	$\frac{11}{7}$] 18
	iii) Recreation	Theory-30 Practical-20 } 50	$\frac{11}{7}$] 18
Paper-7	i) Gymnastic Lesson	50	20
	ii) Teaching Lesson Game	75	30
	iii) Teaching Lesson Athletics	75	30

- Note :
- All Charts/Note Books should be checked by the concerned Faculty Members.
 - Lesson on Athletics : Track and Field Events. The lessons will be on the Events for which teaching facilities exist in the University.
 - The Physical Education students are required to select one Lesson from each of the following games for Supervisory. Lesson to be written in the Note Book :- Basketball, Handball, Volleyball, Hockey, Football, Boxing, Gymnastics, Kho-Kho, Kabaddi, Wrestling.
 - 10 Supervisory Lessons each of Athletics and Games (Total twenty) are compulsory in Lesson Plan Note Book for appearing in Examination.

5. 10 Supervisory Lessons on Gymnastic are compulsory in Lesson Plan Note-Book for appearing in the Examination duly signed by the teacher.
6. The final lesson for all the Practical Examination for Physical Education will be in the Chart prepared by students. The Game/Athletics Event will be drawn by lots about 7 days prior to examinations.
7. Practical Classes for teaching and coaching will be held throughout the year. The examination will be held at the end of the year.
8. Duration of Practical Examination in M.A. physical Education will be 3 hrs. per group.

SYLLABUS AND COURSES OF READING**for M.A. (Physical Education)****For Part-I for the Academic session 2002-2003.****PAPER-1 HISTORY AND PRINCIPLES OF PHYSICAL EDUCATION**

Time : 3 hrs.

Marks : 100

Note :

- a) Each question paper will have three parts- A, B & C. Part-A will include 10 questions (Atleast one question from each unit), of very short answer type i.e. of approx. 30 to 50 words covering entire syllabus. The candidates will require to attempt all the questions. Each question will carry 2 marks.
- b) Part-B will be of 10 questions of short answer type covering 1-1 ½ page (100-150 words approxi.) in the manner as prescribed for part-A. However, the question of Part-A and Part-B will not be common. The candidates will be required to attempt seven questions. Each question will carry 5 marks.
- c) Part-C will contain comprehensive questions (Essay Type). There will be 5 questions. These five questions are to be taken after grouping the 10 units in five units. Atleast one question is to be taken from each group of units. The candidates will require to answer three questions. Each question carry 15 marks.

PART-A

- Unit-I Definition and need of Physical education in the society. Meaning of the Physical culture physical training, games and sports and physical/sports sciences.
- Unit-II Objective of Physical education :-
 i) Organic Development ii) Neuro Muscular development iii) Cognitive Development iv) Social, Personal and Education development.
- Unit-III History of Physical Education :
 i) Physical Education in pre and post Independence.

- ii) Physical Education in Greece and Rome.
- iii) Physical Education in GDR, Cuba & Bulgaria

Unit-IV Morphological :

- i) Antropometry in relation to physical activity and sports performance
- ii) Anatomica Land Marks
- iii) Measurements
- iv) Body types
- v) Exercise and training female

Unit-V Physiological

- i) Physiological effects of physical training
- ii) Bio-chemical changes
- iii) Cardio respiratory changes
- iv) Principles of reciprocal
- v) Factors influencing training effect
- vi) Detraining, retraining and maintenance of training effect.

PART - B

Unit-VI Psychological :

- i) Psychological basis for improving sports performance.
- ii) Psychological analysis of sports activity
- iii) Psychological aspect of learning physical activity
- iv) Psycho-physical unity.

Unit-VII Principles of Motor Development (Motor Learning concepts)

- i) Motor Performance and socio-economic status
- ii) Motor performance as a personality manifestation

Unit-VIII Agencies promoting Physical education & Sports

- i) S.A.I., NSNIC, L.N.C.P.E.
- ii) U.G.C.
- iii) National Physical Efficiency Drive
- iv) Indian Olympic Association
- v) Sports Federations

Unit-IX History of Physical Education in Great Britain, USA, USS and JAPAN.

Unit-X Olympism :

- i) Ancient and Modern Olympics.
- ii) Commercialism versus Professionalism

Reference Books :

1. William. J.P. Principles of Physical Education, Saunders, 1964.
2. D. Oberteuffer & Tirich Physical Education & Text book of Principles of Professional Student 3rd B.T., Harper & Row, 1962.
3. Eraj ahmed Khan History of Physical Education, Book Co., Patna.
4. Rajegopalan, K.A. Brief History of Physical Education Scientific in India, Army Publication, Delhi, 1962.
5. Harold, M. Barrow Man and his movement : Principles of his Physical Education, Lea & Febigar, 1971 Philadelphia.
6. Charles, A. Buche Foundations of Physical Education
7. Wan Daler and Bonnet A World History of Physical Education
8. Hutchinson and Rica Brief History of Physical Education

PAPER-II**KINESIOLOGY**

Marks : 100 Time : 3 hrs.

Note :

- a) *Each question paper will have three parts- A, B & C. Part-A will include 10 questions (Atleast one question from each unit), of very short answer type i.e. of approx. 30 to 50 words covering entire syllabus. The candidates will require to attempt all the questions. Each question will carry 2 marks.*
- b) *Part-B will be of 10 questions of short answer type covering 1-1 ½ page (100-150 words approxi.) in the manner as prescribed for part-A. However, the question of Part-A and Part-B will not be common. The candidates will be required to attempt seven questions. Each question-will carry 5 marks.*
- c) *Part-C will contain comprehensive questions (Essay Type). There will be 5 questions. These five questions*

are to be taken after grouping the 10 units in five units. At least one question is to be taken from each group of units. The candidates will require to answer three questions. Each question carry 15 marks.

PART-A

- Unit-I Definition, Scope and importance of Kinesiology in Physical Education and Sports.
- Unit-II
- i) Terminology of various types of movements around joints
 - ii) Factors affecting the range of motion
 - iii) Anatomic Position of Body
 - iv) Body Planes
 - v) Body axis
- Unit-III Characteristics of various joints and their movements :
- i) Spine
 - ii) Shoulder
 - iii) Shoulder Girdle
 - iv) Hip
 - v) Elbow
 - vi) Knee and
 - vii) Ankle.
- Unit-IV
- i) Structural classification of muscles on the basis of fibers attachment
 - ii) Functional classification of muscles
 - iii) Terminology of muscular attachment
 - iv) Method of assessing a joint's range of motion
 - v) Technique for increasing joint flexibility
- Unit-V
- i) Basic concept of Force, Motion, Newton's Laws, equilibrium and center of Gravity
 - ii) Mechanical analysis of walking and running
 - iii) Fracture and its various types
 - iv) Wound and their types

PART-B

- Unit-VI
- i) Application of Kinesiology to Physical Education and Sports
 - ii) Characteristics of skilful performance
 - iii) Red and white Muscles and their functions

- iv) Methods of studying the action of muscles
 - v) Tendon action of the two joint muscles
 - vi) Gradations in the strength of muscular contraction
- Unit-VII
- i) Reflex movement
 - ii) Extensor Throust Reflex
 - iii) Crosses Extensor Reflex
 - iv) Flexor Reflex
 - v) Proprioceptive Reflexs
 - vi) Stretch Reflexs
 - vii) Reciprocal innervation and inhabitation
- Unit-VIII
- Upper Extremitry
- i) Characteristics and functions of Shoulder Joint AND Shoulder Girdle muscles :
 - ii) Deltoid, Latissimus Dorsi, Pactoralis major, Super Spinatus
- (b) Pectoralis Minor, Trepezins, levetor Scapulae
- ii) Characteristics and function of elbow joint muscles
- a) Biceps Brachii Brachialis and Triceps
- Unit-IX
- Lower Extretrity :
- i) Characteristics and functions of Hip Joint muscles :
- Gluteus maximum, geluteus Medius, Gluteus minimum characteristics and function of knee joint :
- Gaztrocnemius
- ii) Hamstrings, Bceaps Femoris, Pectus Femoris, Sertorium
 - iii) Characteristics and functions of individual muscles Rectus Abdominus, Sterno-cleidomastoid.
- Unit-X
- i) Concept of Balanced Posture
 - ii) Common Postural deformities
 - iii) Corrective exercises for postural defects
 - iv) Injuries and their treatment, sprain, strain, contusion

Reference Books :

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

PAPER-III ANATOMY AND PHYSIOLOGY

Marks : 100 Time : 3 hrs.

Note :

- a) *Each question paper will have three parts- A, B & C. Part-A will include 10 questions (Atleast one question from each unit), of very short answer type i.e. of approx. 30 to 50 words covering entire syllabus. The candidates will require to attempt all the questions. Each question will carry 2 marks.*
- b) *Part-B will be of 10 questions of short answer type covering 1-1 ½ page (100-150 words approxi.) in the manner as prescribed for part-A. However, the question of Part-A and Part-B will not be common. The candidates will be required to attempt seven questions. Each question will carry 5 marks.*
- c) *Part-C will contain comprehensive questions (Essay Type). There will be 5 questions. These five questions*

are to be taken after grouping the 10 units in five units. Atleast one question is to be taken from each group of units. The candidates will require to answer three questions. Each question carry 15 marks.

PART-A

- Unit-I
- i) Meaning of Anatomy and Physiology
 - ii) Cell Structure
 - iii) Properties of Living Matter
 - iv) The role of Anatomy and Physiology in Physical Education
- Unit-II
- Skeletal System :
- i) Anatomy of bone and cartilage
 - ii) Kinds and function of bones
 - iii) Name and location of the bone of human body.
 - iv) Types of joints
 - v) Description of diarthrodial joints
 - vi) Difference in male and female skeleton with special reference to functional ability in sports.
- Unit-III
- Nuclear System :
- i) Gross and microscopic structure of skeletal muscles.
 - ii) Mechanism of muscular contraction and relaxation
 - iii) Nature of neuromuscular activity
 - iv) Muscle tone, law of reciprocal innervation
 - v) Muscle work and fatigue
- Unit-IV
- Digestive System :
- i) Brief description and location of the mouth, teeth, tongue, salivary glands, stomach intestine
 - ii) The digestive juices
 - iii) Mechanism of digestion and absorption of food.
 - iv) Vitamines

Unit-V Respiratory System

- i) Structure of respiratory organs
- ii) Mechanism of respiration
- iii) Tissue and Pulmonary respiration

PART - B**Unit-VI Circulatory System :**

- i) Anatomy of heart
- ii) Systemic and Pulmonary Circulation, coronary circulation.
- iii) Mechanism of circulation
- iv) Heart rate, stroke volume cardiac output, cardiac reserve capacity
- v) Cardiac cycle

Unit-VII Blood :

- i) Composition of blood and its functions
- ii) Blood pressure-systolic and diastolic pressure
- iii) Measurement of blood pressure

Unit-VIII Excretory System :

- i) Anatomy of Kidney
- ii) Function of Kidneys, Lungs as organs of excretion

Unit-IX Nervous System :

- i) The neuron and the motor unit
- ii) The motor and Sensory impulses
- iii) Locations, anatomy and function of different parts of the brain
- iv) Spinal Cord and its functions
- v) Reflex action and Reflex arc.
- vi) Concepts of receptors

Unit-X Endocrine System :

- i) Meaning of endocrine glands
- ii) The location and functions of the following endocrine glands :

Pituitary gland, Thyroid and Parathyroid/glands
adrenal glands.

Reference Books

1. Pearee Evelyn, C. Anatomy and Physiology for Nurses London, Faber and Faber Ltd., 1962
2. Pavat, J. Anatomy for students and teachers of Physical education, London Edward Arnold and Co. 1959
3. Senson Wright Applied Physiology
4. Willion, J.F. Anatomy and Physiology, London W.B. Saunders
5. Best and Taylor The Living Body, New Delhi, Asian Club House 1960.
6. Smount, C.F.V. and Mcdonald, R.J.S. Physiotherapy, Occupational Therapy and Gymnastics, Edward Arnold Pvt. Ltd., 1969
7. Kiober Grey Anatomy and Physiology
8. Stackpoles Anatomy and Physiology (6th edition)

PAPER-IV TEACHING METHODS IN PHYSICAL EDUCATION

Time : 3 hrs.

Marks : 100

Note :

- a) *Each question paper will have three parts- A, B & C. Part-A will include 10 questions (Atleast one question from each unit), of very short answer type i.e. of approx. 30 to 50 words covering entire syllabus. The candidates will require to attempt all the questions. Each question will carry 2 marks.*
- b) *Part-B will be of 10 questions of short answer type covering 1-1 ½ page (100-150 words approxi.) in the manner as prescribed for part-A. However, the*

question of Part-A and Part-B will not be common. The candidates will be required to attempt seven questions. Each question will carry 5 marks.

- c) Part-C will contain comprehensive questions (Essay Type). There will be 5 questions. These five questions are to be taken after grouping the 10 units in five units. Atleast one question is to be taken from each group of units. The candidates will require to answer three questions. Each question carry 15 marks.

PART-A

- Unit-I
- i) Meaning and types of methods.
 - ii) Factors affecting methods of teaching.
 - iii) Importance of teaching methods.
- Unit-II
- i) Preparations-Personal and technical.
 - ii) Presentation of subject matter.
 - iii) Class management.
- Unit-III
- i) Meaning of Lesson plan
 - ii) Importance of Lesson plan.
 - iii) Principles of lesson planning.
 - iv) Lesson plan for gymnastic.
 - v) Lesson plan for games.
 - vi) Lesson plan for Athletics.
- Unit-IV
- i) Meaning of Audio-Visual Aids for teaching physical education activity.
 - ii) Importance of audio-visual aids.
 - iii) Working knowledge to fill the university proforma of eligibility for inter-collegiate and inter-varsity tournaments
 - iv) Working knowledge to fill the university proforma relating to the TA and DA bills of mangers and coaches.
- Unit-V
- i) Meaning of command.
 - ii) Types of command.

- iii) Commanding for different types of exercises and counting
- iv) Steps/stages in teaching motor skills.

PART-B

PAPER - IV (B) ORGANISATION AND ADMINISTRATION OF PHYSICAL EDUCATION

- Unit-I
 - i) Meaning of organisation and administration.
 - ii) Need of organisation and administration in physical education
 - iii) Objectives and guiding principles of organisation and administration
- Unit-II
 - i) Purchase of equipment and supplies
 - ii) Care and maintenance of sports equipments.
 - iii) Facilities of gymnasium Hall
 - iv) Facilities of swimming pool.
 - v) Care and maintenance of play fields.
- Unit-III
 - i) Meaning of Records
 - ii) Types of records and register.
 - iii) Principles and Procedure of a maintaining records.
- Unit-IV
 - i) Meaning and purpose of budget.
 - ii) Preparation and administration of budget.
 - iii) Qualifications and qualities of good administrator.
 - iv) Scheme of organisation at the University level.
- Unit-V
 - i) Meaning of tournaments.
 - ii) Types of tournaments.
 - iii) Merits and demerits of knock out and league tournaments.
 - iv) Preparation of fixture on knock out and league basis.

Reference Books :

PART - II :

1. Kannp Clydo & E

Teaching Methods for Physical
Education, Mcgraw Hill Book Co.
Inc Methods in Physical Education.

2. Triunurayana, Methods in Physical Education (South India Press, Karaihudi, India)
3. Kamlesh, K.L. & Sangal M.S. Methods in Physical Education, Parkash Brothers, Jullunder, 1982
4. Two experienced Professors Organisation and Administration and Recreation in Physical Education, Parkash Brothers Jullunder, 1982.
5. Wakharkar, D.C. Manual of Physical Education, Pearl Publications, Bombay, 1967.

PART - I

1. Kannp Clyde & E Teaching Methods for Physical Education, Mcgraw Hill Book Co. Inc Methods in Physical Education.
2. Triunurayana, Methods in Physical Education (South India Press, Karaihudi, India)
3. Kamlesh, K.L. & Sangal M.S. Methods in Physical Education, Parkash Brothers, Jullunder, 1982
4. Two experienced Professors Organisation and Administration and Recreation in Physical Education, Parkash Brothers Jullunder, 1982.
5. Wakharkar, D.C. Manual of Physical Education, Pearl Publications, Bombay, 1967.

PAPER-V TECHNIQUES OF OFFICIATING AND COACHING

Time : 3 hrs.

Marks : 100

Note :

- a) *Each question paper will have three parts- A, B & C. Part-A will include 10 questions (Atleast one question from each unit), of very short answer type i.e. of approx. 30 to 50 words covering entire syllabus. The candidates will require to attempt all the questions. Each question will carry 2 marks.*

- b) *Part-B will be of 10 questions of short answer type covering 1-1½ page (100-150 words approxi.) in the manner as prescribed for part-A. However, the question of Part-A and Part-B will not be common. The candidates will be required to attempt seven questions. Each question will carry 5 marks.*
- c) *Part-C will contain comprehensive questions (Essay Type). There will be 5 questions. These five questions are to be taken after grouping the 10 units in five units. Atleast one question is to be taken from each group of units. The candidates will require to answer three questions. Each question carry 15 marks.*

PART-A

- Unit-I i) Meaning, Importance and principles of officiating. Qualifications and duties of a good official.
- Unit-II i) Measures for improving the standard of officials.
ii) Duties of officials in different games and athletics.
iii) Rules and interpretations of games and athletics.
- Unit-III i) Measurements of courts, track marking and preparing.
ii) Score sheets of different games.
- Unit-IV Pre-gameduties/and postgame duties of an official.
- Unit-V Activities for Men and Women :
- a) Games : Footbal, Basket-ball, Kabaddi, Badminton, Table Tennis
- b) Athletics : Relay 4×100 (short) distance running, Middle distance running, Throws : Discus, Shot-put. Jumps : High Jump and triple jump

PART - B

- Unit-VI i) Basic coaching principles in games and sports.
ii) Qualities of a good coach.
- Unit-VII i) Various methods of coditioning; interval training, repetition training, & circuit training.
ii) Warming up, its importance.

- Unit-VIII Principles and methods of selection of players/teams.
a) Physical fitness b) Skills ability, c) Psychological fitness d) Skill execution ability
- Unit-IX Dopping and its effects on performance :
- Unit-X Activities for Men and Women :
- a) Games : Hockey, Hand ball, Tennis, Basket ball, Khoo-Kho, Wrestling.
- b) Athletics : i) 4×400 mts. Relay race, Long Distance Running, Hurdles
ii) Throws - Javelin, Hammer
iii) Jumps-Long jump.

Reference Books

1. John, V. Bunn The Art of officiating Sports, Prentice Hall Inc., Englewood Cliffs, N.J.
2. John, W. Dunn Scientific Principles of coaching. Prentice Hall, Englewood Cliffs, N.J.
3. H.C. Buck Rules of Games and Sports
4. Science of Coaching Be Ckar, A.S. Barhas and Co. New York.
5. Playing Field Manual R.L. Anand, NIS Publication.

PAPER-VI Option (i) Health Education (Theory)

Time : 3 hrs.

Marks : 30

Note :

- a) Each question paper will have three parts- A, B & C. Part-A will include 10 questions (Atleast one question from each unit), of very short answer type i.e. of approx. 30 to 50 words covering entire syllabus. The candidates will require to attempt all the questions. Each question will carry 2 marks.
- b) Part-B will be of 10 questions of short answer type covering 1-1½ page (100-150 words approxi.) in the manner as prescribed for part-A. However, the question of Part-A and Part-B will not be common. The candidates will be required to attempt seven questions. Each question will carry 5 marks.

- c) *Part-C will contain comprehensive questions (Essay Type). There will be 5 questions. These five questions are to be taken after grouping the 10 units in five units. Atleast one question is to be taken from each group of units. The candidates will require to answer three questions. Each question carry 15 marks.*

PART-A

- Unit-I. i) Meaning of Health, Importance of Health, factors influencing health. Characteristics of Healthy individual.
 ii) Health and various components of physical fitness.
 iii) Health Education, its relation with general education.
- Unit-II School Health programme and Health environment.
 School Building light and ventilation, Sanitation, School canteen, first-aid and safety measures,
 School Health Examination. Academic programme and Health.
- Unit-III i) Methods of Education in Health. Health instruction. Audio-visual methods.
 ii) Health Organisations : a) World Health Organisation, b) Red Cross, c) Govt. Health Agencies and Mental or Emotional Health and their importance.

PRACTICALS

Marks : 20

First-Aid : Sling Bandages, Artificial Respiration, transportation of the injured persons, stings and bites of animals, fractures, Heat stroke, control of bleeding, cuts and wounds.

Reference Books

1. Turner and Mouispn - Personnel and Community Health.
2. Dehl - Healthful Living, McGraw Hill.
3. Dalrymple : Foundations of Health.
4. Obertauffer : School Health Education.
5. Johns Suttan and : Health for effective living, N.Y. : Mc. Graw Books co. Inc 1958.

- Unit-III** Shat Karmas/Yogic methods of personals hygiene cleaning process - and their effects :
- i) Neti-sutra Neti, Hai Neti, Dugad Neti, Garit Neti,
 - ii) Dhauti-Jal Dhauti, Vastra Dhauti, Bhaghi, Dand Dhauti.
 - iii) Basti-Susak Basti, Wet Basti iv) Nauli (Daskshin, paschim, Madhyam) v) Kapal Bhati, and vi) Taratak.
- Unit-IV** Bandhas and Mudras and physiological effects :
- i) Bandhas : Mula Bandha, Jalander Bandha, Uddyan Bandha
 - ii) Mudras : Ashwani Mudra, Viprit Karani, Yoga Mudra
- Unit-V** Astang Yoga/Eight-Fold paths of Yoga :
- External and Internal system of Yoga and their effects :
- i) Yama ii) Niyama iii) Asana iv) Paranayama
 - v) Pratihara vi) Dharana vii) Dhayana and viii) Samadhi.

PRACTICAL**Marks : 20**

1. Note Book 5 Marks
2. Any 10 of the Asanas out of the following 10 Marks
 - i) Yogamudra, ii) Paschiomottasana,
 - iii) Dhanurasana, iv) Ardha Matsyendrasanas,
 - v) Padmasna, vi) Sarvangasana,
 - vii) Savasana, viii) Bhujangasana,
 - ix) Chajrasna, x) suryanamaskara,
 - xi) Halasana, xii) Hanuman Asana,
 - xiii) Supt-Vajrasana, xiv) Salab Asana,
 - xv) Tirkon Asana and xvi) Sirsh Asana.
3. Pranayama 1 Mark
4. Any two advance Asana 2 Marks
5. Any one Kriya of the following: 2 Marks
 - i) Neti, ii) Uddiyana, Bandha and iii) Vastra Dhoti, iv) Nauli.

Reference Books

1. Asanas and Pranayama, be Swami Kuvlayanand
2. Yoga for Health, Happiness and Peace by Yoga Acharya Prakash Dev.
3. Yoga Methods of Reintegration by Alain Danial.
4. Yoga Personal Hygiene by Shri Yogendra.
5. Yoga for every man by Desmonds Dubee.
6. Message and Medical Gymnastics by Mary V. Lace
7. Water Cure By Kellage.
8. Message and remedies Gymnastics by Trely.

OR**PAPER-VI Option (iii) RECREATION (Theory)**

Time : 3 hrs.

Marks : 30

Note :

- a) *Each question paper will have three parts- A, B & C. Part-A will include 10 questions (Atleast one question from each unit), of very short answer type i.e. of approx. 30 to 50 words covering entire syllabus. The candidates will require to attempt all the questions. Each question will carry 2 marks.*
- b) *Part-B will be of 10 questions of short answer type covering 1-1 ½ page (100-150 words approxi.) in the manner as prescribed for part-A. However, the question of Part-A and Part-B will not be common. The candidates will be required to attempt seven questions. Each question will carry 5 marks.*
- c) *Part-C will contain comprehensive questions (Essay Type). There will be 5 questions. These five questions are to be taken after grouping the 10 units in five units. Atleast one question is to be taken from each group of units. The candidates will require to answer three questions. Each question carry 15 marks.*

Unit-I

- i) Definition of Recreation, ii) Objectives of Recreation
- iii) Need & Importance of Recreation iv) Factors

influencing recreational programme v) Types of activities in Recreation.

Unit-II i) Development of Recreational activities in India since 1947.

ii) Agencies providing Recreation in India.

iii) Recreation and social problems.

iv) Psychological aspect of Recreation.

v) Physiological Aspect of Recreation.

Unit-III Camps :

i) Origins of Camping.

ii) Aims of Modern camping.

iii) Selection and planning of the camp site.

iv) Organisation and Administration of the camp.

v) Ceremonials in camp.

vi) Camp fire programme, activities in camp, health and safety in camp

vii) Evaluation of camp work.

Unit-IV Gardening/Park :

i) Lay out and planning

ii) Preparation of soil and preparation of lawns

iii) Principal feature of a garden.

iv) Names of flowers, ornamental plants, trees, shrub

v) Maintenance of garden.

Unit-V Hiking :

i) Types of Hiking.

ii) Planning of Hikes.

iii) Hiking activities.

iv) Hosteling (Y.M.C.A. & Youth Hostel Association of India)

v) Folk Dance of India. Names and types of dances in different states.

PRACTICAL**Marks : 20**

- | | | |
|----|-----------------------------|---------|
| 1. | Preparation of flower beads | 5 marks |
| 2. | Scrap books | 5 marks |
| 3. | Picnic | 5 marks |
| 4. | Camping and Viva | 5 marks |

Reference Books

- | | | |
|-----|------------------------------|---|
| 1. | Butler, Goorg D. | Introduction to Community Recreation, McGraw Hill Books Co., Inc., New York. |
| 2. | Domick, Hedlay S. | Administration of the Modern Camp, Association Press, New York. |
| 3. | Janny, Joh. H | Introduction to Recreation Education W.D.S. Aunder. Co., Philadelphia, London. |
| 4. | Fitzerlan, Garld B. | Leadership to Recreation, A.S. Barnes & Co. New York. |
| 5. | Richard. | Practical Gardening, Odhams Press, London. |
| 6. | Crindal, E.W. | Everyday Gardening in India, D. Taraporwala Sons and Co., Bombay. |
| 7. | Beff Charles | The Big Book of Gardening. |
| 8. | Lamore, Lewis | Introduction to Photographing Principles, Prentice Hall Inc. New Jersey |
| 9. | Feiniinger, Andreas | Successful Photography, Prentice Hall Inc. Englewood Cliffs, N.J. |
| 10. | Bowleer, Stanley W. Williams | Photography for Boys and Girls, English university Press Ltd., St. Pauls Hons, Warwick Square London, E.C. 4. |
| 11. | Dancorbin Ellen Williams | Recreation Programme and Leadership, Prentice Hall Inc., Engle Wood Cliffs, New Jersey. |

Practical Papers**PAPER - VII i) GYMNASTICS LESSON****Marks : 5**

1. Introductory groups-general and specific.
2. Command and its types.
3. Class formation.
4. Mass P.T. and Exercise Tables.
5. Activities with and without Apparatus-including minor games, laziun and dumbles.
6. Preparation of the lesson plan in the note-book.
7. 10 supervisory lessons by the students in the note-book.

PAPER - VII ii) TEACHING LESSONS GAMES**Marks : 7**

1. General and specific warming up.
2. Teaching of fundamental skills.
3. Teaching of lead up games.
4. Preparation of lesson plan in the note-book.
5. Marking of the concerned fields/courts.
6. Knowledge and duties of the officials of the concerned games.
7. Preparation of Score-sheet.
8. 5 supervisory games lesson in the note-book.

PAPER - VIII iii) TEACHING LESSONS ATHLETICS**Marks : 7**

1. General and specific warming up.
2. Teaching of Athletic events (Track and field events)
3. Marking of Track.
4. Knowledge and duties of various officials.
5. Preparation of lesson plan in the note book.
6. 5 supervisory Athelic lessons in the note-book.