

SCHEME OF EXAMINATION FOR B.P.ED. COURSE IN PHYSICAL EDUCATION
(2012-13)

Semester 1st

Paper	Nomenclature	Total marks		Practical Exams.	Max. Marks
		External	Internal		
I.	History and Principles of Phy. Edu.	80	20		100
II	Anatomy and Physiology	80	20		100
III	Officiating and Coaching	80	20		100
IV	Optional: Any one of the following a) Kinesiology b) Health Education c) Computer Applications	30	-	20	50
V	Ground Activities	-	-	150	150
	Total:	270	60	170	500

GROUND ACTIVITIES TO BE TAKEN UP DURING 1ST SEMESTER

- A-Games:** - Hockey, Basketball, Kho-kho and Handball 50 marks
- B-Athletics:** - Sprints, Long jump, Javelin and Discus,
Pole-Vault & Hammer Throw 50 marks
- C-Other Activities:** - Calisthenics, Action Song & Motion -Story,
Elementary Gymnastics (Front & Back-roll,
Hand-stand front roll, Back-roll Handstand,
Dive & Roll and Cart- wheel). 50 marks

Note:- The practical classes shall be held as per the scheme of each semester. But, final practical examinations for both the semesters i.e. (1st & 2nd) shall be conducted by external & internal examiners at the end of 2nd semester. However, separate examination for each semester will be conducted as per syllabus of each semester.

Semester 2nd

Paper	Nomenclature	Total marks		Practical Exams.	Max. Marks
		External	Internal		
VI	Educational & Sports Psychology	80	20		100
VII	Sports Management	80	20		100
VIII	Officiating and Coaching	80	20		100
IX	Optional: Anyone of the following: (a)Yoga, (b) Introduction to Bio-Mechanics	30	-	20	50
X	Ground Activities	-	-	150	150
	Total:-	270	60	170	500

GROUND ACTIVITIES TO BE TAKEN UP DURING 2nd SEMESTER

- A-Games:** - Kabaddi, Football, Cricket and Volleyball 50 marks
- B-Athletics:** - Shot-put, Triple Jump, High Jump,
Long Distance Races Relay Races & Hurdles 50 marks
- C-Other Activities:** - Dumble, Lazium & Tippery 50 marks

Distribution of marks for Practicals to be conducted by the External & Internal Examiners of Games, Athletics & Other Activities of **50 marks each** for both semesters.

- a) Teaching Lesson (Demonstration, Presentation and fault Corrections): 15 marks
- b) Viva (markings, rules, regulations and officiating): 15 marks
- c) Practical Lesson Plan:- 10 marks
- d) Note-book of lesson plan:- 10 marks

Note:- The practical classes shall be held as per the scheme of each semester. But, final practical examinations for both the semesters i.e. (1st & 2nd) shall be conducted by external & internal examiners at the end of 2nd semester. However, separate examination for each semester will be conducted as per syllabus of each semester.

Notes:-

1. Each candidate will be evaluated in one Skill given under various heads i.e. Games, Athletics & Other Activities in each semester.
2. The Draw of skill will be drawn **seven days** before the practical examination.
3. 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.
4. 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.
5. 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.
6. Duration of Practical examination will be 3 hours per group followed by Viva-voce.
7. 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. However, internal examiners for these practicals will be appointed by the Chairperson UG/PGBOS.

SYLLABUS AND COURSES OF READING (2012-13)

(Semester-1st)

Paper-I HISTORY & PRINCIPLES OF PHYSICAL EDUCATION AND SPORTS

Maximum Marks: 100

Internal Marks: 20

External Marks: 80

Time: 3 hours

NOTE:-

(a) For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. 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.

Paper-II (Semester 1st)
ANATOMY AND PHYSIOLOGY OF EXERCISE

Time: 3 hours

Maximum Marks: 100

Internal Marks: 20

External Marks: 80

NOTE:-

(a) For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. 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, Hameonhage.

- 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

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

**Paper-III (Semester 1st)
OFFICIATING & COACHING**

Marks: 100

Maximum

Internal Marks: 20

External Marks: 80

Time: 3 hours

NOTE:-

(a) For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
1. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
2. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Concept of Officiating: Meaning, Definition, Importance and Principles.
- Duties of Officials in General, Pre, During and Post Game
- 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 TA/DA bills
 - Qualities of a Good Official.
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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, Fartlek 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.

Paper-(iv) Optional (Semester-1st)

KINESIOLOGY (i)

Time: 3 hours
Max. Marks: 30

Note:-

(a) For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
1. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
2. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 5 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. 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, Trepzius
- 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 Abdorminus, Sterno-Cleidomastoid.

KINESIOLOGY: PRACTICAL

TOTAL Marks: 20 marks

- i) Axis & Planes
- ii) Name of Movement, its Axis & Planes
- iii) Location & Names of various Muscles
- iv) Postural Deformities & Corrective Exercise for these Deformities

REFERENCE BOOKS

1. Wells & Luttgenes: Kinesiology
2. Rosche, P.J. Burk, Kinesiology and application Anatomy, lea and Febiger, 1970.
3. Dyson, J., the Mechanizes of Athletics, University of London Press Ltd., Warevoel Squire, London.
4. Rosche, P.J. Burk, Kinesiology and Applicatn Anatomy, Les and Febiger, 1967.

Paper-(iv) Optional (Semester-1st)

HEALTH EDUCATION (ii)

Time: 3 hours
Max. Marks: 30

Note:-

(a) For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
1. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
2. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 5 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. 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)

Paper-(iv) Optional (Semester-1st)
COMPUTER APPLICATION (iii)

Time: 3 hours
Max. Marks: 30

Note:-

(a) For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 5 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. 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
- Programms, 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.
- 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.

COMPUTER PRACTICALS: (SEMESTER -1st)

Marks: 20

- | | | |
|------|---------------------------|----------|
| i) | Window operating system:- | 06 marks |
| ii) | MS word | 08 marks |
| iii) | Use of Internet | 06 marks |

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.

Paper-(V) (Semester-2nd)
EDUCATIONAL AND SPORTS PSYCHOLOGY

Time: 3 hours
Max. Marks: 100
Internal Marks: 20
External Marks: 80

Note:-

(a) For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
4. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. 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
- Individual Differences: Types and Nature
 - Determinants of Individual Differences: Heredity and Environment.
- LEARNING
- Concept of Motivation: 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

**Paper-(VI) (Semester-2nd)
SPORTS MANAGEMENT**

Time: 3 hours
Max. Marks: 100

Note:-

(a) For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. 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.

- Intramural 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. Loseph, Organization of Physical Education.
2. Suraj Singh, Administration of Physical Education
3. D.G.Wakherker, Manual of Physical Education.

**Paper-(VII) (Semester-2nd)
OFFICIATING & COACHING**

Time: 3 hours
Max. Marks: 100
Internal Marks: 20
External Marks: 80

Note:-

(a) For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Meaning and Importance of Coaching
- Principles of Coaching
- Qualities, Qualifications and Responsibilities of a Good Coach.

UNIT-II

- Marking, Measurement, Techniques, Equipments, Rules and Regulations of following:
- i) Road Races (ii) Combined Events (iii) Preparation of Score Sheet for Road Races and Combined Events. (iv) Selection of Route in Road Races (v) Outstanding Performer in Road Races and Combined Events.

UNIT-III

- Marking, Measurement, Techniques, Basic Fundamentals, Equipments, Rules and Regulation of following Games:
- (i) Basketball (ii) Handball (iii) Weightlifting & Wrestling
- Preparation of Score Sheet for Basketball, Handball, Weightlifting and Wrestling.

UNIT-IV

- Periodisation-Types of Periodisation
- Preparation of Training Schedule
- Importance of Training Schedule
- Structure and Organization of Training Schedule

- Measures for Improving the Standard of Officials.
- (a) Factors Affecting Sports Performance (b) Guidelines for Preparing Coaching Lesson Plan in Athletics and Games (c) Use of Types and Teaching Aids.

REFERENCE BOOKS

1. John V. Bunn: The arts of Officiating Sports, Prentice Hall, Inc Englewood Cliffs J.N.
2. John W.Bunn, The arts of Coaching, Prentice Hall, Englwood cliffs, N.J.
3. Thani Lokesh, Skills and tactics in game and sports

Paper-(VIII) Option (a) Yoga (Semester-2nd)

Time: 3 hours
Max. Marks: 30

Note:-

(a) For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
4. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
5. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 5 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. 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 Astang Yoga
- Pranayam, its types and techniques, Benefits of Pranayam, Shitali, Sheetkari, Kumbak, Kapal Bhatti
- 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/Satkarms -Jal Neti and its benefits & technique, Sutar Neti and its technique and benefits and Vaster Dhoti 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.

Paper-(VIII) Option (b) Introduction to Bio-Mechanics (Semester-2nd)

Time: 3 hours

Max. Marks: 30

Note:-

(a) For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
6. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
7. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 5 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. 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:

- Angular speed and velocity
- Angular acceleration

UNIT-III

Spin, Rebound and Swing and their application in Physical Education & Sports

- Spin and its types,
- Effects of spin on speed of the ball on the surface.
- Effects of spin on speed and direction of the ball in flight
- The Magnus effect its application in Sports

Meaning and Application of Following Aerodynamic forces in Physical Education & Sports:

- Skin Friction
- Profile Drag
- Effects of Streamline on Drag
- Terminal Velocity (Freefall)

UNIT-IV

- Definition description and application of levers in Physical Education and Sports
- Advantages of levers
- Classes of levers

Balance and Equilibrium

- Stable, unstable and neutral equilibrium
- Balance in static position
- Factors effecting stability

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.

Practicals

Max. Marks:20

The candidates will prepare a practical file which will cover following practical syllabus:

- Fundamental of Mechanical Concepts
- Newton's Laws and their application in Sports
- Spin and its types and their application in Sports
- Magnus effect and application in Sports
- Levers and their types
- Balance & equilibrium.