### SCHEME OF EXAMINATION FOR B.P.E.D. COURSE IN PHYSICAL EDUCATION (2014-15)

**Semester 1**

<table>
<thead>
<tr>
<th>Paper</th>
<th>Nomenclature</th>
<th>Total marks</th>
<th>Practical Exams.</th>
<th>Max. Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>History and Principles of Phy. Edu.</td>
<td>80</td>
<td>20</td>
<td>100</td>
</tr>
<tr>
<td>II</td>
<td>Anatomy and Physiology</td>
<td>80</td>
<td>20</td>
<td>100</td>
</tr>
<tr>
<td>III</td>
<td>Officiating and Coaching-I</td>
<td>80</td>
<td>20</td>
<td>100</td>
</tr>
<tr>
<td>IV</td>
<td>Optional: Any one of the following</td>
<td>30</td>
<td>-</td>
<td>50</td>
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<tr>
<td></td>
<td>a) Kinesiology</td>
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<tr>
<td></td>
<td>b) Health Education</td>
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<td></td>
<td>c) Computer Applications</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>V</td>
<td>Ground Activities</td>
<td>-</td>
<td>-</td>
<td>150</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>150</td>
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<tr>
<td></td>
<td><strong>Total:</strong></td>
<td><strong>270</strong></td>
<td><strong>60</strong></td>
<td><strong>170</strong></td>
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</tbody>
</table>

**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. The final practical examinations for each semester shall be conducted by external & internal examiners at the end of each semester. Minimum Five students must opt an optional paper to run the option.
Semester 2nd

<table>
<thead>
<tr>
<th>Paper</th>
<th>Nomenclature</th>
<th>Total marks</th>
<th>Practical Exams.</th>
<th>Max. Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>VI</td>
<td>Educational &amp; Sports Psychology</td>
<td>80</td>
<td>20</td>
<td>100</td>
</tr>
<tr>
<td>VII</td>
<td>Sports Management</td>
<td>80</td>
<td>20</td>
<td>100</td>
</tr>
<tr>
<td>VIII</td>
<td>Officiating and Coaching-II</td>
<td>80</td>
<td>20</td>
<td>100</td>
</tr>
<tr>
<td>IX</td>
<td>Optional: Anyone of the following:</td>
<td>30</td>
<td>-</td>
<td>20</td>
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<td>(a) Yoga,</td>
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<td></td>
<td>(b) Introduction to Bio-Mechanics</td>
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<tr>
<td>X</td>
<td>Ground Activities</td>
<td>-</td>
<td>-</td>
<td>150</td>
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<tr>
<td></td>
<td>Total:-</td>
<td>270</td>
<td>60</td>
<td>170</td>
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</tbody>
</table>

Grand total (1st & 2nd Semesters): 500+500=1000

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:-

1. The practical classes shall be held as per the scheme of each semester. The final practical examinations for each semester shall be conducted by external & internal examiners at the end of each 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. However, internal examiners for these practicals will be appointed by the Chairperson UG/PGBOS.
SYLLABUS AND COURSES OF B.P.Ed. (2014-15)
(Semester-1st)

Paper-I HISTORY & PRINCIPLES OF PHYSICAL EDUCATION

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 at least one question 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
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.
5. D.G. Wakhakar, Manual of Physical Education
6. M.L. Kamlesh & M.S. Sangral, Principles & History of Physical Education.
Paper-II (Semester 1st)  
ANATOMY AND PHYSIOLOGY

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.  
   1. 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 at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents  
UNIT-I  
a. Description of the following: Cell, Tissue, Organ, Ligament, Cartilage etc.  
b. The Skeletal System: Its structure and functions  

UNIT-II  
d. The Muscular System: Structure, Types, Functions & Contraction of Muscles  
e. Effect of Exercise on the Muscular System  
f. Fatigue, Staleness, Muscle Cramp .  

UNIT-III  

UNIT-IV  

Suggesting Readings  

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 at least one question from each unit. Question No. 1 is compulsory. 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 TA/DA 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, Fartlak 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
2. Athletic training by Cliffs.
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.
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 at least one question 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, Trepzeiuis
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, Rects Femoris, Sartorius
Characteristics and Functions of Individual Muscles Rects 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
3. Dyson, J., the Mechanizes of Athletics, University of London Press Ltd.,
   Warevocl Squire, London.
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.
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 at least one question 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 at least one question 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
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
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

3. Hussain: Computer technology & application 1996
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
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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 at least one question 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
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
2. J.Ross, Ground work of Education Psychology.
Paper-(VI) (Semester-2nd)
SPORTS MANAGEMENT

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 at least one question 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
Paper-(VII) (Semester-2nd)  
OFFICIATING & COACHING-II

Max. Marks: 100
Internal Marks: 20
External Marks: 80

(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 at least 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
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.
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 at least one question 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.
Asanas: Types of Asnas, their benefits (How Asana are useful) prevention of diseases through Asana.

UNIT-IV
Mudra & Bandha:- Jalander Bandh, Mula Bandh and Uddyyuan 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
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.
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

Meaning, definition, functions and importance of biomechanics in Physical Education and 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
Reference Books:

   Englewood Cliffs: Prentice Hall