

Scheme of Examination of B.P.E.
(Semester 3rd) 2015-16

Paper	Nomenclature of paper	Marks Theory		Practical	Max Marks
		External	Internal		
I	Bio-Mechanics & Kinesiology	80	20	-	100
II	Theory of Games: Football, Handball, Swimming	50	10	25	85
III	Theory of Athletics: Throws Javeline Throw, Triple Jump, Middle Races	50	10	25	85
IV	Gymnastic and other Activities	-	-	60	60
	Total:-	180	40	110	330

Note:- The practical classes shall be held as per the scheme of each semester. The final practical examinations shall be conducted by external & internal examiners at the end of each semester

(Semester-4th)

Paper	Nomenclature of paper	Marks Theory		Practical marks	Max marks
		External	Internal		
I	Elementary Anatomy and Physiology	80	20	-	100
II	Health Education, First-aid and safety measures	60	15	25	100
III	Theory of Games: Table Tennis, Kho-Kho, Cricket	40	10	25	75
IV	Sports Sociology	40	10	25	75
V	Athletics-Steeple Chase, Road Races	40	10	25	75
	Total:-	260	65	100	425

Note:- The practical classes shall be held as per the scheme of each semester. The final practical examinations shall be conducted by external & internal examiners at the end of each semester

Notes:-

1. The practical classes shall be held as per the scheme of each semester. The final practical examinations shall be conducted by external & internal examiners at the end of each semester.
2. The draw for final examination (Athletic, Games & Gymnastic & other activities) will be drawn ten days before the final exams out of games and Athletics events given in each semester.
3. Supervisory lesson in teaching (one each from every game, athletics events, and Gymnastics & Other activities) shall be prepared by students in their note books and got checked by the concerned teacher during each semester and countersigned by the HOD.
4. For the final examinations, final lesson will be prepared on a separate chart.
5. Duration of practical examinations will be three hours per group followed by Viva-voce.
6. The practical syllabi shall include all the games, Athletic, Gymnastics & Other Activities events as given in semesters.

Scheme of Examination of B.P.E. (Semester-5th)
2016-17

Paper	Nomenclature	Marks Theory		Practical	Max. Marks
		Ext.	Internal		
I	Yogic Science	40	10	25	75
II	Sports Management	40	10	-	50
III	Theory of Games: Hockey, Boxing & Tennis	40	10	25	75
IV	Theory of Athletics: Triple Jump, Relays, Hammer Throw	40	10	25	75
V	Organization & administration of Physical Education	40	10	-	50
	Total	200	50	75	325

Note :- The practical classes shall be held as per the scheme of each semester. The final practical examinations shall be conducted by external & internal examiners at the end of each semester

(Semester 6th)

Paper	Nomenclature	Marks Theory		Practical	Max Marks
		Ext.	Internal		
I	Foundations of Sports Training	80	20	-	100
II	Exercise Psychology	40	10	-	50
III	Theory of Games: Softball, Basketball & Wrestling	40	10	25	75
IV	Official & Coaching	80	20	-	100
V	Athletics Hurdles, Polevault	40	10	25	75
	Total Marks	280	50	50	400

Note:- The practical classes shall be held as per the scheme of each semester. The final practical examinations shall be conducted by external & internal examiners at the end of each semester

Notes:-

1. The practical classes shall be held as per the scheme of each semester. The final practical examinations shall be conducted by external & internal examiners at the end of each semester.
2. The draw for final examination (Athletic & Games) will be drawn ten days before the final exams out of games and Athletics events given in each semester.
3. Supervisory lesson in teaching (one each from every game & athletics events) shall be prepared by students in their note books and got checked by the concerned teacher during each semester and countersigned by the HOD.
 1. For the final examinations, final lesson will be prepared on a separate chart.
 2. Duration of practical examinations will be three hours per group followed by Viva-voce.
 3. Duration for Computer Applications practical will be 2 hours followed by viva-voce.
 4. The practical syllabi shall include all the games and Athletic events as given in semester.

Division of external marks (Practical): **Applicable for all semesters.**

- | | |
|--|---|
| (a) Note Book :- | 05 marks |
| (b) Lesson Plan | 05 marks |
| (c) Progression of skills and fault correction | 10 marks |
| (d) Viva-voce | 05 marks (covering all the games Prescribed in the syllabus of that year) |

(Semester 3rd)
Bio-Mechanics & Kinesiology

Theory Marks: 80
Inter Assessment: 20
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.

UNIT-I

- Meaning of kinesiology brief history of Kinesiology. Importance of kinesiology for games and sports; structural & functional classification of muscles. Role of muscles in Physical activity, anatomical standing position, planes and axes of movement. Terminology of fundamental movement.

UNIT-II

- Newtons laws of motion and their implication in Physical Education and Sports. Levers, Equilibrium, Center of gravity, force centripetal and centrifugal force; Application of biomechanical principles to high jump, throwing movement, like discus, shotput and javelin. Motor movement Movement, rhythm, movement coupling, movement precision and movement amplitude

UNIT-III

Location and actions of muscles at various joints:

- Upper extremity-shoulder girdle, shoulder joints & elbow joint. Deltoid, Latissimus Dorsi, Pectoralis major, supra spinatus, pectoralis minor, Trapezius and levator scapulas, Biceps Brachii, Brachialis and Triceps
- Lower extremity: Hipjoint, Kneejoint & Ankle joints, Gluteus Maximus, Gluteus medius, Gluteus minimum, Hamstring (Group), quadriceps (Groups), Gastrocnemius, Sartorius.
- The spinal column.

UNIT-IV

- Meaning, importance, aims and objectives of biomechanics in Physical Education and sports; kinetics, speed, velocity, acceleration, projectile, linear, kinetics, mass, weight, pressure, work energy, momentum, friction, impulse, inertia.

Posture and postural deformities:

- Meaning of posture type of posture, importance of posture, causes of poor posture, preventive and remedial measures of a poor posture, common postural deformities kyphosis, lordosis, flat foot, knock knees, bow legs, lateral curvatures.

REFERENCE

1. Breer and Zarnicks, Efficiency of human movement W.B. Co., Philadelphia, 1979.
2. Nu. Scientific Principles of coaching Prentice Hall 1962.
3. Per and Glassgow, C.V. Mosby Co. Saint
4. The mechanics of Athletics, Halmas and Meiar.

5. Miller, Mitohelgon, Paul and Smith, Techniques for of Human Movement Lapse Books London 1975.
6. Biomechanics of Sports technique inc. N.J. 1978
7. Deij, the Anatomical and Mechanical Bones of Motion, Prentice Hall Inc. N.J. 1982.
8. Mechnotach, Bionochanic sportlicher Bowegungun sport-verley Berlin 1978.
9. Logan and Mckinney, Anatomic Kinesiology, M.C. Brown Co. 1977.
10. Marliyn and Hinsen, Kinesiology, Web Dubugue Lown 1977.

B.P.E (Semester 3rd)
THEORY OF GAMES

Theory Marks: 50
Inter Assessment: 10
Practical marks: 25
Time: 2 hours

Note:- (a) For paper setter

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 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 three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

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

The Questions in different units given below should be based on the following games:

1. Football (2) Handball (3) Swimming

UNIT-I

- History of games
- Role of Haryana's people for the development of games.
- Duties of officials)Pre-game, during the game & Post game)
- Technical officials & their duties.
- Protective equipment used in games.

UNIT-II

- Dimension & marking of the play field/area
- Rules & regulations of the games mentioned above
- Interpretation of rules & regulaltions

UNIT-III

- Fundamentals of various games.
- Offensive & defensive strategy employed in the various games
- Conduct of tournament & Types of fixtures used in the games mentioned above

REFERENCES

1. Wado Allen – The F.A. Guide to training and coaching
2. Seeton, D.C. Dhyton, I.A. Leib, H.C. And Massumith, Book of sports, Englowood Cliffs, MD. Prephilice Hall.
3. Dr. Faaune Hero-The Modern Olympic games Budapest, Pennonic Press.
4. Cobarig A.L. Modern Basketball-A Fundaments Analysis of Skills and Tactics, London: Nicholes Kaya. 1966.
5. Bee, Clair and Norton, on Zone Defense and Attack, New York. The Ronld Press Company, 1959.
6. Bowland B.J Handball a complete Guide London: Faber & Faber Ltd.,24, Rosset Square, 1970.

B.P.E (Semester 3rd) 2015-16

THEORY OF ATHLETICS

B.P.E- 303

Theory Marks: 50

Inter Assessment: 10

Practical marks: 25

Time: 2 hours

(a) For paper setter

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 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 three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

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

The Questions in different units given below should be based on the following

Athletic events:

- (i) **400 meter (ii) 800 meter, 1500 meter**
- (ii) **Triple Jump**
- (iii) **Javelin Throw**

UNIT-I

- History of athletics in India.
- Teaching & training of athlete (Track & Events)

UNIT-II

- Dimension, rules & regulations of track & field events given below.

400, 800 meters, 1500 meters races

- Duties of technical officials in athletic meet.
- Equipment and their specifications used in various events of track & field.

UNIT-III

Fundamentals of various events.

- 400 meter race running with finish technique
- 800 meter race running with finish technique
- 1500 meter race running with finish technique.
- Triple Jump
- Javelin Throw

REFERENCE

1. Doherty J. Manneth – Modern track and Field, Englewood Cliffs, N.J. Prentice Hall, Inc.
2. Wado Allen – The F.A. Guide to training and coaching.
3. Uyenishi S.L.- The Text Book of JU- Jutsu-Athletic Publications Ltd. Link House, Store Street, London, W.C.I.

B.P.E (Semester 3rd) 2015-16
GYMNASTIC AND OTHER ACTIVITIES

B.P.E- 304

Practical marks: 60

Only Practical's

The draw for final examination (athletics & games, & other activity will be drawn 10 days before the final examinations.

Other Activities:-

1. Mass
2. P.T.
3. Dumbles,
4. lazium
5. Action Song
6. Tippri.

B.P.E (Semester 4th) 2015-16
ELEMENTARY OF ANATOMY AND PHYSIOLOGY

B.P.E- 401

Theory Marks: 80

Inter Assessment: 20

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.

Unit-I

Meaning of anatomy, cell, structure, properties of living matter. The role of anatomy in physical education & sports, anatomy of bones cartilage's, Names and location and functions of bones, kinds of bones, joints end their types, tissues, organs and system of body.

Unit-II

Anatomy of muscular system, structure of muscles and their kinds. Properties of muscles. Muscle work and, fatigue, anatomy of respiratory organs, tissue and palmary respiration, anatomy of heart, function of heart, heart beat, stroke volume, cardiac output.

Unit-III

Anatomy of digestive organs (alimentary canal), structure and functions of excretory system, meaning of endocrine glands and structure of the following glands - pituitary glands, ingroid parathyroid, adunal glands.

Unit-IV

Physical — fitness:-

Definition of physical fitness components of physical fitness, benefits of physical - activity, development of physical fitness. Controlling and management of your weight, determining the right weight to you, factors influencing physical fitness. Planning a fitness programme, identify your fitness goals. Design your programme, causes and prevention of fitness related injuries, selecting a nutrinal plan for fitness.

Definition of Exercises, Type of Exercises, Benefits of Exercises. Meaning of Physiology & Exercise Importance & Function of Exercise Physiology in the Field of Physical Education and sports. Long Term and Short term effects of exercise on various system of the body's.

Ref.:-

1. Introduction to anatomy & physiology - Dr. Shemsher Singh.
2. Lawrence, Thomas Gordan; Your health and Safety, Har Schiver. Alices; Powers, Courts, Braco & World, inc. Douglas F; and Vorhana Levis J. New York. 1969.
3. Bauer. WAV. (Editor). TODAY'S Health Guide, American Medical Association, Revised Edition 1968.

B.P.E (Semester 4th) 2015-16

HEALTH EDUCATION, FIRST AID AND SAFELY MEASURES

B.P.E.- 402

Theory Marks: 60

Inter Assessment: 15

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 12 marks. It will comprise of 6 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 12 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 of Health, Importance of Health, factors influencing Health Status, Characteristics of healthy individual. Health yesterday and today. New directions for health – health promotion, Physiological health, mental health, emotional health social health, spiritual health & happiness. A key to well being, does laughter enhance health?

UNIT-II

- School health programme and health environment, School building, light renovation, Sanitation, School canteen, School health examination, academic programme, nutrition, balance diet, caloric value of food for competitive sports. Eating for health, today's dieting guide lines medicated value of food.

UNIT-III

- Methods of Education in Health. Health instructions audio-visual methods. Health organizations- world health organizations, Red Cross, government health agencies. Communicable diseases-modes of transmission, control and prevention of following disease- (i) cholera (ii) small-pox (iii) typhoid (iv) malaria (v) influenza

UNIT-IV

- First Aid: Definition and importance of first aid in modern life, types of first aid, first aid box. Reasons of sports injuries, principle of first aid, functions & qualities of a good first aider. - Basic steps in safety measures safety measures for the following (i) bites of animals, burns, control of bleeding, cuts and wounds. Safety for drawing artificial respiration. Safety measures environmental hazards. Heat stroke, heat syncope, wind chill and sunburn.

REFERENCE

1. Safety at School - (Education Pamphlet numbers 53 Lonon: Her Majesty's Stationery office 1969.
2. School Safety Policies – Vashington L.C. American Association for Health Physical Education and Recreation, 168
3. Stack, Harbet J. Duke Elkow Education for safe Living: Englowood cliffs, New Jersey, Prentice Hall Inc 1966.

4. Florio. A & Stafford G.T. – Safety Education New York Inc. Graw Hill book Co. 1967.
5. Evans. A William Everyday Safety, Chicago: Iyons and Camahan, 1952.
6. Health Education by Moss and other (National Education on Association at UTA) 1964.
7. Torner et al: School Health Education. Harper t. Louis, The V.C. Mosby Co1976.

B.P.E (Semester 4th) 2015-16

THEORY OF GAMES

B.P.E- 403

Theory Marks: 40

Internal Assessment: 10

Time: 2 hours

(a) For paper setter

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 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 three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

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

The Questions in different units given below should be based on the following games:

(1) Table Tennis (2) Kho-Kho (3) Cricket

UNIT-I

- History of games
- Role of Haryana's people for the development of games.

- Duties of officials (Pre-game, during the game & Post game)
- Technical officials & their duties.
- Protective equipment used in games.

UNIT-II

- Dimension & marking of the play field/area
- Rules & regulations of the games mentioned above
- Interpretation of rules & regulations

UNIT-III

- Fundamentals of various games.
- Offensive & defensive strategy employed in the various games
- Conduct of tournament & Types of fixtures used in the games mentioned above,

REFERENCES

1. Wado Allen – The F.A. Guide to training and coaching
2. Seeton, D.C. Dhyton, I.A. Leib, H.C. And Massumith, Book of sports, Englewood Cliffs, MD. Prephilice Hall.
3. Dr. Faune Hero-The Modern Olympic games Budapest, Pennonic Press.
4. Cobarig A.L. Modern Basketball-A Fundamentals Analysis of Skills and Tactics, London: Nicholes Kaya. 1966.
5. Bee, Clair and Norton, on Zone Defense and Attack, New York. The Ronld Press Company, 1959.
6. Bow land B.J. Handball a complete Guide London: Faber & Faber Ltd., 24, Rosset Square, 1970.

B.P.E (Semester 4th) 2015-16

Sports Sociology

B.P.E- 404

Theory marks: 40

Internal Assess: 10

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 4 questions.
2. Question No. 1 will be compulsory and will carry 8 marks. It will comprise of 4 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 8 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 of Sports Sociology, Importance of Sports.
- Physical Education and Sports as a Social Phenomenon.

UNIT-II

- Social Institutions: Role of Social Institution in participation in games and sports, Socialization through sports, Sports as regulating institution of society. Sports & Religion how influence in each other.

UNIT-III

- Women in Sports: Social myths related with women.
- Attitude of Society towards sports man and Sports women
- Future of women participation in sports.

UNIT-IV

- Meaning, Definition and characteristics of leadership, qualities of a leader, leadership training in Physical Education, Need and Importance of leadership in Physical Education.

References

1. Cratty B.J., Social dimension of Physical activity, Prentice Hall.inc. B.J.
2. Cratty B.J., Social Psychology in athletics, Prentice hall, inc. F.J. (1981)
3. Martens, Social Psychology and Physical Activity, Harper and Raw Pub.
4. Singer, R.N., Physical Education-an integrate approach, Rolt, Rivehert & Winsi R.4, (1972).

B.P.E (Semester 4th) 2015-16

Athletics

BPE- 405

Theory Marks— 40

Internal marks — 10

Time: 2 hrs

Note:- (a) For paper setter

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 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 three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

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

The questions in different units given below should be based on the following events

- (i) Steeple Chase
- (ii) Road Races

Unit-I

1. History of athletics in Haryana.
2. Selection of an athlete.
3. Interpretation of rules and regulations of the events mentioned above.

Unit-I I

Fundamentals of various events.

- (i) Steeple Chase
- (ii) Road Races

Unit-III

1. Dimension & marking of standard track.
2. Dimension & marking of events mentioned above.
3. Equipment and their specifications used in various events given above.

Ref.:-

1. Doherty J. Mannth\~ Modern track and field, Englewood Cliffe, N..T. Prentica Hall, Ino.
 2. Wado Allen - The F.A. Guide to training and coaching.
- Uyenishi S.L. The Text Book of JU - Jutsu - Athletic Publications Ltd. Link House, Store Street, London, W.C.I

B.P.E (Semester 5th) 2015-16

Yogic Science

B.P.E- 501

Theory marks: 40

Internal Assess: 10

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.
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 Na

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: 25

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

B.P.E (Semester 5th) 2016-17

Sports Management

B.P.E- 502

Theory marks: 40

Internal Assess: 10

Time: 3 hours

(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 8 marks. It will comprise of 4 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 8 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

-Defining sports organization, administration and management

-Functions of sports management – planning, organizing, staffing, directing, controlling

-Types of management

UNIT-II

-Managerial skills for managerial tasks - personal, interpersonal, conceptual, technical and conjoined

Office management – meaning, nature and functions of office management

Financial management – intro, scope and objectives, principles of F.M in physical education and sports

UNIT-III

- Management of facilities – intro, administration and general principles of planning, types of facilities, facility requirement, construction of sports infrastructures, outdoor (marking of standard track) and indoor.

UNIT-IV

-Supervision – Intro, aim & objectives, nature & scope, Principles and techniques, need & importance.

Evaluation - intro, concept, nature, purpose, need & importance of evaluation for a teacher and an administrator of physical education and sports, steps & guidelines for an effective evaluation programme.

References:

1. Bill, Karan, “Sports Mangement” 2009, learning matters ltd
2. Brar, R.S and Joshi Rosy “Sports Management” 2007, kalyani Publishers, New Delhi
3. Brar, Racchpal Singh et al, Fundamentals of physical Education. Kalyani Publishers, New Delhi.
4. Kamlesh, M.L. “Management concepts in Physical”.2000, Metropolitan Books co.

B.P.E (Semester 5th) 2016-17

Theory of Games-III

B.P.E- 503

Theory marks: 40

Internal Marks: 10

Time: 2 hours

(a) For paper setter

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 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 three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

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

UNIT-I

- History and development of following games: - Hockey, Boxing & Lawn Tennis

UNIT-II

- Measurement of Ground, Equipments, Rule & Regulations of : Hockey, Boxing & Lawn Tennis

UNIT-III

- Duties of Technical Officials, Fundamental Skills, Awards, Major tournaments, Famous Personalities of Hockey, Boxing and Lawn Tennis

References:

1. Encyclopedia of Sports and Games (Vol 3) Dr.Pinter Modak, O.P.Sharma (Khel Sahitya Kendra)
2. Skills and Tactics Hockey 2010, Dr. Sharad Chandra Mishra (Sports Publication).
3. Tennis, Teach yourself (Rachna Jain) Sports Publications 2010.

B.P.E (Semester 5th) 2016-17

Theory of Athletics-IV

B.P.E- 504

Theory marks: 40

Internal Marks: 10

Time: 2 hours

(a) For paper setter

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 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 three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

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

UNIT-I

- Meaning and Principles of Coaching of
- Triple Jump and Hammer Throw, Relays
- Qualities of good Athletics Coach
- Development of Athletics in India

UNIT-II

- Dimension, Rules & Regulations of following events
- Triple Jump and Hammer Throw, Relays
- Duties of technical officials in
- Triple Jump and Hammer Throw, Relays
- Equipments & their specifications used in

-Triple Jump and Hammer Throw, Relays

UNIT-III

- Fundamentals of Triple Jump and Hammer Throw, Relays

- Teaching Stage of Triple Jump

- Teaching Stage of Relays

- Teaching Stage of Hammer Throw

References:

1. Dr. A.K.Srivastava .Teach yourself. Javelin Throw published by Sports Publications 2010.
2. Dr. A.K. Srivastava .Teach yourself. Pole-vaulting published by Sports Publication 2010
3. William J Bowerman, William H. Freeman .High performance Training for Track and Field published by Leisure Press USA 1991
4. Mukesh Kumar .Sports and Games. published by Sports Publication 1995.

B.P.E (Semester 5th) 2016-17

Organisation & Administration of Physical Education

B.P.E- 505

Theory marks: 40

Internal Marks: 10

Time: 2 hours

(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 08 marks. It will comprise of 4 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 08 marks each.

(b) for candidates

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

UNIT-I

1. Introduction

- Meaning and Definition of Planning, Organisation, Administration and Management and their nature and scope.
- Importance of Management in Educational Institutions.
- Principles of Management
- Theories of Management
- Scheme of Organisation in school, College and University
- Scheme of organizations of Physical Education and Sports at national, state and district levels.

UNIT-II

2. Facilities and Equipment

- Lay-out of Physical Education facilities-indoor and outdoor
- Need and importance of equipment for Physical educations
- Procedure in purchase of equipment

- Development of Improvised equipment
- Care, maintenance and disposal of unserviceable equipment

UNIT-III

3. Staff and Leadership in efficient management of Physical Education

- Role of leadership in efficient management of Physical Education programme in an organisation
- Importance of qualified teacher/leader of Physical education
- Students leadership, its importance and limitations
- Staff Co-operations
- Selection and Training of students leader
- Recognition of staff and student leaders

UNIT-IV

4. Intramurals and Extramurals

Intramurals

- Its importance and planning.
- Events of competitions, time and facility factor
- Point system, awards, recognitions

Extramural

- Outcomes of participations (Educational)
- Limitations in participations
- Selection and training of teams
- Participation, finance and other aspects

References

1. Joseph, P.M. Organization of Physical Education, The Old students' Association, Tipe Kandivali (Bombay), 1963.
2. Voltmer, EE et al, The Organization and Administrations of Physical Education, New Jersey, Prentice Hall Inc. 1979.
3. Bucher, CA Administration of Physical Eduction and Athletic Programme, London, The C.V. Mosby Company 1983.
4. Zugler, E.F. and Bowle, G.W. Management Competency, Developments in Sports and Physical Education, Philadelphia, Lea and Febiger, 1983.
5. Maheshwari, B.L. Management by Objectives, New Delhi, Tata Mcgraw Hill Publishing Company Ltd. 1982.

B.P.E (Semester 6th) 2016-17
Foundation of Sports Training
B.P.E- 601

Theory marks: 80

Internal Assess: 20

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.

UNIT-I

- Meaning, definitions,
- Aims and objectives of sports training,
- Principles of sports training
- Importance of Sports Training

UNIT-II

- Training load, load adaptation, overload and recovery, factors of load.
- Circuit training, interval training, (Fartlek training, plyometric training, Sprint training.

UNIT-III

- Development of Motor components: Speed, Strength, endurance, flexibility, agility.

UNIT-IV

- Periodization: Meaning and definition of periodization, importance of periodisation single, double and triple, periodization, long term and short term plan, planning for competition main and build up competitions.

Reference:

1. Batty, B: Article and Motor Development in infants and Children, Prentice Hall, 1979.
2. Dick, F.W : Sports Training Principles Lepus, London 1980.
3. Jenson, C.R. Bischer, A.G. Scientific Basis of Athletic Conditioning Lea and Bebiger, Philedephic
4. Matweyew, L.P: Fundamentals of Sports training (Translation from Russian) Mir Publishers, Moscrow,
5. Pyke, Frank, S: Towards better Coaching, Australian Government Publishing Service, Canberra, 1980.

B.P.E (Sem. 6th) 2016-17

EXERCISE PSYCHOLOGY

B.P.E- 602

Theory marks - 40

Internal assessment -10

Time: 3

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 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 EducationIntelligence
- 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

B.P.E (Semester 6th) 2016-17

Theory of Games-III

B.P.E- 603

Theory marks: 40

Internal Marks: 10

Time: 2 hours

(a) For paper setter

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 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 three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

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

UNIT-I

- History of Softball, Basketball & Wrestling
- Technical officials and their duties of Softball, Basketball and Wrestling
- Protective Equipments of : Softball, Basketball and Wrestling

UNIT-II

- Dimension and Marking of Softball, Basketball and Wrestling
- Rules and regulations of Softball, Basketball and Wrestling

UNIT-III

- Fundamental Skills of Softball, Basketball and Wrestling

- Preparation of Score sheet of Softball, Basketball and Wrestling
- Major injuries and their prevention of Softball, Basketball and Wrestling

References:

1. Dr. A.K. Srivastava, Dr. Sharad Chandra Mishra, Ram Gopal, R.Jain, Priyanka Narang, Kunal Nagi, .Sports and Games. in Encyclopedia volume 5 published by Sports Publication 2010
2. Harphool Singh .Teaching and Coaching Modern Wrestling: Published by Lokesh Thani 1996.
3. J.P.Sharam .Basket Ball, published by Khel Sahitya Kendra 2007.
4. Tibora Barna .Wrestling made easy. Published by FILA Budapest, Hungary2011
5. Ashok Kumar .Sports and Games. in International Encyclopedia published by Mittal publication 2000.

B.P.E (Sem. 6th) 2016-17

Officiating & Coaching

B.P.E- 604

Theory marks - 80

Internal assessment -20

Time: 3

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

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.

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

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.

B.P.E (6th Sem) 2016-17

Theory of Athletics

BPE- 605

Theory Marks— 40

Internal marks — 10

Time: 2 hrs

Note:- (a) For paper setter

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 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 three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

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

The questions in different units given below should be based on the following events

(i) Athletics Hurdles

(ii) Pole vault

Unit-I

1. History of athletics in Haryana.
2. Selection of an athlete.
3. Interpretation of rules and regulations of the events mentioned above.

Unit-I I

Fundamentals of various events.

(i) Athletics Hurdles

(ii) Pole vault

Unit-III

1. Dimension & marking of standard track.
2. Dimension & marking of events mentioned above.
3. Equipment and their specifications used in various events given above.

Rcf.:-

1. Doherty J. Mannth\~ Modern track and field, Englewood Cliffe, N..T. Prentica Hall, Ino.

2. Wado Allen - The F.A. Guide to training and coaching.

Uyenishi S.L. The Text Book of JU - Jutsu - Athletic Publications Ltd. Link House, Store Street, London, W.C.I